**Ennerdale Show Fell Race 2019  
  
Wednesday 28th Aug 2019, at 2:30PM**  
  
Distance: 3km / 1.9m  
Ascent: 200m / 656ft  
  
Venue: Ennerdale Show Field (The Leaps,nr Kirkland). Grid ref: NY 087182  
  
Minimum age: 17  
  
Entries: On the day only (registration closes 2:15PM).

Pay gate entry to Show Field – race itself free.  
  
Course records:  
Male: J Wood – 00:11:25 – 2018  
Female: C Spurden – 00:14:53 – 2015  
  
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.  
  
Junior Races:  
Junior races take place on shortened / lower-level courses appropriate to age.  
  
U17 1:30 pm, U13 2:00 pm, U9 2:15 pm.  
  
Junior race enquiries to Andy Wrigley: [cfr.jnrs@gmail.com](mailto:cfr.jnrs@gmail.com)