

Ennerdale 'Horseshoe' Fell Race ***Saturday 12th June 2010***

Entry Fees: £9 pre-entry only. Entries (limited to 450) are accepted after 31st March but close 31st May. Send details and a cheque payable to 'CFRA', including your name, address, age and club, telephone number, e-mail address & emergency contact tel. no. (Please use the [pre-entry form](#) from our website.)

Entries to: Mr Colin Dulson, 5 Sunnyside, Kendal, Cumbria, LA9 7DJ Tel:(01539) 735134 email: colin@berrison.com Substitutions allowed between runners but the race organizer must be informed by writing

Age Limit: 18 and over on the day of the race.

Start Time: 11.00am

**Registration /
Start & Finish:** Ennerdale Scout camp GR 085 153

Checkpoints: Closing Time

1st	Great Bourne	124 164	11.50
2nd	Red Pike	160 154	12.25
3rd	Black Beck Tarn	201 129	13.25
4th	Green Gable	215 106	14.10
5th	Kirk Fell	194 104	14.45
6th	Pillar	171 121	15.40
7th	Haycock	145 107	-
8th	Iron Crag	122 119	-
9th	Crag Fell	097 143	-
10th	Finish	088 154	

Race Records: K Stuart 1985 3.20.57 m
J Mclver 2008 4.01.33 f

Prizes: Men: Seniors, V40, V45, V55
Ladies: Seniors, LV35, LV40
Teams: 1st Team

Certificates: Presented to all who complete the course

Gold = under 4 hours
Silver = under 4.5 hours
White = all finishers

Changing: Changing facilities and toilets are available at the camp site (no showers).