

## Macclesfield Harriers Fellrunning Club Championships 2020

This year we have separated the races into three different championships. The Local Peaks Series (LPS), High Fell Series (HFS) and Summer Midweek Series (SMS). Each will have a series winner and offers a different set of challenges to provide something for everyone. The High Fell Series has some tough races, but there are also more accessible races to help build confidence and experience for relative newcomers and encourage them into new territories. We are also introducing the Barry Blyth Club Enthusiast Award for the most races entered across all three series'. In the event of a tie the individual with the biggest improvement will be awarded.

Local Peaks Series (LPS)			
Sat 29 <sup>th</sup> Feb	<b>Terry's High Five</b> *new club race	<b>BS</b> 8.2km 365m	£7 EOD or Pre-entry @ Fabian4
Sun 5 <sup>th</sup> April	<b>Mow Cop</b>	<b>BM</b> 11km 400m	£5 EOD
Sat 9 <sup>th</sup> May	<b>Cressbrook Crawl</b>	<b>BM</b> 11km 350m	£7 EOD
Sun 7 <sup>th</sup> June	<b>Passing Cloud</b>	<b>BM</b> 16km 565m	£6 EOD
Sun 14 <sup>th</sup> June	<b>Shrigley Stag</b>	<b>BS</b> 10km 280m	£7 EOD or Pre-Entry £5
Sat 27 <sup>th</sup> June	<b>Chrome Hill</b>	<b>BS</b> 6km 213m	£5 EOD
Sun 5 <sup>th</sup> July	<b>Langley Fete</b>	<b>BS</b> 5km 198m	£5 EOD
Sun 19 <sup>th</sup> July	<b>Holme Moss</b>	<b>AL</b> 29km 1,315m	£11 EOD or £10 Pre-Entry
Sun 23 <sup>rd</sup> Aug	<b>Crowden Horseshoe</b>	<b>BM</b> 13km 518m	£5 EOD or Pre-Entry @ Race-results
Sat 12 <sup>th</sup> Sept	<b>Groovy Kinder Love</b>	<b>AL</b> 25km 1,300m	£8 EOD
Sun 11 <sup>th</sup> Oct	<b>Windgather</b>	<b>BL</b> 22km 762m	£10 EOD
Sun 8 <sup>th</sup> Nov	<b>Roaches</b>	<b>BL</b> 24km 1,128m	£5 EOD
Must race 6 of 12 including 1 long for series qualification 4 short, 4 medium & 4 long in series			

High Fell Series (HFS)				
Sat 14 <sup>th</sup> March	Snowdonia	<b>Yr Aran</b>	<b>AM</b> 16km 945m	British Champs Pre-entry @ Fabian4 from Jan2020
Sat 28 <sup>th</sup> March <b>CLUB WEEKEND AWAY</b>	Lake District (choice of two races)	<b>Coledale Horseshoe</b>	<b>AM</b> 14km 915m	Pre-Entry via Ellenborough AC website
		<b>Eskdale Elevation</b>	<b>AL</b> 20km 1,455m	£7 EOD
Sat 25 <sup>th</sup> April	Yorkshire Dales	<b>Yorkshire 3 Peaks</b>	<b>AL</b> 37km 1,608m	Pre-Entry from 9am Feb 1st
Sat 2 <sup>nd</sup> May	Lake District	<b>Coniston</b>	<b>AM</b> 14km 1,065m	£10 EOD
Sat 16 <sup>th</sup> May	Pennines	<b>Alderman's Ascent</b>	<b>AS</b> 9km 400m	English Champs Pre-Entry
Sat 13 <sup>th</sup> June	Lake District	<b>Ennerdale Horseshoe</b>	<b>AL</b> 37km 2,290m	English Champs Pre-Entry from 1 <sup>st</sup> Jan
Sat 4 <sup>th</sup> July	Lake District	<b>Blencathra</b>	<b>AM</b> 13km 825m	English Champs Pre-Entry April
Sat 1 <sup>st</sup> Aug	Lake District	<b>Borrowdale Horseshoe</b>	<b>AL</b> 27km 2,000m	Pre-Entry from 31 <sup>st</sup> May
Sat 29 <sup>th</sup> Aug	Lake District	<b>Arnison Craggs</b>	<b>AS</b> 5km 305m	English & British Champs Pre-Entry via SIEntries
Sun 20 <sup>th</sup> Sept	Shropshire	<b>South Mynd Tour</b>	<b>AL</b> 23km 1,270m	English Champs
Must race 4 of 10 for series qualification 2 short, 4 medium & 4 long in series Note: English/British Champs races will sell out early so get entry's in!				

