

### Kendal AAC Summer Fell Runs 2017

DATE	START	ROUTE	PUB	TIME
29-Mar	Hutton Roof Church	Hutton Roof	Crooklands Hotel	18-15
05-Apr	Peoples Hall Sedbergh	Arant Haw/Calf	Red Lion	18-30
12-Apr	Sadgill	Harter Fell/Kentmere Pike	Castle	18-30
19-Apr	Rydal Park Ambleside	Loughrigg Fell Race	The Rule	18-30
26-Apr	Coppermines Lane	Old Man plus	Black Bull	18-30
05-May	Rydal Kirk	Fairfield Horseshoe or bits thereof	The Rule	19-00
10-May	Cautley	Cautley Fell Race	Red Lion	19-00
17-May	George Starkey Hut	Place Fell & Angle Tarn Pikes	White Lion	19-00
24-May	Tilberthwaite	Wetherlam plus	The Rule	19-00
31-May	Tebay	Fell Race recci	Cross Keys	19-00
07-Jun	Blencathra	Blencathra Fell Race	Mill Inn	19-00
14-Jun	Kentmere Kirk	Kentmere Horseshoe	Eagle & Child	19-00
21-Jun	ODG	Brown Howe-PofB-Lingmoor	ODG	19-00
28-Jun	Dunmail layby	Steel Fell Horseshoe	The Rule	19-00
05-Jul	Wood Yard	Reston Scar race	Hawkshead Brewery	19-00
12-Jul	wythburn kirk	Helvellyn	The Rule	19-00
19-Jul	ODG	Blisco Fell Race	ODG	19-00
26-Jul	Walna Scar	Dow Crag& Old Man	Black Bull	19-00
02-Aug	Fell End	That wet fell	Red Lion	18-45
09-Aug	Hartsop sheepfolds	High Streey plus	Brotherswater inn	18-45
16-Aug	ODG	Bowfell/Crinkles	ODG	18-45
23-Aug	Dunmail summit	Dollywagon/Seat Sandal	The Rule	18-45
30-Aug	Ingleton car park	Ingleborough	Marion Arms	18-30
06-Sep	Cow Bridge	Hart Crag & Fairfield	Brotherswater Inn	18-30
13-Sep	Barbon Church	Calf Top	Barbon Inn	18-30
20-Sep	Troutbeck Church	Wansfell & its Pike	Watermill Inn	18-30
27-Sep	Witherslack Hall	Whitbarrow	Derby Arms	18-30
04-Oct	Ulthwaite Bridge	Sallow & Sour Howes	Eagle & Child	18-00
11-Oct	Wood Yard	Brunt Knott/Potter Fell	Eagle & Child	18-00
18-Oct	Scars car park	Scout Scar	Riflemans	18-00
25-Oct	the Tap	it's winter again.....		19-30