




# English Schools Fell Race Championships

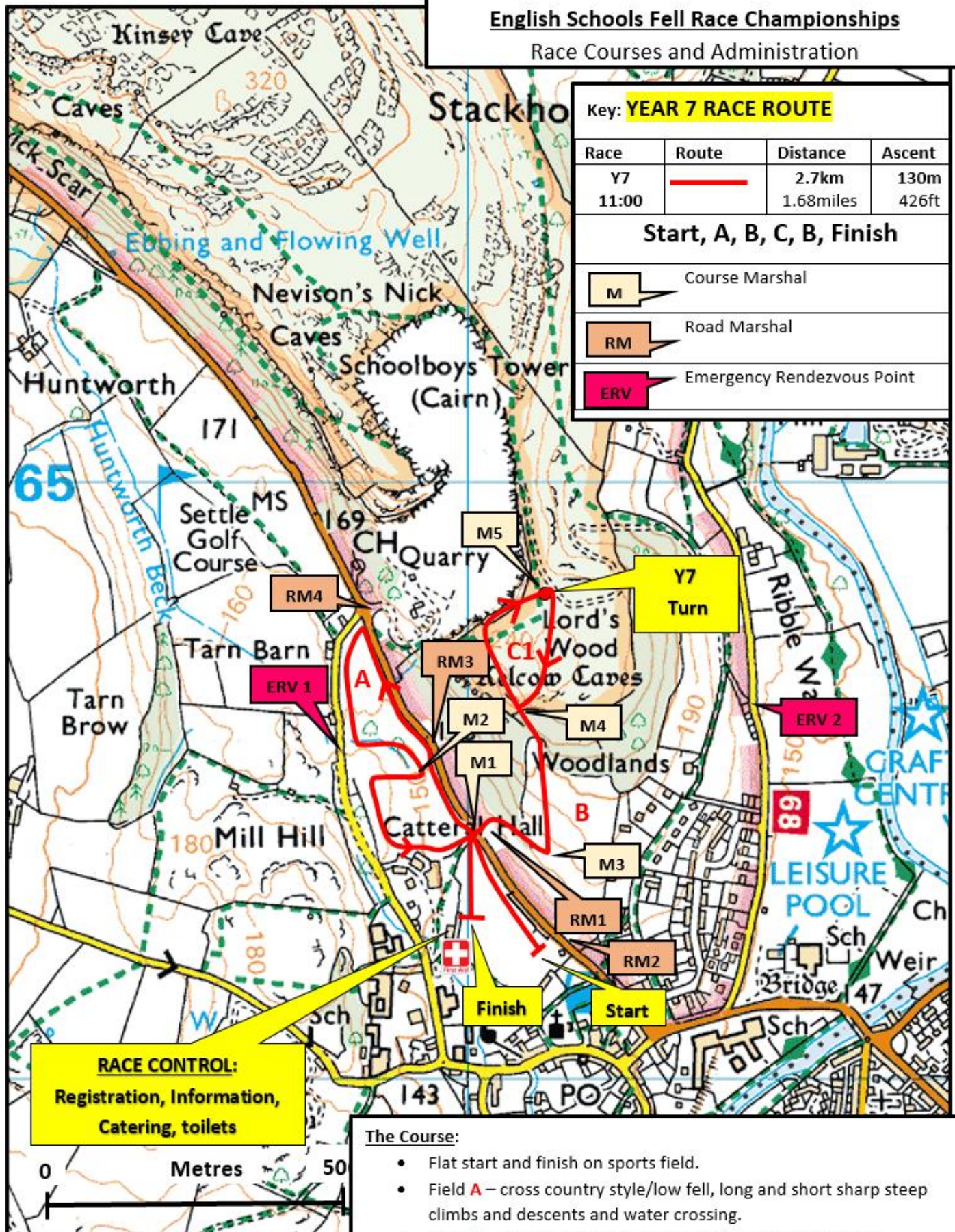
## Race Courses and Administration

Key: **YEAR 7 RACE ROUTE**

Race	Route	Distance	Ascent
Y7 11:00		2.7km 1.68miles	130m 426ft

**Start, A, B, C, B, Finish**

	Course Marshal
	Road Marshal
	Emergency Rendezvous Point



**RACE CONTROL:**  
Registration, Information,  
Catering, toilets

### 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!

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

**CAUTION at ROAD CROSSINGS! THESE WILL BE MARSHALED!**

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