

Pensby Summer Fell League 2016



Wed 8th June	Up the Beast AS 4.5 miles / 1,500 ft
Wed 15th June	Hotfoot up Famau AS 3.5 miles / 1,201 ft
Tues 13th July	Druid AS 5 miles / 1,100 ft
Sat 16th July	Snowdon AM 10 miles / 3,300 ft
Wed 27th July	Green, green grass AS 4.5 miles / 1,499 ft
Sun 31st July	Arenig Fawr AM 8.1 miles / 3,281 ft
Wed 3rd August	Ponderosa BS 4 miles / 948 ft
Sun 14th August	Sedburgh Hills AL 14 miles / 6,004 ft (phew!)
Mon 29th August	Moel Famau AS 4 miles / 1,286 ft
Sat 3rd September	Gladstone AM 9 miles / 2,805 ft

There will be a mens and ladies league trophy. First man home and first lady home get 15 points. Second 14, third 13 etc down to 3 points. Should there be more than 15 men or women then the maximum will increase accordingly e.g. if 18 men then 20 points and similarly down to 3 points.

If somebody starts but DNFs they will get 1 point.

For ALL races full kit must be carried in strict adherence with FRA rules for that distance and in line with the organisers rules (carry full kit to the race to be sure). Numbers will be pinned to the front of the chest. It is preferable that Pensby vest be worn. No headphones.

For all races arrangements will be made to meet and share cars from the Squash Club Car Park. See Nigel (07709 895254) for details including kit to be carried, training nights etc.

Classification guide: First letter A, B or C refers to climb per mile. Class A = no less than 250ft per mile. Class B = 125ft per mile and Class C = 100ft per mile. Second letter S, M or L refers to distance. S = short under 6 miles, M = medium 6 – 12 miles and L = long more than 12 miles. Categories A, B and C also should not have more than 20%, 30% and 40% respectively on road. A fell race cannot be less than 1 mile in length.