

## NICKY NOOK FELL RACE

A new midweek fell race for 2024 taking in the wonderful scenery around Scorton and Nicky Nook. Starting & finishing at the Applestore Cafe in Scorton, GARSTANG, Lancashire; the course is short & sharp and takes in 2 different climbs up to the trig point.

The course will be partially flagged to limit any disturbance to sections of the route and we ask anyone receiving the route TO NOT USE the final off road descent. This is only available to use on race night by kind permission of the landowner. Please use the main track instead.

Fell Runners Association category: B Short – 5 miles (8km) / 1000ft (310m) of climb. Please note that you do not need to be a member of the FRA to run. It is a great organisation though, and well worth joining.

Start: 19.00 Applestore Cafe, Wyresdale Park, Snowhill Lane, SCORTON, PR3 1BA.

Date: Thursday 23rd May 2024 Entry: £7 via Si Entries.

Entries on the night if the limit is not reached. Pre-entry preferred so we know how much soup to order.

Limit: 120 runners. The race is licensed by the FRA under UKA rules.

FRA mandatory minimum kit must be brought by each runner: waterproof full body cover (with taped seams & integrated attached hood), hat (not a buff), gloves, appropriate map, compass, whistle and emergency food. We will decide what kit to take on the night but please have it with you.

Free soup and a roll for all runners at the lovely Applestore Café afterwards. Good amount of free parking available at the Applestore, but please car share, cycle, etc if you can, as it just makes sense.

RACE ORGANISER: Nigel Barnes, Garstang Running Club [barnesbike@gmail.com](mailto:barnesbike@gmail.com)

EVENT LINK: [https://www.sientries.co.uk/event.php?event\\_id=12491](https://www.sientries.co.uk/event.php?event_id=12491)

ENTRY LIST: [https://www.sientries.co.uk/list.php?event\\_id=12491](https://www.sientries.co.uk/list.php?event_id=12491)