

Simonside Cairns Fell Race

BM 11 miles 1770ft Ascent

Sunday 8th December 2013

Start 11.00am

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

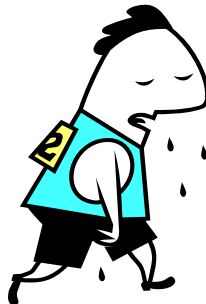
Entry Fee £5.00

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

FRA safety conditions will apply, all competitors must carry full body waterproof cover. 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

Wednesday 1st January 2014

Start 11.00 am from Newcastle House Hotel, Rothbury.

Registration from 9.30 am

Entry Fee £4.00 Route marked. All competitors must carry full body waterproof cover.

Over 16 records M-21.05 M Whitfield 2003. F-27.44 B Whitfield 2003.

Further details as above.