


English Schools Fell Race Championships

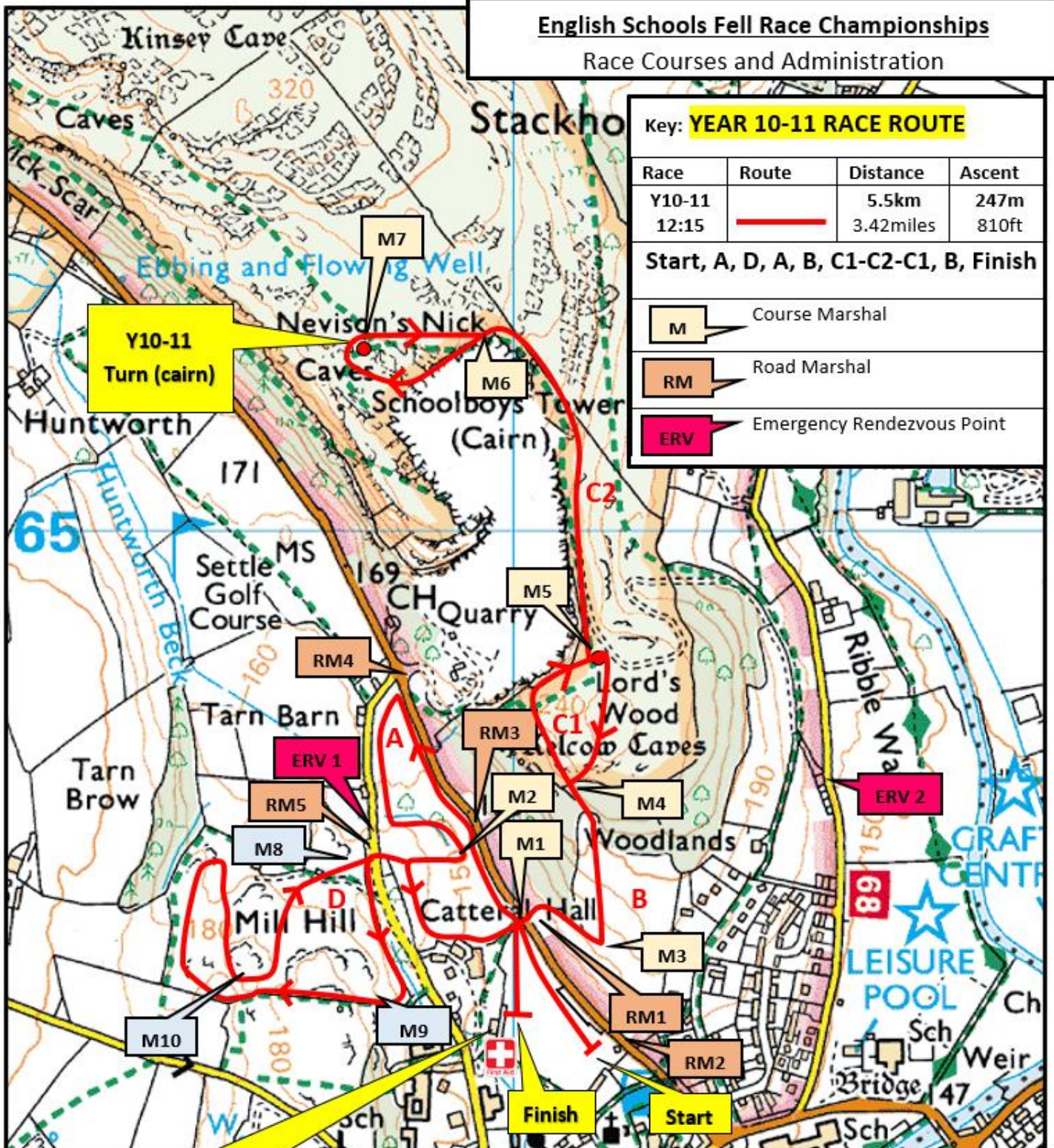
Race Courses and Administration

Key: **YEAR 10-11 RACE ROUTE**

Race	Route	Distance	Ascent
Y10-11		5.5km	247m
12:15		3.42miles	810ft

Start, A, D, A, B, C1-C2-C1, B, Finish

	Course Marshal
	Road Marshal
	Emergency Rendezvous Point



RACE CONTROL:

Registration, Information,
Catering, toilets

0 Metres 500

Bring **FOUL WEATHER GEAR** to the event in accordance with FRA rules. Wear Fell/XC/trail shoes.

The Course:

- Flat start and finish on sports field.
- Field **A** – cross country style/low fell, long and short sharp steep climbs and descents and water crossing.
- Field **B** – young woodland. Steep sustained climb/descent
- Field **C** – open, higher fell, some technical running, spectacular views!
- Field **D** – undulating low fell, with two challenging technical crag ascents and descents.

There are **NO** gates or stiles to cross -

CAUTION at ROAD CROSSINGS! THESE WILL BE MARSHALED!