**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