

Congleton Harriers Summer Competition 2017

No.	Date	Time	Cat	Race	Notes
1	Wed 3 May	7:30	F	Rainow 5 Fell Race	FRA Category BS 5m / 751' Ascent
2	Wed 10 May	7:00	R	Clayton 10k	2 Lap Course
3	Sat 13 May	10:45	F	Cressbrook Crawl	FRA Category Cat BM. 6.5m / 1148' Ascent
4	Wed 17 May	7:15	R	Stone 5	All Proceeds To Cancer Charity (Mick Hall)
5	Tue 23 May	7:00	MT	Summer Cloud Handicap	
6	Sun 28 May	10:00	R	Buxton Half Marathon	Ok it's hilly, but an excellent race
7	Sat 3 June	2:45	F	Wincle Trout Race	
8	Fri 9 June	7:30	F	Castleton Fell Race	FRA Category BM 6.7m / 1503' Ascent
9	Sat 17 June	3:15	F	Peter Brinsley Bosley Fete Fell Race	FRA Category BS 4.7m / 820' Ascent
10	Sun 18 June	9:30	R	Dr. Ron Hill Hyde 7	Race 4 Of Tour Of Tameside
11	Sun 25 June	10:00	R	Colshaw Hall 10k	
12	Sun 2 July	9:00	R	Potteries Marathon	
13	Sat 8 July	1:45	R	Buxton Carnival 4	
14	Sun 9 July	11:15	F	Peak Forest	FRA Category CS 6m / 650' Ascent
15	Thu 13 July	7:30	MT	Wizard 5	Near Alderley Edge
16	Sun 16 July	11:00	F	Up The Nab	Cat AS 4m / 1197'
17	Wed 19 July	7:30	MT	Forest 5	Macclesfield Forest
18	Sat 29 July	10:00	R	Meerbrook 15k	Combined Club Meerbrook15k / Leek Half Prize
19	Wed 2 Aug	7:30	MT	Pie And Peas 5	Moulton, Near Northwich
20	Sat 5 Aug	2:30	F	Teggs Nose Fell Race	
21	Wed 9 Aug	7:30	F	Eccles Pike Fell Race	FRA Category AS 3.4m / 1001' Ascent
22	Thu 17 Aug	7:15	MT	Dave Clark 5k	
23	Sun 20 Aug	10:00	R	Leek Half Marathon	Combined Club Meerbrook15k / Leek Half Prize
24	Tue 22 Aug	7:00	R	Horseshoe Hobble	
25	Sun 27 Aug	TBC	MT	Bollington 10k	
26	Thu TBC	TBC	MT	TBC	Summer Series
27	Thu TBC	TBC	MT	TBC	Summer Series
28	Thu TBC	TBC	MT	TBC	Summer Series
29	Thu TBC	TBC	MT	TBC	Summer Series

Please confirm start times before the event

Please see here for information about fell race categories and race rules

<http://fellrunner.org.uk/documents/2017/FRA%20Requirements%20and%20Rules%20for%20Race%20Organisers%202017%2020-09-2016.pdf>