

# English Schools Fell Running Championships 2009



*at Sedbergh School*

*Sunday 27th September 2009 First Race at 11.00am*

*Closing date for entry 15th September 2009*

Generously supported by:

SEDBERGH SCHOOL

PETE BLAND SPORTS

RONHILL



The second English Schools Fell Running Championship will be held at Sedbergh School.

Courses will run on to the Howgill Fells and will provide the same true test of fell-running as last year.

There will be a series of races for year 7, years 8/9, years 10/11, and years 12/13, for both boys and girls.

There will be individual and team prizes in each age group for boys and girls, with the first 3 from a school to count as a team. Schools may enter any number of categories. The FRA Schools Championships Trophy, currently held by Ermysteads will be presented to the best overall School.

Food will be available in Sedbergh School's Queen's Hall during the day. Presentations will be made during the day, on the field.

For further details and how to enter visit [www.sedberghschool.org](http://www.sedberghschool.org) or [www.esfrc.org](http://www.esfrc.org)

- Entry £5 per athlete
- Free Technical T-Shirt
- After Race Refreshments
- Programmes
- Parking Available On Site
- Individual Prizes in Year Groups
- Year Group Team Prizes (3 to count)
- Overall School Prize
- Changing Facilities
- Fully Flagged Marshalled Course
- Filmed by Helicopter (weather permitting)
- Joss Naylor MBE and Ron Hill MBE

First Race Y7 at 11am. Registration Opens at 10am.

## CONTACTS

J Richardson  
015396 20535  
[jdwr@sedberghschool.org](mailto:jdwr@sedberghschool.org)

R Lecky-Thompson  
FRA Junior Coordinator  
01229 716021  
[RichardLT@esfrc.org](mailto:RichardLT@esfrc.org)

Sedbergh is situated at the South end of the Howgill Fells and can easily be reached from Junction 37 on the M6

## Distances, routes, times etc.

Year 7	1.98 miles with 722 feet of climb	11.00am	Boys/Girls
Year 8/9	2.63 miles with 1149 feet of climb	11.30am	Boys/Girls
Year 10/11	3.91 miles with 1315 feet of climb	12.15pm	Boys/Girls
Year 12/13	4.39 miles with 1315 feet of climb	1.00pm	Boys/Girls

*Times of races are not exact.*

**Enter at [www.esfrc.org](http://www.esfrc.org)**

## SEDBERGH SCHOOL

*Sedbergh School is one of the country's leading independent schools with a international reputation for sport including a long tradition in running on the fell, cross country and road. It has produced many great runners such as the Symonds brothers, Jim Davies and, more recently, Simon Barnby.*



Sedbergh School  
Sedbergh  
Cumbria LA10 5HG  
Phone: 015396 20535  
Fax: 015396 20535  
[www.sedberghschool.org](http://www.sedberghschool.org)