**KEIGHLEY & CRAVEN AC**

 **CLUB CHAMPIONSHIP RACES 2019**

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| --- | --- | --- | --- | --- |
|  **DATE** | **CATEGORY** | **VENUE** | **DISTANCE** | **AOB** |
|  Jan 5th  | XC | Yorkshire Champs |  | Team Event |
|  Jan 13th  | FELL | Ashurst Beacon | 5.9M BS |  |
|  Jan 26th  | XC | Northern Champs |  |  |
|  Feb 3rd  | FELL | Mickleden Straddle | 14.3M BL |  |
|  Feb 9th  | EXTREME | Half Tour of Bradwell | 15.5M BL |  |
|  Feb 23rd  | XC | National Champs |  | Team Event |
|  Mar 9th  | ROAD | Dentdale Run | 14.2M |  |
|  Mar 24th  | ROAD | Northern 6/12 stages |  | Team Relay |
|  Apr 6th  | ROAD | National 6/12 stages |  | Team Relay  |
|  Apr 14th  | ROAD | Vale of York 10 | 10M |  |
|  Apr 27th  | EXTREME | 3 Peaks | 23.3M AL |  |
|  May 8th  | ROAD | Hollingworth Lake | 5K |  |
|  May 12th  | FELL | Flower Scar | 8.3M AM |  |
|  May 19th  |  | Calderdale Way Relay | 50M (6 legs) | Team Relay |
|  June 6th  | ROAD | Bronte 5 | 5M | YVAA |
|  June 7-8th  | FELL | Billy Bland Relay | 66M (5 legs) | Team Relay |
|  June 23rd  |  | Bradford Millenium Way Relay | 48M (5 legs) | Team Relay |
|  June 29th  | EXTREME | Buttermere Horseshoe | 22.1M AL |  |
|  July 6th  | FELL | Heptonstall Festival  | 5.9M AS |  |
|  July 20th  | FELL | Ingleborough | 6.8M AM |  |
|  Aug 1st  | ROAD | UAK Track | 1M |  |
|  Aug 3rd  | EXTREME | Borrowdale | 16.8M AL |  |
|  Aug 18th  | FELL | Crowden Horseshoe | 8M BM |  |
|  Aug 24th  | FELL | Pendleton | 5M AS |  |
|  Aug/Sept | ROAD | Yorkshire Open Road Relay |  | Team Relay |
|  Sept | ROAD | Yorkshire Vets RR |  | Team Relay YVAA |
|  Sept 15th  | FELL | Beefy’s Nab | 3M AS |  |
|  Sept 23rd  | FELL | Utterley Butterley | 5M BS |  |
|  Sept 29th  | ROAD | Littleborough  | 10K |  |
|  Oct 5th  | ROAD | ERRA Road Relays |  | Sutton Park, Birmingham |
|  Oct 6th  | FELL | Ian Hodgson Mountain Relay | 25M (4 legs) | Team Relay |
|  Oct 19th  | FELL | British Fell Relay Championship |  | Team Relay |
|  Oct | XC | 1st WYXC Race |  |  |
|  Oct | XC | 2nd WYXC Race |  |  |
|  Oct 27th  | ROAD | Abbey Dash | 10K |  |
|  Nov | XC | 3rd WYXC Race |  |  |
|  Nov 16th  | EXTREME  | Tour of Pendle | 16.8M AL |  |
|  Dec 14th  |  | Gathering Winter Fools  |  | Team Relay |
|  Dec | XC | 4th WYXC Race |  |  |

**FELL CHAMPIONSHIPS 2019**

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|  | **FELL** | **CHAMPIONSHIP** | **RACES** | **(Best 5 of 9)** |
| Jan 13th  |  | Ashurst Beacon | 5.9M BS | 951ft ascent |
| Feb 3rd  |  | Mickleden Straddle | 14.3M BM | 2431ft |
| May 12th  |  | Flower Scar | 8.3M AM | 2165ft |
| July 6th  |  | Heptonstall Festival  | 5.9M AS | 1509ft |
| July 20th  |  | Ingleborough | 6.8M AM | 1968ft |
| Aug 18th  |  | Crowden Horseshoe | 8M BM | 1699ft |
| Aug 24th  |  | Pendleton | 5M AS | 1499ft |
| Sept 15th  |  | Beefy’s Nab | 3M BS | 650ft |
| Sept 23rd  |  | Utterley Butterley | 5M BS | 853ft |

**ROAD CHAMPIONSHIPS 2019**

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|  | **ROAD** | **CHAMPIONSHIP** | **RACES** | **(Best 5 of 9)** |
|  Mar 9th  |  | Dentdale Run | 14.2M |  |
|  Apr 14th  |  | Vale of York  | 10M |  |
|  May 8th  |  | Hollingworth Lake | 5K |  |
|  June 6th  |  | Bronte 5 | 5M | YVAA |
|  Aug 1st  |  | UAK Track | 1M |  |
|  Sept 29th  |  | Littleborough | 10K |  |
|  Oct 27th  |  | Abbey Dash  | 10K |  |
|  |  | Best ½ Marathon |  |  |
|  |  | Best Marathon |  |  |

**EXTREME CHAMPIONSHIPS 2019**

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|  | **EXTREME** | **CHAMPIONSHIP** | **RACES** | **(Best 3 of 5)** |
| Feb 9th  |  | Half Tour of Bradwell | 15.5M BL | 3182ft |
| Apr 27th  |  | Yorkshire 3 Peaks | 23.2M AL | 5280ft |
| June 29th  |  | Buttermere Horseshoe | 22.1M AL | 8251ft |
| Aug 3rd  |  | Borrowdale | 16.8M AL | 6562ft |
| Nov 16th  |  | Tour of Pendle  | 16.8M AL | 4833ft |

**XC CHAMPIONSHIPS 2019**

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|  | **XC** | **CHAMPIONSHIP** | **RACES** | **(Best 4 of 7)** |
| Jan 5th  |  | Yorkshire Champs |  | Lightwater Valley |
| Jan 26th  |  | Northern Champs |  | Pontefract Race Course. |
| Feb 23rd  |  | National Champs |  | Harewood House, Leeds. |
| ? Oct |  | 1st WYXC Race |  |  |
| ? Oct |  | 2nd WYXC Race |  |  |
| ? Nov |  | 3rd WYXC Race |  |  |
| ? Dec |  | 4th WYXC Race |  |  |

**ALL ROUND CHAMPIONSHIPS 2019**

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|  | **ALL-ROUND** | **CHAMPIONSHIP** | **TITLE** | **(Best 5 races to qualify)** |
|  | Best 2 Fell | Best 2 Road | Best XC | Or Best Extreme |