

Deestridders Fell/Multi-Terrain League 2019

Best 10 races to count ,at least three to be over 5 miles.All races must be entered as a Deestrider

Safety requirments:-Windproof full body cover ,hat ,gloves,compass & whistle to be worn or carried (Bum Bag).

Scoring:- First to finish 10pts descending to 10th + who recieves 1pt

Male 40+,Female 35++ 1pt

Male 50+,Female 45+.....+2pts

Male 60+,Female 55+.....+3pts

Most races EOD £4-£5

	Date	Race	Venue	Start	Dist/Ascent	
1	Jan Fri 18th	Dash in Dark	Llandegla Forest	7pm	4m/750ft	EOD
2	Feb Sat 16th	Parbold Hill	Parbold,Lancs	2pm	6;6m/700ft	Pre-Entry
3	Mar Sat 23rd	Llantysilio Mt	Sun Inn,Rhewl,nr Llangollen	11.00am	6.2m/2100ft	EOD
4	Tue 16th	Moel Lus	"Fairy Glen",Dwygyfylchi	7;15pm	3;2m/896ft	EOD
5	Tue 23rd	3 Hills Penmaenmawr	Penmaenmawr	7;15pm	3m/300ft	EOD
6	Sat 27th	Llangynhafal Loop	Llangynhafal,Denbigh	1pm	4.7m/1750ft	EOD
7	May Wed 8th	Ysgol Dinas Bran(Walnut Whip)	Llangollen	7;15pm	4.3m/1150ft	EOD £5
8	Tue 21st	Great Orme	Llandudno	7;15pm	4.1m/1240ft	EOD
9	Wed ?	Jubilee Relays	Llangynhafal,Denbigh	7;15pm	2m/1200ft	pts Up or Down,Bonus U&D
10	Sun 26th	Mynydd Myfyr Hill Run	Trefonen,Nr Oswestry	11;30am	4m/500ft	EOD
11	June	Beast	Maeshafn,Mold	7;15pm	4.5/1500ft	EOD
12	Wed 12th	Hot Foot up Famau	Top CP,Moel Famau	7;30pm	3.5/1200	EOD
13	Fri 21st ?	Tough Team	Tattenhall	7pm?	9m	
14	Sun 23rd	Moel-y-Gamelin	Horseshoe Pass	11.00am	10m/2879ft	EOD
15	July Sun 7th ?	Fairly Speckled Cow	Lynn Alwen/Brenig	11;30am	7m/582ft	
16	Wed 10th	Druid	Llanferres	7;30pm	5m/1200ft	EOD
17	Wed 24th	Green Green Grass	Llangynhafal,Denbigh	7;30pm	5m/1500ft	EOD 15 mins to start
18	Sat 27th	Gyrn Gallop	Rhiwlas,Nr Oswestry	1pm	7m/1200ft	EOD
19	Wed 31st	Ponderosa	Horseshoe Pass	7pm	4m/950ft	EOD
20	Aug Sun 11th	2 Hillforts M/T race	Kinmell Arms.Llandyrnog,Der	1pm	9.2m/2071ft	EOD
21	Thu 15th ?	Relays	Chirk Castle	7pm	2m	
22	Mon 26th	Moel Famau	Cilcain	1pm	4.6m/1286ft	www.cilcainshow.org.uk
23	Sat 31st	Gladstone	Dwygyfylchi,Nr Penmaen.	1pm	9m/2800ft	www.fabian4.co.uk
24	Sept Sun 8th	Ras Cynr y Brain	Horseshoe Pass,Llangollen	11.00am	7m/1200ft	EOD

25	Sat 14th	King Johns Castle	Llanarmon-n-al	11am	4.6m/866ft	EOD
26	Sun 22rd?	Lynn Alwen	Lynn Alwen/Brenig	9;30am	7m/582ft	bespokefitnessandevents
27		Llangollen Trig	Llangollen	11;00am	8-9m/1500ft	EOD
28	Oct Sun 27th	Clwydianhills	Cilcain	11am	9m/3000ft	www.clwydianfellrace.org
29	?	Halloween Hellraiser	Nantwich	10am	10m	South Cheshire Harriers
30	Nov Fri 8th	Dash in Dark	Llandegla Forest	7pm	4m/750ft	EOD
31	Sat 16th	Penmaenmawr	Penmaenmawr	10;30am	10m/1950ft	www.fabian4.co.uk
32	Dec Fri 6th	Dash in Dark	Llandegla Forest	7pm	4m/750ft	EOD

Points awarded for trail 1/2 marathons, based on best times in any measured race. Will be added at the end of the year, just make sure I have the results

Some trail 1/2 marathons:- Wirral way; Lion, Moel Famau; Red Kite, Devils Br; 2xLakes, Brenig;

19/5 Royal Welsh, Builth Wells; 16/6 Saloman Trail, Coed y Brenin; 15/7 Snowdonia, Llanberis