

NFR Championship Races 2020

Race	Day	Date	Time	Category	Distance	Climb	Cost	Entry details	Location
Brough Law	Sun	15 th March	10.30	AS	5.0m/8.0k	1312ft/ 400m	£3	EOD	N'land
Blakey Blitz	Sun	19 th April	10.30	AM	10.6m/17.0k	2805ft/ 855m	£5	EOD	NYM
Buttermere Sailbeck	Sat	16 th May	12.00	AM	9.3m/15.0k	4314ft/ 1315m	£10 £12	Pre-entry https://www.resultsbase.net/ EOD	Lakes
Alwinton 3 Tops	Sat	13 th June	10.30	BL	14.9m/24.0k	2461ft/ 750m	£11 £13	Pre-entry https://www.sientries.co.uk EOD	N'land
Hartfell Horseshoe	Sat	20 th June	10.00	AM	10.0m/16.1k	3000ft/ 915m	£8?	Pre-entry via SHR website from beginning of May SHR Championship race	Scotland
Old Crown Round	Sat	18 th July	11.00	AL	22.4m/36.0k	7218ft/ 2200m	£12 £15	Pre-entry https://www.sientries.co.uk EOD	Lakes
Dufton Show	Sat	29 th Aug	12.30	AS	5.0m/8.0k	1509ft/ 460m	Show entry fee	EOD	North Pennines
Scafell Pike	Sat	12 th Sept	13.00	AS	4.5m/7.2k	2999ft/ 914m	£10 £13	Pre-entry http://www.cfra.co.uk 250 limit EOD	Lakes
NS Poly Ingram Hills	Sun	25 th Oct	11.00	BS	5.9m/9.5k	1247ft/ 380m	£6 £6	Pre-entry https://www.northshieldspolyshop.club/nsp-poly-fell-race/ns-poly-ingram-hills-race EOD	N'land
Gisborough Moors	Sun	15 th Nov	10.30	BL	12.4m/20.0k	2789ft/ 850m	£5	EOD	NYM
Simonside Cairns	Sun	13 th Dec	11.00	BM	11m/17.7k	1772ft/ 540m	£8	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. Please note there is no requirement for FV65 and MV70 (and older) to complete a Long category race as one of the minimum three races to count.