

Local fell races to end of May 2010. Note: many are mid-week and ideal for novices.

TUE. APR 20. BUNNY RUN 3 (R). CS. 7.30 p.m. 3m/300'. Venue: Old Sun Hotel, Haworth, W Yorks. 5 min walk to start. GR 026372. £2.00, on day. Teams. PM. Over 12. Records: J. Thomas, 14.41, 2009; f. M. Wilkinson, 17.20, 2007. "Egg Stage" A. Jones/J.Thompson, 3.23, 2009; f. M. Wilkinson, 3.59, 2007. Cadbury's Creme Egg to all finishers. All prizes Easter eggs. 3 races out of 4 to count for overall awards. Details: Dave Woodhead, 166 Hainworth Wood Road, Keighley, BD21 5DF. Tel: 01535 669100. Website: woodentops.org.uk.

TUE. APR 27. BUNNY RUN 4 (R). CS. 7.30 p.m. 3m/300'. As above

MON. MAY 3. COINERS (R). BM. 1.30 p.m. 7m/1100'. Venue: Mytholmroyd Community Centre. £3.50, on day. Over 18. Records: B. Mounsey, 45.10, 2007; f. J. Buckley, 51.49, 2007. Allow 10 mins to walk to start. Separate entry for junior races. Details: Nick Murphy, Shireburn, Rudd Lane, Cragg Vale, Hebden Bridge, HX7 5TD. Tel: 01422 884497. Email: nickmurphy@hotmail.com. Website: cvfr.co.uk.

TUE. MAY 4. BUNNY RUN RELAY (R). 7.30 p.m. As above

WED. MAY 5. FLOWER SCAR (R). AS. 7.15 p.m. 4m/1400'. Venue: Hare & Hounds, Burnley Rd, Todmorden. Free entry on day. No prizes. Teams. LK/PM. Over 16. Records: S. Livesey, 26.58, 1995; f. J. Kenyon, 33.00, 1995. No safety pins. Details: Jon Wright, 83 Bacup Road, Todmorden, OL14 7HG. Tel: 07789 967212. Email: jjbawright@aol.com. Website: todharriers.co.uk.

WED. MAY 5. LOTHERSDALE (R). BS. 7.30 p.m. 3.6m/600'. Venue: Village Hall, Lothersdale nr Skipton. £3.00, on day. Juniors: Full set of races for over 6s from 6.30 p.m onwards. Parking limited, please car share. Full details on website. Details: Brett Weeden, 32 Kirkgate, Silsden, Keighley, BD20 0AL. Tel: 07970 206003. Email: brett@phluidity.net. Website: kcac.co.uk.

TUE. MAY 11. JACK BLOOR RACE (R). BS. 7.15 p.m. 5.2m/1150'. Venue: Darwin Gardens, Ilkley. GR 117470. £4.00, on day. Teams. LK/NS. Over 17. Records: G. Hull, 38.04, 2007; f. L. Wright, 45.57, 1995. Juniors: Under 8(over 6)/U10, 0.5m/180'; U14, 1.0m/300'; U17, 1.5m/600'; from 6.15 p.m. No toilets. No safety pins. Details: Peter Haines, 22 Ashburn Place, Ilkley, LS29 9NW. Tel: 01943 607725. Email: hainesilkley@yahoo.co.uk. Website: jackbloor.co.uk.

WED. MAY 19. KILDWICK (R). BS. 7.30 p.m. 3.75m/800'. Venue: White Lion, Kildwick, between Keighley and Skipton. GR 011457. £3.00, on day. Juniors: Full set of races for over 6s from 6.30 p.m. onwards. Parking limited, please car share. Full details on website. Details: Brett Weeden, 32 Kirkgate, Silsden, Keighley, BD20 0AL. Tel: 07970 206003. Email: brett@phluidity.net. Website: kcac.co.uk

SUN. MAY 30. ILKLEY TRAIL (R). BM. 11.30 a.m. 6.5m/700'. Venue: Ilkley swimming pool. £6.00 pre-entry, £8.00 on day. Teams. LK/PM. Over 18. Records: S. Vernon, 40.26, 2008; f. K. Pickles, 50.09, 2008. Juniors: U12(over 8), 1m; U14, 1.5m; U18, 2m; from 10 a.m. Proceeds to Revival Centre in Matugga, Uganda (www.revivalcentrematugga.org.uk). Details: Lawrence Basham, 21 Old Lane, Low Mill Village, Addingham, Ilkley, LS29 0SA. Tel: 01943 830546. Website: ilkleyharriers.org.uk.

MON. MAY 31. AUSTWICK AMBLE (R). BM. 1.00 p.m. 8m/1200'. Venue: Austwick Village Green. GR 768684. £3.50, on day. Street market/gala supporting village organisations. Donations invited on entry. LK/PM. Over 18. Records: J. Logue, 49.23, 2006; f. C. Leah, 57.05, 2006. Juniors: U12/U14 race at 12 noon. Details: Michael Munday, Orchid House, Pant Lane, Austwick, Lancaster, LA2 8BH. Tel: 01524 251787. Email: michael_munday@yahoo.co.uk. Website: austwick.org.

Note also: there is growing interest in a **one-day basic navigation (map & compass) training course**. Should you be interested in this please contact: Graeme Tiffany: graeme.tiffany@gmail.com