



English Schools Fell Running Championships

at Sedbergh School

Sunday 28th September 2008 First Race at 11.00am

Generously supported by:

SEDBERGH SCHOOL

PETE BLAND SPORTS

RONHILL



ENGLISH SCHOOLS FELL RUNNING

The first English Schools Fell Running Championship will be held at Sedbergh School. Courses will run on to the Howgill Fells and will provide a true test of fell-running. 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, with the first 3 from a school to count as a team. Schools may enter any number of categories. There will be an overall School prize. For further details and how to enter visit www.sedberghschool.org or

www.fellrunner.org.uk/junior.htm
Afterwards, there will be a meal and presentations in Sedbergh School's Queen's Hall.

- Free Entry
- Free Food to all Competitors
- Free After Race Refreshments
- Free Parking
- Free T-Shirt for each competitor
- Individual Prizes
- Team Prizes (First 3 to count)
- Changing Facilities
- Fully Marshalled Course

CONTACTS

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



SEDBERGH SCHOOL

Sedbergh School has a huge 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.

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OS Simon Barnby 26th in WMRT



OS Joe Symonds 4th in WMRT