

ENNERDALE SHOW FELL RACE 2018

Wednesday 29 Aug 2018 at 2:30 PM

Distance: 3km / 1.9m

Ascent: 200m / 656ft

Description: This out-and-back course is grass and heather underfoot, involves a steep climb and a ridge run to a summit, and will be partially marked with flags. The race attracts elite and novice fell-runners alike, and a wide range of ages from Under 23 to Over 70.

Minimum age: 17

Prizes: Prizes are awarded in gender/age categories appropriate to the distribution of entries received on the day.

Course records:

- Male: S Stead – 11:33 – 2017
- Female: C Spurden – 14:53 – 2015
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Junior Fell Races

Junior races take place on shortened / lower-level courses appropriate to age.

- **Under 13:** 1.30 PM
- **Under 15:** 2:00 PM
- **Under 17:** 2.15 PM