

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	Thu 1 June	7:30	MT	Tittesworth	Staffs Moorlands Summer Series
8	Sat 3 June	2:45	F	Windle Trout Race	
9	Fri 9 June	7:30	F	Castleton Fell Race	FRA Category BM 6.7m / 1503' Ascent
10	Thu 15 June	7:30	MT	Buxton	Staffs Moorlands Summer Series
11	Sat 17 June	3:15	F	Peter Brinsley Bosley Fete Fell Race	FRA Category BS 4.7m / 820' Ascent
12	Sun 18 June	9:30	R	Dr. Ron Hill Hyde 7	Race 4 Of Tour Of Tameside
13	Thu 22 June	7:30	MT	Shutlingsloe	Staffs Moorlands Summer Series
14	Sun 25 June	10:00	R	Colshaw Hall 10k	
15	Thu 29 June	7:30	MT	Rudyard	Staffs Moorlands Summer Series
16	Sun 2 July	9:00	R	Pottories Marathon	CANCELLED
17	Sat 8 July	1:45	R	Buxton Carnival 4	
18	Sun 9 July	11:15	F	Peak Forest	FRA Category CS 6m / 650' Ascent
19	Thu 13 July	7:30	MT	Wizard 5	Near Alderley Edge
20	Sun 16 July	11:00	F	Up The Nab	Cat AS 4m / 1197'
21	Wed 19 July	7:30	MT	Forest 5	Macclesfield Forest
(30)	Thurs 20 July	7:15	MT	Wetton	Staffs Moorlands Summer Series
22	Sat 29 July	10:00	R	Meerbrook 15k	Combined Club Meerbrook15k/Leek Half Prize
23	Wed 2 Aug	7:30	MT	Pie And Peas 5	Moulton, Near Northwich
24	Sat 5 Aug	2:30	F	Teggs Nose Fell Race	
25	Wed 9 Aug	7:30	F	Eccles Pike Fell Race	FRA Category AS 3.4m / 1001' Ascent
26	Thu 17 Aug	7:15	MT	Dave Clark 5k	
27	Sun 20 Aug	10:00	R	Leek Half Marathon	Combined Club Meerbrook15k/Leek Half Prize
28	Tue 22 Aug	7:00	R	Horseshoe Hobble	
29	Sun 27 Aug	TBC	MT	Bollington 10k	

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%2009-2016.pdf>