

St Helens Sutton AC - 2016 Fell Championship



| Date | Time | Race | Cat. | Where | | Distance (miles) | Climb (ft) | Cost |
|----------------|-------|---|------|---------|--------------------|------------------|------------|------|
| Sat 26/03/16 | 15:00 | Rivington Pike | BS | England | Horwich | 3.2 | 699 | £5 |
| Sat 16/04/16 | 14:00 | Ras Y Moelwyn | AM | Wales | Blaenau Ffestiniog | 10.5 | 2800 | £8 |
| Sat 14/05/16 | 14:00 | Bollington Festival 3 Peaks | BS | England | Bollington | 5.6 | 1214 | £6 |
| Wed 25/05/16 | 19:30 | Harrock Hill 1 | BS | England | Bispham | 5.2 | 902 | £4 |
| Sat 11/06/16 | 11:00 | Pedol Cwm Pennant | AL | Wales | Garndolbenmaen | 14.9 | 5577 | £10 |
| Thur 16/06/16 | 19:15 | Aggie's Staircase | AS | England | Darwen | 4.0 | 1148 | £5 |
| Thu 07/07/16 | 19:15 | Tockholes Evening | BS | England | Darwen | 5.8 | 1099 | £5 |
| Sat 16/07/16 * | 14:00 | International Snowdon Race | AM | Wales | Llanberis | 10.0 | 3300 | £35 |
| Wed 03/08/16 | 19:30 | Whittle Pike | AS | England | Waterfoot | 5.1 | 1601 | £4 |
| Thu 01/09/16 | 18:45 | Hades Hill | BS | England | Whitworth | 5.0 | 1181 | £4 |
| Sat 03/09/16 | 11:30 | Grisedale Horseshoe | AM | England | Lake District | 9.9 | 5003 | £5 |
| Sat 01/10/16 | 11:00 | Saddleworth Edges | BM | England | Saddleworth | 8.1 | 1148 | £5 |
| Sat 19/11/16 | 11:00 | Tour Of Pendle | AL | England | Barley | 16.8 | 4833 | £9 |

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| Category Descriptions | A | Averaging no less than 250ft for every mile of climb, and no more than 20% of total distance on road. |
| | B | Averaging no less than 125ft for every mile of climb, and no more than 30% of total distance on road. |
| | C | Averaging no less than 100ft for every mile of climb, and no more than 40% of total distance on road. |
| | S | "Short" - under 6 miles. |
| | M | "Medium" - 6 to 12 miles. |
| | L | "Long" - over 12 miles. |

Points System:-

There will be male and female categories. 1 point for first, 2 points for second, 3 points for third etc.

Lowest number of points from your best 5 races equals your score.

Lowest best score from the minimum 5 races wins. In the event of a tie then how the tied runners

performed against each other at races will determine the winner.

Non-age based system. The points system could be reviewed if necessary.

*Entries open 1st March