

Simonside Cairns Fell Race

BM 11 miles 1770ft Ascent

Sunday 11th December 2016

Start 11.00am

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

Entry Fee £6.00

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 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



Hillforts and Headaches Fell Race

AS 3 miles 1020ft

Sunday 1st January 2017

Start 11.00am

Registration from 9.30am Newcastle House Hotel, Rothbury

Entry Fee £5.00