






# English Schools Fell Race Championships

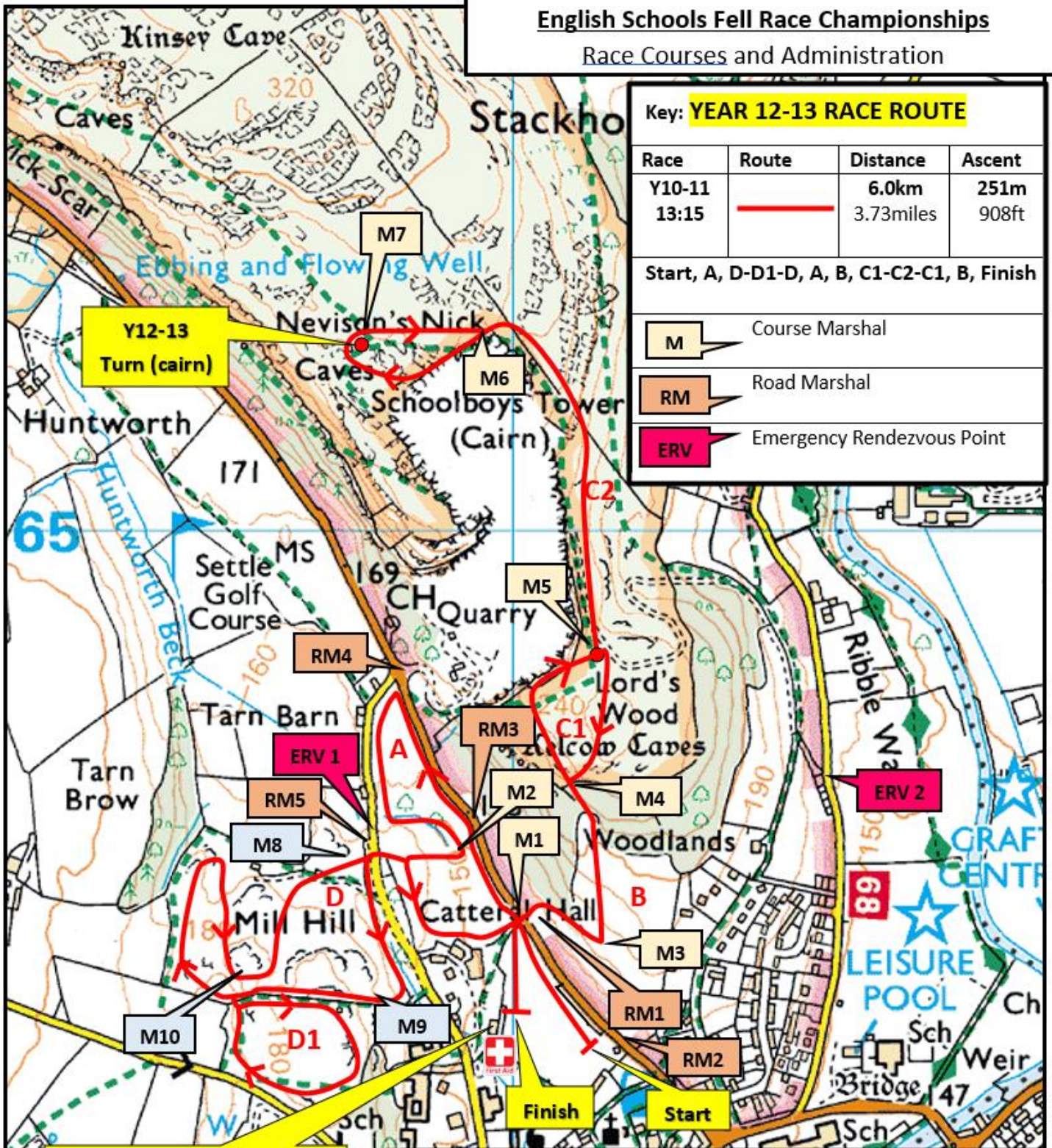
## Race Courses and Administration

Key: **YEAR 12-13 RACE ROUTE**

Race	Route	Distance	Ascent
Y10-11		6.0km	251m
13:15		3.73miles	908ft

Start, A, D-D1-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-D1** – 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!**