

NORTH EAST COUNTIES ATHLETIC ASSOCIATION & NORTH EAST HILL RUNNING ASSOCIATION  
FELL RUNNING CHAMPIONSHIPS 2014

The eleventh running of the North East Counties Athletic Association (NECAA) Fell Running Championship is to take place during 2014. The championship will again incorporate the North East Hill Running Association (NEHRA) Fell Running Championships for veteran competitors.

Date	Race (enter on day unless otherwise indicated)	Distance (km) & height (m) (classification)
Sunday 13 <sup>th</sup> April 11am	Gisborough Moors Race (N Yorks) Registration at Guisborough Rugby Club, TS14 7BB, £8 (or £7 pre-entry) <a href="http://www.fellrunner.org.uk/races.php?id=2948">www.fellrunner.org.uk/races.php?id=2948</a>	20.0 850 (BL)
Thursday 29 <sup>th</sup> May 7pm	Roseberry Romp (N Yorks) From the public car park at Newton-under-Roseberry, TS9 6QR, £4 <a href="http://www.fellrunner.org.uk/races.php?id=2917">www.fellrunner.org.uk/races.php?id=2917</a>	8.2 320 (BS)
Sunday 29 <sup>th</sup> June 11am	Cronkley (Teesdale) Registration at the Strathmore Arms, Holwick, DL12 0NJ, £5 <a href="http://www.fellrunner.org.uk/races.php?id=3387">www.fellrunner.org.uk/races.php?id=3387</a>	16.9 535 (BM)
Tuesday 1 <sup>st</sup> July 7:30pm	Saltwell Harriers (Weardale) Registration at side of B6278 road two miles North of Stanhope (GR NY996416), £5 <a href="http://www.fellrunner.org.uk/races.php?id=3079">www.fellrunner.org.uk/races.php?id=3079</a>	9.0 300 (BS)
Sunday 10 <sup>th</sup> August 2pm	Forest Burn Fell Race (Northumberland) Simonside Country Fair adjacent to the Gate Pub on B6342, NE61 4PT, £1 <a href="http://www.fellrunner.org.uk/races.php?id=3178">www.fellrunner.org.uk/races.php?id=3178</a>	5.6 150 (BS)
Sunday 21 <sup>st</sup> September 10:40am	Viking Chase 4 Peaks (N Yorks) Registration at Lordstones Cafe, near Carlton, TS9 7JH, £8 <a href="http://www.fellrunner.org.uk/races.php?id=3215">www.fellrunner.org.uk/races.php?id=3215</a>	12.9 457 (BM)
Sunday 14 <sup>th</sup> December 11am	Simonside Cairns (Northumberland) Registration at the Newcastle Hotel public house, Rothbury, NE65 7UT, £5 <a href="http://www.fellrunner.org.uk/races.php?id=2873">www.fellrunner.org.uk/races.php?id=2873</a>	17.7 540 (BM)
Competitors are advised to check entry requirements and confirm the details of each race for themselves. Information in this table is correct as of December 2013		

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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. An attempt has been made to select races that balance the competition in terms of length, ascent, winning times, and distribution through the calendar.

The championship consists 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. Points are awarded in each category (see below) to eligible runners on the same basis as national Fell Race championships, with 52 points for 1<sup>st</sup>, 49 points for 2<sup>nd</sup>, 48 points for 3<sup>rd</sup> and then 1 point for any positions  $\geq$  50<sup>th</sup>.

The championship is eligible 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 organiser's official results and will not change during the year unless specific information is provided to the contrary. 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

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NECAA Fell Running Manager

26<sup>th</sup> December 2013