

**DALLAM
RUNNING CLUB**

ARNSIDE KNOTT

JUNIOR FELL RACE



SUNDAY 16TH NOVEMBER 2025

FIRST JUNIOR RACE STARTS AT 11:15 AM REGISTRATION FROM 10:00 AM

From Hollins Farm, Far Arnside, Cumbria LA5 0SL....A scenic course around Arnside Knott overlooking Morecambe Bay and the Kent Estuary...

Seniors Race Starts at 12:15 PM

6 miles/ 1093ft ascent

Cakes will be available
to buy on site, Hot
drinks from Holgates.

AGE CATEGORIES	U9	U11	U13	U15	U17
MAX DISTANCE	1K	2K	3K	5K	7K
AGE ON 31.12.24	6,7,8	9,10	11,12	13,14	15,16

Google maps link

