

# Swaledale Runners Fell Championship 2022

## RULES

Best 4 scores to count

## SCORING SYSTEM

Points score = race winner's time as a percentage of club runner's time.

E.g Winning time 60 minutes, runner's time 100 minutes: score = 60 points

Sex adjustment 15% adjustment for women i.e. 15% is taken off club runner's time.

Age adjustment 1% is taken off club runner's time for every year from age 40 up.

## THE RACES

Feb 26.	High Cup Nick	North Pennines.	15k, 460m ascent
March 13	Carrock Fell	Lakes.	9k, 500m
April 3.	Heartbeat Hobble	North Yorkshire Moors	11k, 290m
April 30	Coniston	Lakes	14k, 1065m
June 5	Kettlewell BOFRA	Dales	2.5k, 250m
July 20	Cock Howe and Beyond	North Yorkshire Moors	9.8k, 344m
August 28 (tbc)	West Witton	Dales	6.4k, 334m
September 17	Great Whernside	Dales	6.5k, 475m
October 8	Langdale Horseshoe	Lakes	21.1k, 1450m