Summer Weekday Series (SWS)			
Wed 6 <sup>th</sup> May	<b>Rainow 5</b>	<b>BS</b> 8km 229m	£5 EOD
Wed 20 <sup>th</sup> May	<b>Gun Run</b> *new club race	<b>BS</b> 9km 250m	£7.50 EOD but £6 Pre-Entry preferred
Fri 29 <sup>th</sup> May	<b>Kett Killer</b>	<b>BS</b> 10km 304m	£12 EOD or £10 Pre-Entry
Wed 3 <sup>rd</sup> June	<b>Boar's Head</b>	<b>BM</b> 13km 400m	£4 EOD
Tues 16 <sup>th</sup> June	<b>Calton Crawl</b>	<b>BS</b> 9km 244m	£5 EOD
Wed 1 <sup>st</sup> July	<b>Hope Wakes</b>	<b>BS</b> 10km 451m	£8 EOD
Wed 15 <sup>th</sup> July	<b>Bamford Carnival</b>	<b>BS</b> 7km 305m	£5 EOD
Wed 22 <sup>nd</sup> July	<b>Forest 5</b>	<b>CS</b> 9km 307m	£7 EOD
Wed 5 <sup>th</sup> Aug	<b>Cracken Edge</b>	<b>BM</b> 11km 442m	£6 EOD
Wed 12 <sup>th</sup> Aug	<b>Eccles Pike</b>	<b>AS</b> 5km 305m	£6 EOD or £5 Pre-Entry
Must race 5 of 10 for series qualification 8 short & 2 medium in series			

Other club fell running events	
14 <sup>th</sup> March (tbc)	Navigation Skills Event
28 <sup>th</sup> March	Club Weekend Away
27 May	May-time Scamper-O
17 June	Polly Lander Orienteering Trophy
4 <sup>th</sup> October	Hodgson Relays
17 <sup>th</sup> October	British Fell Relays & Club Weekend Away
29 <sup>th</sup> Nov (tbc)	Club Fell Handicap

Our races needing volunteers	
29 <sup>th</sup> Feb	Terry's High 5
2 <sup>nd</sup> May	Bollington 3 Peaks
6 <sup>th</sup> May	Rainow 5
20 <sup>th</sup> May	Gun Run
13 <sup>th</sup> June	Winkle Trout
5 <sup>th</sup> July	Langley Fete
1 <sup>st</sup> Aug	Tegg's Nose
20 <sup>th</sup> Sept	Macc Run Fest
11 Oct	Windgather

British & English Champs races		
Brit	14 <sup>th</sup> March	Yr Aran, Snowdonia (AM)
Eng	4 <sup>th</sup> April	Guisborough Three Tops, N York Moors (AM)
Brit	25 <sup>th</sup> April	Seven Sevens, Northern Ireland (AL)
Eng	16 <sup>th</sup> May	Alderman's Ascent, Pennines (AS)
Eng	13 <sup>th</sup> June	Ennerdale, Lake District (AL)
Eng	4 <sup>th</sup> July	Blencathra, Lake District (AM)
Brit	1 <sup>st</sup> Aug	Glenshee, Cairngorms, (AL)
Eng/Brit	29 <sup>th</sup> Aug	Arnison Craggs, Lake District (AS)
Eng	20 <sup>th</sup> Sept	South Mynd Tour, Shropshire (AL)

