

PENSBY WINTER FELL LEAGUE 2014 /15

Sun 2 nd Nov	Clwydian Hills 10 m 3,000ft AM
Sat 8 th Nov	Rhobell Fawr 6.4 m 1,844 ft AM
Sat 22 nd Nov	Penmaenmawr 10 m 1,950ft BM
Sat 24 th Jan	Tarren Hendre 6 m 2,000 ft AM
Sun 1 st Feb	Mickleden Straddle 14.3 m 2,431 ft BL
Sat 21 st Feb tbc	Moel Y Ci 5 m 950 ft BS
Sun 1 st Mar	Cloud Nine 9 m 1,250 ft
Sat 7 th Mar	Pipe Dream 5.1 m 1,699 ft AS
Sat 21 st Mar	Yr Aran 10 m 3,100 ft AM
Sat 28 th Mar	Llantysilio 6.2 m 2,100ft AM
Sat 4 th Apr	Rivington Pike 3.25 m 700ft BS
Sat 18 th Apr	Y Moelwyn 10.5 m 2,800 ft AM

There is a mens and ladies league trophy. First man home and first lady home get 10 points. Second 9, third 8 etc down to 1 point. Should there be more than 10 men or women then the maximum will increase accordingly e.g. if 12 men then 12 points and similarly down to 1 point. DNFs get one point less than the last person subject to a maximum of 3 points

For all races, arrangements will be made to meet and share cars from the Squash Club Car Park. See Nigel (07770 632254) 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.