



## **Inter County Fell Running Championships**

The U.K. Counties Athletic Union has approved proposals by the Fell Runners Association to hold Inter County Fell Races for Senior Men and Senior Women in 2010. In each race the team championships will be based on four runners starting with three to count. The Inter County Athletic Union will present medals to the first three teams and the first three individuals. It is expected that counties will supply team members with county vests.

The events will be held in conjunction with the Lletty Fell Race on Saturday 22 May 2010. Please note that these events are also open races. Full information will be sent on receipt of entries and sae.

Date. Saturday 23 May 2009  
Start Times. Women and Men 2.30 pm  
Venue. Lletty Farm, Llangynhafal, Denbighshire GR 128647  
Distance. 9 miles  
Ascent. 2900ft

### **Entry Details**

Entries should be submitted on the enclosed form to:-

Alan Barlow  
12 Redcar Close  
Hazel Grove  
Stockport, Cheshire, SK7 4SQ  
Tel. 0161 483 9330  
e-mail:-runalan55@hotmail.com

Closing Date. 9 May 2009

Entry fee. £5.00 per runner payable to Fell Runners Association

### **Important Note**

This course is a testing fell race and runners must have experience of fell/ hill running. Fell Runners Association Safety requirements will apply and competitors must be suitably equipped and capable of navigation in adverse weather conditions. In particular runners must have with them windproof whole body cover, map and compass suitable for navigating the course, and whistle as a minimum.