

WRR TRAIL & FELL RUNNING CHAMPIONSHIPS 2023

Date	Day	Race Name	Distance	Type of Race	Fell Race Category	Climb	When	Where	Cost
11/02/2023	Saturday	Silverdale Circuit	20 miles	Trail			0930hrs	Milnthorpe	£30
18/02/2023	Saturday	Bleasdale Circle	5 miles	Fell	BS	381m	1300hrs	Bleasdale Parish Hall	£7
05/03/2023	Sunday	Trotters Trail Race	5 miles	Trail			0930hrs	Bolton	£13
08/04/2023	Saturday	Wardle Skyline	7 miles	Fell	BM	381m	1400hrs	Rochdale	£6
16/04/2023	Sunday	Rivington 10m Trail Run	10 miles	Trail				Rivington	£20
25/04/2023	Tuesday	Wray Caton Moor	6.2 miles	Fell	BS	335m	1900hrs	Wray (near Lancaster)	£5
03/05/2023	Wednesday	Astley Park Trail Race	4 miles	Trail			1930hrs	Chorley	£7
14/05/2023	Sunday	Yarrow Valley Bluebell	6.2 miles	Trail			1000hrs	Chorley	£14
27/05/2023	Saturday	Hutton Roof	6.8 miles	Fell	BM	402m	1415hrs	Hutton Roof (Kirkby Lonsdale)	£10
01/06/2023	Thursday	Leo Pollard Memorial Race	7.5 miles	Fell	BM	426m	1930hrs	Rivington	£5
06/06/2023	Tuesday	Paddy's Pole	3.7 miles	Fell	AS	336m	1915hrs	Fell Foot, Chipping	£6
18/06/2023	Sunday	Race the Train	11 miles	Trail			1055hrs	Bury	£29
22/06/2023	Thursday	Aggie's Staircase	4 miles	Fell	AS	350m	1900hrs	Darwen	£8
04/07/2023	Tuesday	20 Barriers	5 miles	Trail			1900hrs	Carnforth	£5
26/07/2023	Wednesday	Harrock Hill TBC	5 miles	Trail			1930hrs	Parbold	
29/07/2023	Saturday	Beetham Sports	5.8 miles	Fell	BS	283m	1530hrs	Beetham	£5
23/08/2023	Wednesday	Golf Ball	5.5 miles	Fell	BS	244m	1900hrs	Loveclough, Burnley	£5
09/09/2023	Saturday	Hodder Valley Show	6.2 miles	Fell	BM	320m	1300hrs	Slaidburn	£15
24/09/2023	Sunday	Worsley Woods Trail Race	5 miles	Trail			0900hrs	Worsley	£13

6 races (3 trail & 3 fell) to qualify