

25th Simonside Cairns Fell Race

BM 11 miles 1770ft Ascent

Sunday 8th December 2019

Start 11.00am

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

Entry Fee £6.00

Over 18. Records M -1.12.51 N Swinburn 2018. F -1.24.19 A Mudge 2005

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

Further details from Paul Appleby on 01669 620871 or

paul@davidapplebybuilders.co.uk

FRA Guidelines – Over 18 only