# Fell Running Calendar and Championships 2020

January	February	March	April	May	June	July	August	September	October	November	December
1 We	1 Sa	1 Su	1 We	1 Fr	1 Mo	1 We <b>Hope Wakes</b>	1 Sa <b>Borrowdale Or Teggs Nose</b>	1 Tu	1 Th	1 Su	1 Tu
2 Th	2 Su	2 Mo	2 Th	2 Sa <b>Coniston Or Bollington 3 Peaks</b>	2 Tu	2 Th	2 Su	2 We	2 Fr	2 Mo	2 We
3 Fr	3 Mo	3 Tu	3 Fr	3 Su	3 We <b>Boar's Head</b>	3 Fr	3 Mo	3 Th	3 Sa	3 Tu	3 Th
4 Sa	4 Tu	4 We	4 Sa	4 Mo	4 Th	4 Sa <b>Blencathra</b>	4 Tu	4 Fr	4 Su <b>Hodgson Relays</b>	4 We	4 Fr
5 Su	5 We	5 Th	5 Su <b>Mow Cop</b>	5 Tu	5 Fr	5 Su <b>Langley Fete</b>	5 We <b>Cracken Edge</b>	5 Sa	5 Mo	5 Th	5 Sa
6 Mo	6 Th	6 Fr	6 Mo	6 We <b>Rainow</b>	6 Sa	6 Mo	6 Th	6 Su	6 Tu	6 Fr	6 Su
7 Tu	7 Fr	7 Sa	7 Tu	7 Th	7 Su <b>Passing Cloud</b>	7 Tu	7 Fr	7 Mo	7 We	7 Sa	7 Mo
8 We	8 Sa	8 Su	8 We	8 Fr	8 Mo	8 We	8 Sa	8 Tu	8 Th	8 Su <b>Roaches</b>	8 Tu
9 Th	9 Su	9 Mo	9 Th	9 Sa <b>Cressbrook Crawl</b>	9 Tu	9 Th	9 Su	9 We	9 Fr	9 Mo	9 We
10 Fr	10 Mo	10 Tu	10 Fr	10 Su	10 We	10 Fr	10 Mo	10 Th	10 Sa	10 Tu	10 Th
11 Sa	11 Tu	11 We	11 Sa	11 Mo	11 Th	11 Sa	11 Tu	11 Fr	11 Su <b>Windgather</b>	11 We	11 Fr
12 Su	12 We	12 Th	12 Su	12 Tu	12 Fr	12 Su	12 We <b>Eccles Pike</b>	12 Sa <b>Groovy Kinder Love</b>	12 Mo	12 Th	12 Sa
13 Mo	13 Th	13 Fr	13 Mo	13 We	13 Sa <b>Ennerdale Or Wincle Trout</b>	13 Mo	13 Th	13 Su	13 Tu	13 Fr	13 Su
14 Tu	14 Fr	14 Sa <b>Yr Aran Or Navigation Skills Event (TBC)</b>	14 Tu	14 Th	14 Su <b>Shrigley Stag</b>	14 Tu	14 Fr	14 Mo	14 We	14 Sa	14 Mo
15 We	15 Sa	15 Su	15 We	15 Fr	15 Mo	15 We <b>Bamford Carnival</b>	15 Sa	15 Tu	15 Th	15 Su	15 Tu
16 Th	16 Su	16 Mo	16 Th	16 Sa <b>Alderman's Ascent</b>	16 Tu	16 Tu <b>Calton Crawl</b>	16 Th	16 We	16 Fr	16 Mo	16 We <small>Bollington Street Orienteering (TBC)</small>
17 Fr	17 Mo	17 Tu	17 Fr	17 Su	17 We <small>Polly Lander Trophy (TBC)</small>	17 Fr	17 Mo	17 Th	17 Sa <b>British Fell Relays</b>	17 Tu	17 Th
18 Sa	18 Tu	18 We	18 Sa	18 Mo	18 Th	18 Sa	18 Tu	18 Fr	18 Su	18 We	18 Fr
19 Su	19 We	19 Th	19 Su	19 Tu	19 Fr	19 Su <b>Holme Moss</b>	19 We	19 Sa	19 Mo	19 Th	19 Sa
20 Mo	20 Th	20 Fr	20 Mo	20 We <b>Gun Run</b>	20 Sa	20 Mo	20 Th	20 Su <b>S.Mynd Tour Or Macc Run Fest</b>	20 Tu	20 Fr	20 Su
21 Tu	21 Fr	21 Sa	21 Tu	21 Th	21 Su	21 Tu	21 Fr	21 Mo	21 We	21 Sa	21 Mo
22 We	22 Sa	22 Su	22 We	22 Fr	22 Mo	22 We <b>Forest 5</b>	22 Sa	22 Tu	22 Th	22 Su	22 Tu
23 Th	23 Su	23 Mo	23 Th	23 Sa	23 Tu	23 Th	23 Su <b>Crowden</b>	23 We	23 Fr	23 Mo	23 We
24 Fr	24 Mo	24 Tu	24 Fr	24 Su	24 We	24 Fr	24 Mo	24 Th	24 Sa	24 Tu	24 Th
25 Sa	25 Tu	25 We	25 Sa <b>Yorkshire 3 Peaks</b>	25 Mo	25 Th	25 Sa	25 Tu	25 Fr	25 Su	25 We	25 Fr <small>Christmas Day</small>
26 Su	26 We	26 Th	26 Su	26 Tu	26 Fr	26 Su	26 We	26 Sa	26 Mo	26 Th	26 Sa
27 Mo	27 Th	27 Fr	27 Mo	27 We <small>May-time Scamper-0 TBC</small>	27 Sa <b>Chrome Hill</b>	27 Mo	27 Th	27 Su	27 Tu	27 Fr	27 Su
28 Tu	28 Fr	28 Sa <b>Coledale or Eskdale</b>	28 Tu	28 Th	28 Su	28 Tu	28 Fr	28 Mo	28 We	28 Sa	28 Mo
29 We	29 Sa <b>Terry's High 5</b>	29 Su	29 We	29 Fr <b>Kett Killer</b>	29 Mo	29 We	29 Sa <b>Arnison Crags</b>	29 Tu	29 Th	29 Su <b>Fell Handicap</b>	29 Tu
30 Th		30 Mo	30 Th	30 Sa	30 Tu	30 Th	30 Su	30 We	30 Fr	30 Mo	30 We
31 Fr		31 Tu		31 Su		31 Fr	31 Mo		31 Sa		31 Th

Local Peaks Series

High Fell Series

Summer Weekday Series

Club weekend away

Races in **YELLOW** are club races and marshalls/volunteers are greatly appreciated even if running