

SWALEDALE RUNNERS FELL CHAMPIONSHIP 2020

RULES AND SCORING SYSTEM

4 best results to count.

10 races to choose from – one every month from February to November

Points scores are based on the winners time as a percentage of the club runners time. Bonus points for women – score is based on 115% of winners time. Bonus points for older runners – 1% added to winners time for every year over age 40.

THE RACES

February 22 High Cup Nick (North Pennines-15k, 460m). A club favourite to start the year.

March 7 Black Combe (Lakes- 13k, 1000m). Black Combe, Black Combe, so good you climb it twice. A race guaranteed to provide memories and tall tales.

April 11 Carrock Fell Loop (Lakes- 12k, 550m). A new race in the North Lakes. Raising money for Community Action Nepal.

May 25 Austwick Amble (Dales - 13k, 365m). Bank Holiday Gala race in pretty Dales village.

June 13 Swaledale Marathon (Dales – 37k, 1160m). Our very own trail marathon.

July 18 Old Crown Round (Lakes – 36k, 2200m). This year's Lake District toughie.

August TBC West Witton (Dales – 6.5k, 340m). A low key local race that deserves more runners.

September 26 Great Whernside (Dales- 6.5k 475m). Possibly the best straight up and down race in the world.

October 17 British Fell Relays (Tebay). We hope to enter 2 teams this year. Contact Mike or Tim.

November 14 Really Wild Boar (Dales – 8k, 427m). Great spot prizes at the Fat Lamb. The race isn't bad either.