

Ennerdale 'Horseshoe' Fell Race

Saturday 10th June 2017

Details: Country: England
Region: Lake District
Category: AL
Distance: 36.8km / 22.9m
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: £12.50 pre-entry, on the day £15.00. Pre-entries accepted from 1st January to 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.)

Entries to: Mr Colin Dulson, 5 Sunnyside, Kendal, Cumbria, LA9 7DJ Tel: 07778 175558 email: colin@berrison.com Substitutions allowed between runners but the race organizer must be informed by 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: Seniors, V40, V45, V55
Ladies: Seniors, LV35, LV40
Teams: 1st Team of 4 men & women

Certificates: Presented to all who complete the course

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.

Sorry no maps are available for this event.