

# Helm Hill Runners Senior Club Championships 2016



## The Year of the Cumbrian Ale!

(All races in the great county of Cumbria, with a local bottle of ale presented to the male and female runner of the day from each race)

<b>Sunday 10th January</b>	<b>YHA King of the Castle</b>	<b>13:00 start - Borrowdale - 2.5km/200m</b>
<i>Think Tour De France prologue..... but for fell running! Starting at 30 second intervals, you dash out from the bar at the youth hostel and up the steep castle crag. This up-hill only time trial features a zig zag scramble through quarry stones before reaching the finish line at the summit. A cracking, well organised race with lots of competitive banter. (Lee Procter)</i>		
<b>Sunday (end of Feb date TBC) 2016</b>	<b>Cautley Winter League</b>	<b>12:00 start - past Sedbergh - 6.4km/440m</b>
<i>I love Cautley- it was my first wee fell race! It just goes up, up, up then down, down, down. Two days later it goes burn, burn, burn. (Carrie Gibson)</i>		
<b>Sunday 20th March 2016</b>	<b>Muncaster Luck</b>	<b>12:00 start - Muncaster Castle - 15km/620m</b>
<i>For the distance it doesn't look like much climbing, but I reckon it will be tough. For those who don't know the area, I am predicting a remote, wild, bog fest - no maps or details available as yet - could be a turn up and surprise style race. (New race)</i>		
<b>Saturday 2<sup>nd</sup> April 2016</b>	<b>*Eskdale Elevation*</b>	<b>Start TBC - Boot, Eskdale - 20.2km/1455m</b>
<i>Not one to be taken lightly - puts in the summit of Scafell and looks like it may be very technical in places. Navigation skills required and organisers highly advise a recce of the route prior to the race. (New race)</i>		
<b>Wednesday 6<sup>th</sup> April 2016</b>	<b>Loughrigg</b>	<b>19:00 start - Rothay Park, Ambleside - 6.4km/300m</b>
<i>Ever been beaten by a junior? Now's your chance – Short, fast and runnable – With a mad sprint over the first bridge, who dares wins; great mid-week race (Anon)</i>		
<b>Saturday 21<sup>st</sup> May 2016</b>	<b>*Buttermere Sailbeck*</b>	<b>12:00 start - Buttermere - 15km/1315m</b>
<i>A proper fell race, straight onto a hill and keep going up - rollercoaster first half with plenty of climbing - heather bashing climb to Causey Pike - long fast descent straight into finish (Billy Procter)</i>		
<b>Sunday 19<sup>th</sup> June 2016 (Date TBC)</b>	<b>BOFRA Helm Hill race</b>	<b>14:00 start - Station Inn, Oxenholme - 5.3km/274m</b>
<i>It might not be the steepest or most interesting fell race on the calendar – but it is home to the mighty Green Machine. How can it not be on the championships list (Ben Procter)</i>		

<b>Saturday 25<sup>th</sup> June 2016</b>	<b>*Darren Holloway Memorial Race, Buttermere Horseshoe*</b>	<b>11:00 start - Loweswater Village Hall - 35.5km/2515m</b>
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*Done once. Never again. My running experience at the time was no more advanced than my map reading skills. The Saturday before I upgraded from Asics and bought a pair of trail trainers and a rucksack to fill with the obligatory kit plus.....a malt loaf, banana and jam/peanut butter sandwiches – ‘running with a parachute?’ was one comment! Running in the most beautiful part of the Lakes and cakes at the end on par with Karl's, this is a race not to be missed. (Catherine Niblock)*

<b>Sunday 17<sup>th</sup> July 2016</b>	<b>*Kentmere Horseshoe*</b>	<b>13:00 start - Kentmere Village Hall - 19.8km/1006m</b>
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*A tough and rocky Garburn start for this classic horseshoe. Once up, some fantastic running with a rough final descent with plenty of route choice. Highly recommended for those wanting to step up to medium length races. (Amanda Burrows)*

<b>Tuesday 23<sup>rd</sup> August 2016</b>	<b>Shipman Knotts</b>	<b>19:00 start - Maggs Howe, Kentmere - 6km/400m</b>
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*This is a beautiful, simple but hard race with the potential to go wrong on the descent (even if recced). Rest assured, you will always find your way back to the homemade cakes. (William Coupe)*

<b>Saturday 8<sup>th</sup> October 2016</b>	<b>*Langdale*</b>	<b>11:00 start - Great Langdale - 21.1km/1450m</b>
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*A classic race, packing everything the lakes has to offer in 14 miles. All types of terrain means it is packed full of action. Blackmail a club member for the best lines after Esk Hause and save some juice for Pike O'Blisco at the end. (Adam Perry)*

<b>Saturday 12<sup>th</sup> November 2016</b>	<b>Dunnerdale</b>	<b>12:00 start - Broughton Mills - 8km/550m</b>
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*It isn't just as simple as up, down, road, up, down. It has a couple more ups and downs in-between all that (Caroline Holmes)*

**Best 6 races from 12** (Must use at least 1 of the \*longer/highlighted\* races to count in the championship)

**Points awarded:** 1<sup>st</sup> = 20, 2<sup>nd</sup> = 17, 3<sup>rd</sup> = 15, 4<sup>th</sup> = 14, 5<sup>th</sup> = 13 etc.....

**Prizes:** 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup> – Open Male & Female; 1<sup>st</sup> – V40 Male & Female; 1<sup>st</sup> – V50 Male & Female; 1<sup>st</sup> – U23 Male & Female

**Small memento to all who complete 6 or more races (including at least 1 of the \*longer/highlighted\* races)**

**Prior to each race please check all the race details, including entry on the relevant websites – (FRA, BOFRA, Helm Hill Runners)**

Championship updates including race reminders; results and current standings will be posted on the clubs twitter feed and website