

FEB SUN 11 ~~Mercia Hill Trial ER/NS 10km/600m (short) 15km/900m (long) 6miles/2000ft (short) 9 miles/3000ft (long) PM~~

CANCELLED – hope to be back in 2019

Details: 10 to 11.30 am £10 in advance only via www.sientries.co.uk (includes soup and roll after)

Venue: Venue TBA 1 month before event: near Church Stretton, Shropshire Registration from 09:30

Map provided as you start. Solos must have previous experience of navigation events. Novices must run paired with a runner with previous experience.

Age limit: Over 18; over 14 if running as pair with parent/guardian Juniors aged 14 or older on the day may take part if running in a pair with a parent or legal guardian.

Records:

Organiser: Jim Tinnion 07790 938447 jim.tinnion@gmail.com
www.merciafellrunners.org.uk

MARCH SAT 31 ~~Fron Four AM 11.4km/716m 7.1miles/2350ft ER/PM/LK/NS~~
CANCELLED – School not available

Details: 1.00 pm £3.50 on day only (includes panad)

Venue: Register at Fron School, near Caernarfon. Start village green (GR 505548) Bring own map

Age limit: Over 18 Possible junior races - 6 and over.

Records: Rob Grantham 1.08.47 2012 Andrea Rowlands 1.24.20 2011

Organiser: Mike Blake 01286 831115 07778 145144 mikejohnblake@yahoo.co.uk
www.eryiharriers.org.uk

For Tuesday Mid Week Series, Moel Tryfan and Llanberis have been swapped, due to unavailability of Fron School on earlier date:-

MAR TUE 27 Llanberis AS 3.1 km/192m 2 miles / 630ft
CHANGED (was Moel Tryfan)

Details: 7.00 pm (note earlier start time) £2 on day only

Venue: The Heights, Llanberis . Race 1 in Joe Brown/Caernarfon Tyres Midweek Series. Best 5 results to count.

Age limit: Also Junior race (£1)

Records: Math Roberts 12:16 2016 Miranda Grant 14:39 2017

Organiser: Mike Blake 01286 831115 07778 145144 mikejohnblake@yahoo.co.uk

TUE 19 JUNE Moel Tryfan BS 4.5km/160m 2.8 miles/525ft
CHANGED (was Llanberis)

Details: 7.00 pm £2 on day only

Venue: Fron School, Y Fron, near Caernarfon. Llanberis Final Race and presentations in Joe Brown/Caernarfon Tyres Midweek Series. Best 5 results to count.

Age limit: Junior races £1.

Records: Math Roberts 17:33 2017 Miranda Grant 20:57 2017

Organiser: Mike Blake 01286 831115 07778 145144 mikejohnblake@yahoo.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