

**DALLAM
RUNNING CLUB**

ARNSIDE KNOTT

ADULT & JUNIOR FELL RACE



SUNDAY 19TH NOVEMBER 2023

FIRST RACE STARTS 11.15am REGISTRATION FROM 9.30am

From Hollins Farm, Far Arnside, Cumbria LA5 0SL. A scenic course above Morecambe Bay and the Kent Estuary... **GUARANTEED TO BE FUN!**

AGE CATEGORIES	U9	U11	U13	U15	U17
MAX DISTANCE	1K	2K	3K	5K	7K
AGE ON 31.12.23	6,7,8	9,10	11,12	13,14	15,16

SENIORS RACE

6 miles/1093 ft ascent
12.15pm START

Google maps link <https://goo.gl/maps/ziM9Gbxo3iqaKZEy6>

Cakes will be available to buy, but unfortunately there will not be hot drinks available on the field. Holgates is only a short walk away and adjacent to the course and serves take away drinks.