

# *Ennerdale 'Horseshoe' Fell Race*

## *Saturday 8th June 2019*

**Details:** Country: England  
Region: Lake District  
Category: AL  
Distance: 37km / 23m  
Climb: 2290m / 7513ft  
Skills & experience: ER, PM, LK, NS  
Age Limit: 18 and over on the day of the race.  
Start Time: 11.00am

**Entry Fees:** £13.50 pre-entry, on the day £16. Entries (limited to 450) are accepted from 1<sup>st</sup> January until 31st May. Send details and a cheque payable to 'CFRA', including your name, address, age and club, telephone number, email address & emergency contact tel. no. (Please use the [pre-entry form](#) from our website <http://cfra.co.uk/>.)

**Entries to:** Mr Colin Dulson, 5 Sunnyside, Kendal, Cumbria, LA9 7DJ Tel: 07778 175558 email: [colin@berrison.com](mailto:colin@berrison.com) Substitutions allowed between runners but the race organizer must be informed in writing.

**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:** Mens K Stuart 1985 3.20.57  
Ladies J Mclver 2008 4.01.33

**Prizes:** Men: MU21, MU23, MSEN, M40, M45, M50, M55, M60, M65, M70  
Ladies: WU21, WU23, WSEN, W40, W45, W50, W55, W60, W65, W70  
1st Team (4 to count) Gents & for Ladies??? Maybe 3?

**Certificates:** To be advised

Gold = under 4 hours  
Silver = under 4.5 hours  
White = all finishers

**Changing:** No camping available at Scout Camp pre or post race. Full toilet & shower facilities available.

**Food - To be advised**

**Emergency telephone number – To be advised**