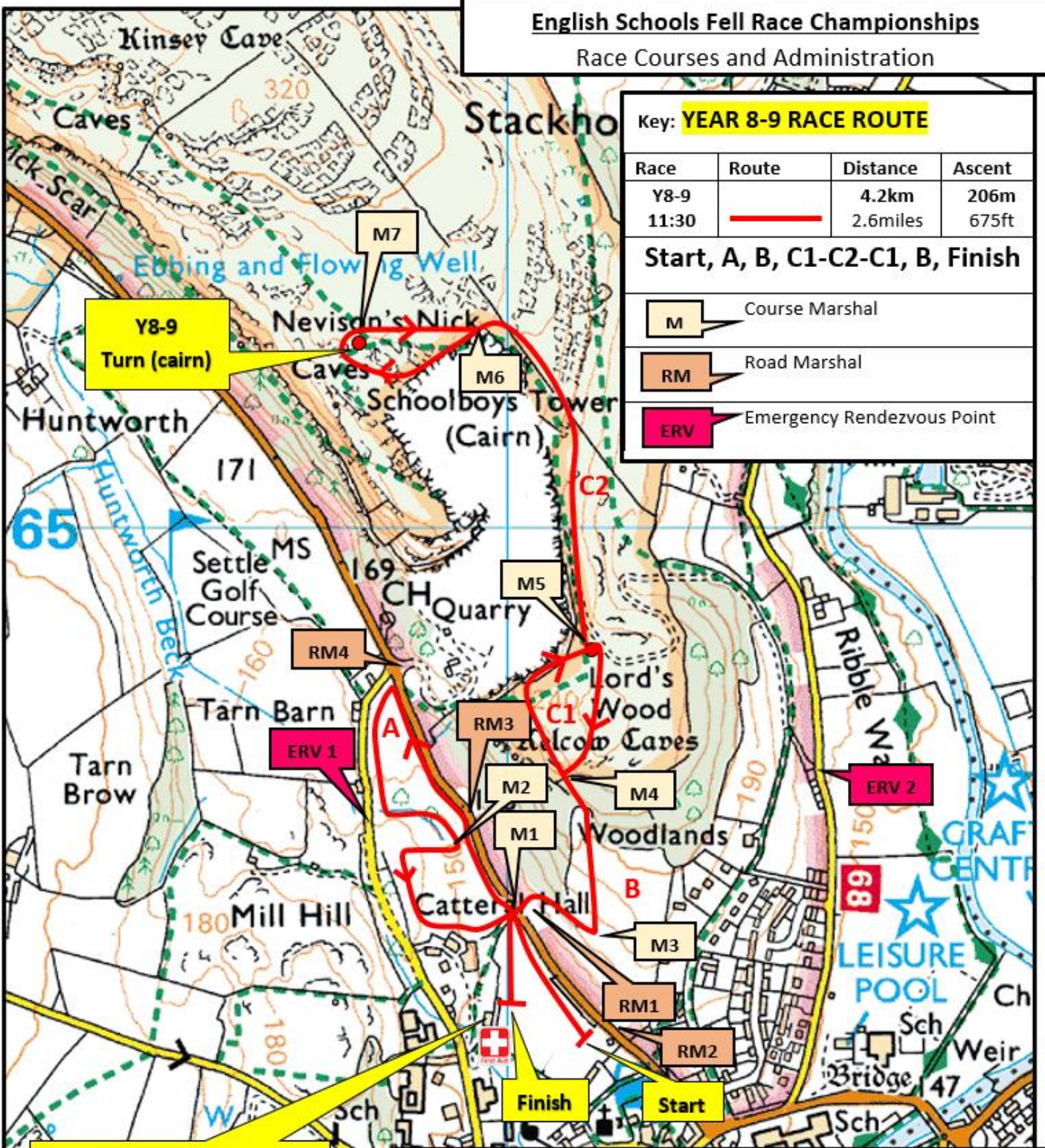


English Schools Fell Race Championships

Race Courses and Administration



Key: **YEAR 8-9 RACE ROUTE**

Race	Route	Distance	Ascent
Y8-9		4.2km	206m
11:30		2.6miles	675ft

Start, A, B, C1-C2-C1, 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.

