

APRIL

TUE 3 Aber Dash BS 7.8km/350m 5 miles/1150ft

Details: 7.15 pm £2 on day only
Venue: From Aber Falls forest car park, near Bangor. Race 2 in Midweek Series
Age limit: Junior race £1
Records: Math Roberts 27.08 2017 Miranda Grant 30.05 2017
Organiser: Mike Blake 01286 831115 07778 145144 mikejohnblake@yahoo.co.uk

SAT 7 Sugar Loaf (*) BM 11.2km/526m 7miles/1725ft NS/LK/PM

Details: 11.00 am £4.00 on day only Teams free
Venue: Abergavenny Leisure Centre (GR 298153) Toilets, showers, ample parking. No safety pins
Age limit: Over 18
Records: Matthew Collins 49.09 2006 Jenny Heming 60.10 2010
Organiser: Alun Wood a1wood25192@aol.com www.mynydd-du.org.uk

TUE 10 Moel Lus AS 5.1 km/273 m 3.2 miles /896ft

Details: 7.15 pm £2 on day only
Venue: 'Fairy Glen' Dwygyfylchi, near Penmaenmawr Race 3 in Midweek Series.
Age limit: Also Junior race (£1)
Records: Alun Vaughan 21.10 2013 Bronwen Jenkinson 26:26 2016
Organiser: Ellie Salisbury 01492 622909 07789 061648 ellierocknrun@gmail.com

SAT 14 Longtown Llanthony Loop (*) AM 12.9 km/ 791m 8 miles/2595 ft PM

Details: 2 pm £5 entry on day or on-line.
Venue: Longtown Outdoor Learning Centre, Longtown, Hereford, HR2 0LD Car parking, showers and refreshments at event centre.
Age limit: Over 16
Records: New Race
Organiser: Mike Fawcett 01873 860219 fawcett615@btinternet.com www.wyevalleyrunners.co.uk

APRIL SAT 14 Eskdale Elevation AL 20.2 km/1455 m 12.5 miles/4771 ft ER/LK/NS CHANGE - in Calendar this was incorrectly listed as May 5th

Details: 11.00 £7 on day only PLUS £1 per car on parking field. Teams Free
Venue: Brook House Inn, Boot, Eskdale, Cumbria, CA19 1TG. GR – NY176011 Ample accommodation for making a weekend of it – campsite; three pubs; various self-catering and B&B establishments.
Age limit: Over 18 No Junior races
Records: John Helme 2.00.57 2017 Sue Richmond 2.54.01 2017
Organiser: Dave Jones 01625 873347 07950 440972 dalehouse114@gmail.com
www.penninefellrunners.co.uk/wordpress/?page_id=4555

TUE 17 St David's College (*) AS 7km / 300m 4.3 miles/ 984ft ER, PM, LK, NS

Details: 7.15 pm £2 on day only
Venue: St David's College, Llandudno Race 4 in Midweek Series
Age limit: Min 14 Junior races £1
Records: New race
Organiser: Matthew Roberts 07776 298898 chinaman_math@yahoo.co.uk

SAT 21 Cribyn (*) AS 7km / 300m 4.3 miles/ 984ft ER, PM, LK, NS

Details: 7.15 pm £2 on day only
Venue: St David's College, Llandudno Race 4 in Midweek Series
Age limit: Min 14 Junior races £1
Records: New race
Organiser: Matthew Roberts 07776 298898 chinaman_math@yahoo.co.uk

SAT 21 Ras Moel Wnion (*) AS 7.5km/540m 4.7miles/1772ft PM

Details: 1.00 pm £5 on day only
Venue: Ysgol Llanllechid (GR 6321676). Original course. Registration open from 1130. No dogs
Age limit: Over 16 Junior races at the school organised by Ysgol Llanllechid
Records: Lloyd Taggart 34.07 2012 Lauren Jeska 43.40 2012

Organiser: Ross Roberts 07834818553 ross.roberts@bangor.ac.uk
www.eryriharriers.org.uk **facebook**(Ras Moel Wnion)

SUN 22 Mynd Dragon Run (*) AS 7.5km/600m 4.6 miles/1800ft
Details: 11.00 am £6 on day only
Venue: Little Stretton Village Hall, Little Stretton, Shropshire
Age limit: Over 17 No junior races
Records: Neil Crampton 46.44 2016 Mel Price 50.10 2016
Organiser: Colin Lancaster 01694 724834 07503 883132 coachcolin@hotmail.co.uk

TUE 24 Pentyrch Hill Race BM 11.03 km/488m 6.8miles/1600ft PM
Details: 7.00 pm Entry fee tbc
Venue: Pentyrch Rugby Club, CF15 9QQ (GR 100816) No safety pins; changing and showering facilities; bar snacks
Age limit: Over 18
Records: Matthew Collins 42.46 2006 Ruth Pickvance 50.54 2003
Organiser: John Gough 029 2089 1721 johngoughpentyrch@btinternet.com www.parishofpentyrch.org.uk

WED 25 Caradoc Classic BS 5.6km/268m 3.5miles/880ft PM/LK
Details: 7.30 pm £5 on night only
Venue: Church Stretton Social Club in Essex Road (turn right over railway bridge on entering Church Stretton from A49). Shropshire Summer Series.No safety pins. No toilets
Age limit: Over 14 Junior race (over 10)
Records: Tim Davies 22.09 2004 Melanie Price 27.31 2011
Organiser: Simon Daws 01952 433753 fellrunner2004@yahoo.co.uk www.merciafellrunners.org.uk

SAT 28 Hill, Lake and Hole Race (*) AS 10 km/ 450 m 6 miles/1500 ft ER/LK/NS
Details: 11.30 am £5 Entry on the day only.
Venue: Park Farm, Llangatock, NP8 1HT Part of the course crosses exposed, rough moorland. It is possible that course markings will not survive extreme weather, so you are advised to ensure you are navigationally competent. A recce would be worthwhile.
Age limit: Over 18
Records: New race
Organiser: Andy Creber 07530 442066 ac@ghost.org.uk www.fellrace.com

SAT 28 Llangynhafal Loop (*) AS 7.6km/533m 4.7miles/1750ft PM
Details: 1.00 pm £4 on day only.
Venue: Golden Lion, Llangynhafal, LL16 4LN (GR 129633). Limited parking - please share cars.
Age limit: Over 16
Records: Richard Roberts 37.30 2017 Ceri Belshaw 50.36 2017
Organiser: Huw Lewis 07503 028485 huw.anne@uwclub.net