

NFR Championship Races 2023

Race	Day	Date	Time	Category	Distance	Climb	Cost	Entry details	Location
Gisborough Moors	Sun	23 rd April	10.30	BL	12.4m/20.0k	2789ft/850m	£6 Pre £7 EOD	EOD or Pre-entry via SiEntries NECCA	NYM
Two Tops Dash	Sat	20 th May	12.00	AS	6.0m/9.6k	1883ft/574m	£7	Pre-entry Events Up North website	Lakes
Yetholm Hill Race	Sun	5 th June	13.00	AM	8.0m/12.8k	2493ft/760m	£10	EOD	Scottish Borders
Darren Holloway Memorial Race Short	Sat	24 th June	11.00	AL	12.9m/20.8k	4980ft/1518m	£15	Pre-entry Via SiEntries	Lakes
Saltwell Harriers 1890	Tue	4 th July	19.15	BS	5.6m/9.0k	984ft/300m	£5	EOD	Durham
Beacon Hill	Thu	13 th July	19.15	BM	6.6m/10.6k	1345ft/410m	£5	EOD NECCA	N'land
Falstone Falcon	Sat	19 th Aug	14.30	BS	5.0m/8.0k	755ft/230m	£2 plus show entry	EOD	N'land
Cronkley	Sat	9 th Sept	14.00	BM	10.6m/17.1k	1837ft/560m	£7	EOD or Pre-entry via SiEntries (150 limit) NECCA	Durham
Two Breweries Hill Race	Sat	23 rd Sep	12.00	AL	18.0m/29.0k	4921ft/1500m	£20	Pre-entry Entry Central website	Scottish Borders
Yetholm Shepherd's Show Race	Sat	7 th Oct	12.45	AS	4.0m/6.5k	1181ft/360m	£10 incl. entry to show	EOD	Scottish Borders
Eskdale Eureka	Sat	2 nd Dec	10.30	BM	8.9m/14.3k	1542ft/470m	£6	EOD	NYM

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.