

DALE HEAD FELL RACE – SUNDAY 18TH OCTOBER, 2026

RACE DETAILS

Date & time: Sun 18 Oct 2026 at 13:30

Country: England

Region: Lake District

Category: AS

Distance: 7.3 km / 4.5 miles

Climb: 675 m / 2215 ft

Venue: Borrowdale Institute, Rosthwaite,

Borrowdale., CA12 5XB

Route: see map

Grid reference: 259 148

Skills: ER, PM, LK, NS

Minimum age: 16

ENTRY INFORMATION

Entry on day: Yes

Entry on day fee: £5.00

Pre-entry: No

