

## NFR Championship Races 2024

Race	Day	Date	Time	Category	Distance	Climb	Cost	Entry details	Location
High Cup Nick	Sat	24 <sup>th</sup> Feb	13.00	BM	9.3m/15.0k	1509ft/460m	£15	Pre-entry via SiEntries	North Pennines
Brough Law	Sun	17 <sup>th</sup> Mar	10.30	AS	5.0m/8.0k	1312ft/400m	£5	EOD	N'land
Newlands Memorial	Sat	20 <sup>th</sup> Apr	11.30	AM	11.5m/18.5k	3609ft/1100m	£14	Pre-entry via CFR website	Lakes
Helvellyn and The Dodds	Sat	25 <sup>th</sup> May	11.00	AL	14.9m/24.0k	4386ft/1337m	£12	Pre-entry via Fabian4	Lakes
Windy Gyle	Sun	16 <sup>th</sup> Jun	10.30	BM	8.5m/13.7k	1801ft/549m	£6	EOD	N'land
Chevy Chase	Sat	6 <sup>th</sup> Jul	10.00	BL	20.0m/32.2k	3999ft/1219m	£25	Pre-entry via SiEntries	N'land
Dufton Show	Sat	31 <sup>st</sup> Aug	12.30	AS	5.0m/8.0k	1509ft/460m	£10 Show entry fee	EOD	North Pennines
Three Shires	Sat	14 <sup>th</sup> Sep	11.00	AL	12.4m/20.0k	4003ft/1220m	£16	Pre-entry via SiEntries	Lakes
Alwinton Show	Sat	12 <sup>th</sup> Oct	14.00	BS	2.3m/3.7k	550ft/167m	£10 Show entry fee	EOD	N'land
Middle Fell	Sat	23 <sup>rd</sup> Nov	10.30	AM	6.6m/10.6k	1699ft/518m	£5	EOD	Lakes
Really Wild Boar	Sat	7 <sup>th</sup> Dec	11.00	AS	5.6m/9.0k	1476ft/460m	£10	EOD	Yorkshire Dales

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. Any fully paid up club member who is 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, V75.