

NFR Championship Races 2019

Race	Day	Date	Time	Category	Distance	Climb	Cost	Entry details	Location
Brough Law	Sun	10 th March	10.30	AS	5m/8k	1312ft/400m	£3	EOD	N'land
Coledale Horseshoe	Sat	6 th April	11.00	AM	8.5m/13.7k	3002ft/915m	£10	Pre-entry only http://ellenboroughac.com/coledale-horseshoe/	Lakes
Helvellyn and the Dodds	Sun	26 th May	12.00	AL	14.9m/24k	4386ft/1337m	£10	£12 EOD or £10 pre-entry www.fabian4.co.uk	Lakes
Roman Wall Show	Sat	8 th June	12.00	BS	4.4m/7.1k	620ft/189m	£4	EOD	North Pennines
Cross Fell	Sun	30 th June	11.00	BL	14.9m/24k	2231ft/680m	£8	£10 EOD or £8 pre-entry https://www.sientries.co.uk	North Pennines
Chapelfell Top	Tue	16 th July	19.30	AS	4.3m/7k	1312ft/400m	£5	EOD	Durham
Bellingham Show	Sat	31 st Aug	14.30	BS	4m/6.4k	600ft/183m	£8	EOD	N'land
Three Shires	Sat	21 st Sept	11.00	AL	12.4m/20k	4003ft/1220m	£10	Pre-entry only https://www.sientries.co.uk	Lakes
Manor Water	Sat	12 th Oct	13.00	BM	10m/16k	2300ft/701m	£5	EOD http://carnethy.com/carnethy-organised-races/manor-water-hill-race/	Scotland
Lockton Limping	Sun	3 rd Nov	10.30	BM	7m/11.2k	1083ft/330m	£5	EOD	NYM
Simonside Cairns	Sun	8 th Dec	11.00	BM	11m/17.7k	1772ft/540m	£6	EOD	N'land

Points from best six races to count. By the end of the year, minimum of one Short, one Medium, and one Long category race needed for points to count in the Championship. Points awarded in each age group: 52pts for winner, 49pts for second, 48pts for third, etc. Age groups for men and women are Senior, V40, V45, V50, V55, V60, V65, V70.