

North Shields Poly Fell Championships 2018

There are thirteen races in the series but only your best SEVEN races will score. 50 points are awarded to the first home, 48 to second, 47 to third etc.

Please bring the full FRA best practice kit to ALL races to avoid disappointment. Details of this can be found on the FRA website. [http://www.fellrunner.org.uk/documents/FRA Requirements for Runners 2015-16 V12 10-09-2015.pdf](http://www.fellrunner.org.uk/documents/FRA%20Requirements%20for%20Runners%202015-16%20V12%2010-09-2015.pdf)

High Cup Nick - BM-15k/9 miles

Saturday 24 February 2pm £8.00 Venue Dufton Village Hall ref 688 252. Marvellous descent from the Nick right to the finish, almost.

Carrock Fell - AS 9km/5.5 miles

Sunday 18 March 11.00am £4.00 Venue Calebreck car park, Hesket Newmarket CA7 8JR. GR345358

Brough Law - AS – 8k/5 miles.

Sunday 25th March at 10:30am. £3.00 Venue: Bulbys Wood car park, Ingram Valley, Grid NU008164

Coledale Horseshoe Fell Race – AM- 13.5k 8.5 miles

Saturday 7 April 11.00am £6.00 **pre entry** £10 on day. Venue: Braithwaite Lodge Grid ref 232 231. A very steep climb and a tricky rocky bit on the way back.

Cheviot Bomber – AS – 10k/6 miles

Sunday 20 May New Race Details TBC

Roman Wall Show – BS – 7.1k4.5 miles

Saturday 9 June 12.00. £4.00. Venue: Steel Rigg car park ref 752677. A race suitable for novices

Alwinton 3 Tops – BL - 24k/15 miles

Saturday 16th June 10.30am £11.00 pre entry £13 on day website www.notmrt.org.uk Alwinton, Northumberland. Grid ref:922064

Windy Gyle – BM – 13.7k/8.5 miles

Sunday 23 June at 10:30am. £5.00. Venue: Roadside sheep pens 800m N of Barrowburn Farm, Alwinton. Grid ref: NT863113

Chevy Chase – BL – 32.2k/20 miles

Saturday 7 July at 10.30. £20.00. The local race you must do at least once. Venue: Wooler Youth Hostel. **PRE ENTRY ONLY NO ENTRIES ON DAY**

Powburn Show Race - CS – 6k/3.7 miles

4 August at 1.00pm £4.00.TBC Venue: The Powburn Show Field 2 miles north of Powburn Village on the west side of the A697. <http://www.powburnshow.com+/-/#!show-day-information/cmnr66>

Forest Burn – 5.6k/3.5 miles

Sunday 12 August 2pm. £1.00 possibly plus entry to show. Venue: Simonside Country Fair, Gate Pub on B6342 nr Rothbury NE61 4PT

Grisedale Horseshoe- AM - 16k/10 miles

Saturday 1 September 11am £5.00 Venue:Glenridding Village Hall CA11 0PA

Simonside Thropton Show Race – BM – 11k/6.5 miles

Saturday 15 September at 2.30pm. £5.50 (includes entry to show)Venue: Thropton Showfield, Coquetdale, Northumberland. ref NU031027