



## A preview of the races in the 2023 Durham Fell Runners Championships

Race	Date	Stats	Info
<b>Short races</b>			
Commondale Clart	8/1/23	8.3km  220m ascent	This is a super little race. One of my favourites. There is only one steep climb; it's not very long and it's right at the start. Then it's all on path along the moor and then the descent is all on a reasonable gradient before you finish downhill on the road. Definitely accessible for beginners (I think it was my second ever fell race after the Hexham Hobble).
Cautley Horseshoe	10/5/23	7km  700m+	I've never done this race but I am familiar with the terrain that it covers. The climb is long and very, very steep (you are crawling and pulling on grass for sections of it). The descent is almost as steep. Both are off path. Linking the climb and descent is a contour along a narrow trod a few hundred metres up on a steep grassy hillside which is not for the faint hearted.  I love the Howgills and this would definitely be an exciting race but it is certainly not for those with less experience.
Roman Wall Show	10/6/23	7km  189m ascent	Notes from Andy 'this is ideal if you haven't done a race before. It's from the show field so you can look at some sheep after you race. It's along the Pennine Way along Hadrians wall at Once Brewed with short climbs and no rough ground. You might want to take an orange for the finish.'
<b>Medium races</b>			
At the double	11/3/23	11km  400m + ascent	Neither of us have done this one but it looks like the easiest Medium race in the calendar. It's a coastal footpath run (so probably some short, sharp ups and downs) before looping back via a bit of road and more footpath. Swim in the sea when you finish?
Grisedale horseshoe	2/9/23	16km  1500 + ascent	This is the only Lakes race in our champs this year and is a tough medium length race. It is in September, so the weather is normally kind, but the terrain is tough. It climbs to the summit of Catstye Cam before following Swirral Edge to the summit of Helvellyn, then the summit of St. Sunday Crag before a steep down and up across Grisedale to get back to Glenridding. The cut off is 2.5 hours to Grisedale Tarn, which is after approx 9km into the race
Simonside Cairns	10/12/23		I have run this one once. I remember having cold feet. But then it is held in December so I



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			can't really hold that against it! I don't remember anything too steep or intimidating and it is all on path.
<b>Long races</b>			
Wadsworth Trog	4/2/23	31km  1100m ascent	With 'only' 1100m ascent in 31km this route is not anywhere close in difficulty to some of the Lakeland races. It's moorland, rather than mountain, unmarked but mostly on trods and paths. The main challenge probably comes from the time of year, with some bad weather pretty much guaranteed in early February.  The cut-offs seem achievable:  1 hour 45 mins for the first 11km  3 hours 45 mins to get to 23km
Chevy Chase	July, date TBC	32km  1200m + ascent	Andy's words 'taking place in mid-summer, the weather is usually good. a mix of path and rough fell, with navigation required as the route is unmarked. The roughest bit is a straight line from the summit of Cheviot to the summit of Hedgehope, which is steep, rough and pathless. Cut off is a reasonably generous 6 hours'
Sedbergh Hills	20/8/23	23km  1800m ascent	Andy's words 'This race packs 1800m of ascent into 23km, it's in the Howgills in August so normally hot and dry. There is almost no flat running. I believe the phrase is up and down like a fiddlers elbow. Cut offs are reasonably tight with the first at 40min after 3.2km with 500m+, then the last one is at 9.6km which you have to reach by 1hr 40 mins (you'll have climbed 850m+)