

FORTHCOMING FELL RACES --Full details in FRA Calendar

- Sun 5th Oct Ian Hodgson Relay**
10.0am From Sykeside Camping Park, Brotherswater
- Sat 11th Oct Langdale Horseshoe Fell Race 14M /4000 ft**
11.0 am From old Dungeon Ghyll, Langdale
Last English & Club Championship Race
- Sat 18th Oct British Fell & Hill Relay Championship**
10.30 am From Church Stretton School
Church Stretton , Shropshire
- Sat 25th Oct The Screes Fell Race 5M /1560 ft**
2.30 pm from The Screes Inn Wasdale
- Sat 8th Nov Dunnerdale Fell Race 5M / 1800 ft**
12 noon From the Blacksmiths Arms, Broughton Mills
- Sat 15th Nov Tour of Pendle 17M / 4250 ft**
10.30 am from Barley Village Hall Near Burnley
- Sat 22nd Nov Kirkbymoore Fell Race 6.5 M / 1600 ft**
11.0 am from Beckside Village Hall, Kirkby in Furness

FORTHCOMING ROAD RACES

- Sun 12th Oct Great Cumbrian Run - Half Marathon**
11.30 am from Sheepmount Stadium Carlisle
- Sun 19th Oct Green Drive 5**
11.0 am from YMCA Community Centre, Mythop Road , Lytham
- Sun 2nd Nov Derwentwater 10**
12 noon Keswick School Crosthwaite
Club Championship and Keswick Challenge series
- Sat 15th Nov Brampton – Carlisle 10**
Details not yet available usually 2.0 pm from William Howard School Brampton
Last Club Championship Race
- Sun 16th Nov Preston 10**
10.0 am Hutton Grammar School Preston
- Sat 29th Nov Wesham 10K**
11.0 am Wesham, north Lancs
- Sun 7th Dec Christmas Pudding 10 K**
11.0 am Glaxo Factory Sports Club Ulverston

MID LANCS CROSS COUNTRY LEAGUE

- Sat 1st Nov Showground Kendal**
- Sat 22nd Nov Sefton Park, Liverpool**
- Sat 13th Dec Lawsons Grounds , Blackpool**
- Sat 10th Jan Lancaster University**
- Sat 14th Feb Astley Park ,Chorley**
- Sat 13th Mar Wordon Park, Leyland**

Contact 01704 566995 for details

County Cross Country Championships

Sat 3rd Jan Kendal [provisionally] --- to be confirmed