

NORTH EAST COUNTIES ATHLETIC ASSOCIATION & NORTH EAST HILL RUNNING ASSOCIATION  
FELL RUNNING CHAMPIONSHIPS 2013

	Date	Race	Cat	Distance (km) & height (m)	Notes
1	Sunday 17 <sup>th</sup> Feb	Commondale Clart, LK/NS/PM Details: David Parry, 07890 430624 <a href="mailto:parrydavid5@gmail.com">parrydavid5@gmail.com</a> Website: <a href="http://www.eskvalleyfellclub.org">www.eskvalleyfellclub.org</a>	BS	8.3 220	10.30 am. The Cleveland Inn, Commondale nr. Guisborough. (GR 662104) £6 EOD
2	Sunday 10 <sup>th</sup> March	Brough Law Fell Race. LK/PM/T@ car park & national park info centre. Details: Will Horsley, 0191 388 2200 <a href="mailto:wjvh@btinternet.com">wjvh@btinternet.com</a> Web site: <a href="http://www.northumberlandfellrunners.co.uk">www.northumberlandfellrunners.co.uk</a>	AS	8.0 400	10 am. Bulby's Wood National Trust Car Park, Ingram Valley, nr Powburn, N'land. £5 EOD (GR NU 008 164).
3	Sunday 21 <sup>st</sup> April	Gisborough Moors Race (NYM), LK/NS/PM/T Details: David Parry, 07890 430624 <a href="mailto:parrydavid5@gmail.com">parrydavid5@gmail.com</a> Website: <a href="http://www.eskvalleyfellclub.org">www.eskvalleyfellclub.org</a>	BL	20.0 850	11 am. Guisborough Rugby Club. (GR NZ 616 155) £7 pre entry or £8 EOD
4	Sunday 23 <sup>rd</sup> June	Windy Gyle FR (Upper Coquetdale) ER/LK/NS/PM/No Toilets Details: Keith Cooper 01670 514 195 Website: <a href="http://www.northumberlandfellrunners.co.uk">www.northumberlandfellrunners.co.uk</a>	BM	13.7 549	10.30 am from the roadside sheep pens 0.5 miles N of Wedders Leap Car Park, Barrowburn. (GR NT 863113) £6 EOD
5	Sunday 30 <sup>th</sup> June	Cronkley (Upper Teesdale) ER/LK/NS/No Toilets/No Safety Pins Details: Patrick Bonnett: 01833 637017 <a href="mailto:race@durhamfellrunners.org">race@durhamfellrunners.org</a> <a href="http://www.durhamfellrunners.org.uk">www.durhamfellrunners.org.uk</a>	BM	16.9 535	11 am. £5 EOD. From the Strathmore Arms, Holwick nr Middleton-in-Teesdale (GR 909268). Full body cover essential.
6	Sat 21 <sup>st</sup> Sept	Simonside (Coquetdale). NS/PM/T Details: Phil Green: 0191 266 4009 Email: <a href="mailto:philip.g.green@blueyonder.co.uk">philip.g.green@blueyonder.co.uk</a> <a href="http://www.northumberlandfellrunners.co.uk">www.northumberlandfellrunners.co.uk</a>	BM	11.0 350	2.30 pm from Thropton Show field (£2 race entry plus £3.50 show entry ) (GR NU 031027)
7	Sunday 10 <sup>th</sup> Nov	Clay Bank West . LK/NS/PM Details: David Parry: 07890 430 624 <a href="mailto:parrydavid5@gmail.com">parrydavid5@gmail.com</a> Website: <a href="http://www.eskvalleyfellclub.org">www.eskvalleyfellclub.org</a>	AS	6.7 366	10.30 am. £6 EOD from Clay Bank car park nr Stokesley. (GR 572036)

KEY: ER = Experience required      LK = Local knowledge      NS = Navigational skills      PM = Partially marked

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FELL RUNNING CHAMPIONSHIPS 2013

The tenth running of the North East Counties Athletic Association (NECAA) Open Fell Running Championship series is to take place during 2013. As in previous years the series will incorporate the North East Hill Running Association (NEHRA) Fell Running Championships for veteran men and women.

This year the series will again consist of **seven races** of which a competitor's **best four results will count**. For **LV60 and above and for MV70** a competitor's **best three** races will count. The results will be calculated on the same basis as the British and English open championships, i.e. 1<sup>st</sup> 52 points, 2<sup>nd</sup> 49 points, 3<sup>rd</sup> 48 points and then  $\geq 50^{\text{th}}$  1 point, in each category (see below).

This year, as has been the custom, races are selected from those that are published in the first edition of the FRA calendar. The races have been selected from Northumberland, Durham and North Yorkshire and distributed over the whole of the region. The selection is made to give competitors the opportunity to participate in at least three of the seven races in an area within a reasonable travelling distance of their home. An attempt has been made to select races that also balance the competition in terms of length, ascent, winning times, and distribution throughout the year.

The first race in the series will be the Comondale Clart race on Sunday 17<sup>th</sup> February.

The competition is open to all those over the age of eighteen who were born in or have been resident for more than one year within the boundaries of the old NECAA, that is, from Whitby, north to Berwick upon Tweed, (Northumberland, Durham, Tyne and Wear, Cleveland and part of the old North Riding of Yorkshire). **Age categories and clubs will be those that are declared on the results sheets. It will be assumed that members of clubs from within the region are eligible unless they declare themselves ineligible. Unattached runners and runners from clubs outside the region will be assumed to be ineligible unless they declare otherwise.**

Engraved medals will be awarded for each competition category as shown below:

**NECAA FR Championship**

First three Senior Males and Females

**NEHRA FR Championship**

First three Vet O40 Male and Female

First three Vet O50 Male and Female

First three Vet O60 Male and Female

First three Vet O70 Male and Female

**Keith Cooper**

**10th January 2013**