

Simonside Cairns Fell Race

BM 11 miles 1770ft Ascent

Sunday 11th December 2011

Start 11.00am

Registration from 9.30am at Newcastle House Hotel, Rothbury (GR057 017)

Entry Fee £5.

Over 18. Records M -1.14.34 N Swinburn 2006. F – 1.24.19 A Mudge 2005

FRA safety conditions will apply, all competitors must carry map, compass and whistle, full body waterproof cover and emergency food. Kit checks will be carried out. Further details from Paul Appleby on 01669 620871 or paul@davidapplebybuilders.co.uk

FRA Guidelines – Over 18 only



Also Hill Forts and Headaches Race

AS 3 miles 1020ft Ascent

Sunday 1st January 2012

Start 11.00 am from Newcastle House Hotel, Rothbury.

Registration from 9.30am. Entry Fee £3. Route marked. All competitors must carry full waterproof cover. Over 16 records M-21.05 M Whitfield 2003. F-27.44 B Whitfield2003.

Further details as above.