

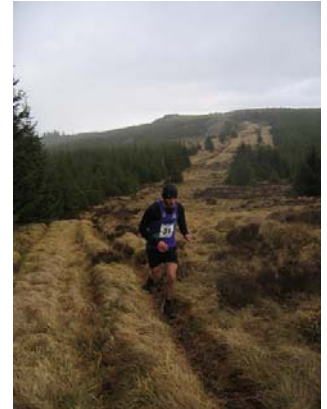
# Kielder Grey's Summit Medium Race

Saturday 16<sup>th</sup> January, 1pm (~6 miles with ~1300 ft of ascent)

This is a new route for a one-off race. It starts and finishes at Kielder Castle, taking in East Kielder, Three Pikes and Grey's Pike in a clockwise direction. Race registration opens at 12 noon and the race starts at 1pm. Distance is approximately six miles with about 1300 feet of ascent. The first part of the race is on fairly good tracks and paths but the middle section is over pretty rough and, in places, boggy ground. Finish is via good but steep paths. The route will be fully marked with marshals at key points. Please [email Will](#) for a PDF map of the route.

**IMPORTANT** – all competitors **MUST** carry full kit as required by the Fell Runners Association. This means full body cover including hat and gloves, as well as a map, compass and whistle. A limited number of maps will be available for free on the day but they are not waterproof so you will need a suitable map case.

There is ample parking at Kielder. Please park in the proper designated car parks and not on verges or in the village. There is a charge for parking (£3) which is **not** included in the race entry fee. Remember to bring some change with you!



Facilities – we have kindly been given use of the Castle which means we have access to proper toilets as well as a warm and dry room for changing. You can leave belongings but this will be entirely at your own risk. After the race there will be hot drinks and biscuits available in the Castle. ***Bring a mug with you!***

The café ('The Duke's Pantry') will also be open until 4pm.

Prizes – all the surplus money collected from race entry fees will be donated to charity. There will be no prizes awarded other than trophies for the male and female winners.

In the event of bad weather the route may be changed. In the event of severe weather the race may be cancelled – please check [www.northumberlandfellrunners.co.uk](http://www.northumberlandfellrunners.co.uk)

Race entry - £5. Please bring correct change with you. Race run in accordance with the rules of the Fell Runners Association. Minimum age: 18 years on day of race.

## \*\*\*\*\*CHAMPIONSHIP NEWS\*\*\*\*\*

This race has been selected as the first race in the NECAA & NEHRA 2010 Fell Running Championships! Medals for the 2009 Championship Winners and second and third placed runners will be presented after the race in the Castle.

This race is also the first race in the Northumberland Fell Runners 2010 Club Championship.

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