

NFR Championship Races 2022

Race	Day	Date	Time	Category	Distance	Climb	Cost	Entry details	Location
Brough Law	Sun	13 th March	10.30	AS	5m/8k	1312ft/400m	£5	EOD	N'land
Blakey Blitz	Sun	24 th April	10.30	AM	10.6m/17k	2805ft/855m	£6	EOD	NYM
Fox and Hound	Sun	15 th May	10.30	BM	8.5m/13.6k	1903ft/580m	£6	EOD	NYM
Windy Gyle	Sun	19 th June	10.30	BM	8.5m/13.7k	1801ft/549m	£5	EOD	N'land
Chevy Chase	Sat	2 nd July	10.30	BL	20m/32.2k	3999ft/1219m	£25	Pre-entry	N'land
Chapelfell Top	Tue	12 th July	19.30	AS	4.3m/7k	1312ft/400m	£5	EOD (£4 Pre-entry)	Durham
Bellingham	Sat	27 th Aug	14.30	BS	4m/6.4k	600ft/183m	£8	EOD	N'land
Simonside	Sat	17 th Sept	14.30	BM	6.8m/10.9k	1198ft/365m	£3	EOD	N'land
Buttermere Shepherd's Meet	Sun	23 rd Oct	11.30	AS	3.1m/5k	1969ft/600m	£5	EOD	Lakes
Saltergate Gallows	Sun	13 th Nov	10.30	BL	12.4m/20.0k	1640ft/500m	£6	EOD	NYM
Simonside Cairns	Sun	11 th Dec	11.00	BM	11m/17.7k	1772ft/540m	£10	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 (except M65 where there is no requirement for a long race; and M70 and F60 upwards where there is no requirement for either a long or medium race). Points awarded in each age group: 52pts for winner, 49pts for second, 48pts for third, etc. Club members who are the Race Organiser for any of these races will automatically be awarded points as if they had come last in their age group. Age groups for men and women are Senior, V40, V45, V50, V55, V60, V65, V70.