

Ennerdale 'Horseshoe' Fell Race

Saturday 12th June 2010

- Entry Fees:** £9 pre-entry only. Entries (limited to 450) are accepted after 31st March but close 31st May. Send details and a cheque payable to 'CFRA', including your name, address, age and club, telephone number, e-mail address & emergency contact tel. no. (Please use the [pre-entry form](#) from our website.)
- Entries to:** Mr Colin Dulson, 5 Sunnyside, Kendal, Cumbria, LA9 7DJ
Tel: (01539) 735134 email: colin@berrison.com Substitutions allowed between runners but the race organizer must be informed by writing.
- Age Limit:** 18 and over on the day of the race.
- Start Time:** 11.00am
- Registration / Start & Finish:** Ennerdale Scout camp GR 085 153
- Checkpoints:**
- | | | | Closing Time |
|------|-----------------|---------|--------------|
| 1st | Great Bourne | 124 164 | 11.50 |
| 2nd | Red Pike | 160 154 | 12.25 |
| 3rd | Black Beck Tarn | 201 129 | 13.25 |
| 4th | Green Gable | 215 106 | 14.10 |
| 5th | Kirk Fell | 194 104 | 14.45 |
| 6th | Pillar | 171 121 | 15.40 |
| 7th | Haycock | 145 107 | - |
| 8th | Iron Crag | 122 119 | - |
| 9th | Crag Fell | 097 143 | - |
| 10th | Finish | 088 154 | |
- Race Records:**
- | | | |
|----------|------|-----------|
| K Stuart | 1985 | 3.20.57 m |
| J Mclver | 2008 | 4.01.33 f |
- Prizes:**
- | | |
|---------|------------------------|
| Men: | Seniors, V40, V45, V55 |
| Ladies: | Seniors, LV35, LV40 |
| Teams: | 1st Team |
- Certificates:** Presented to all who complete the course
- Gold = under 4 hours
Silver = under 4.5 hours
White = all finishers
- Changing:** Changing facilities and toilets are available at the camp site (no showers).