

Headbanger Schedule 2017

No	Date	Event and Location	Distance and Classification		Points	Information
1	Jan 1 st	Hollybush Inn Mackney	3k/70m	2m/230ft	50	
2	5 th Mar	Bluebell 1	BS, 7.6k/190m	4.7m/623ft	50	www.runningwithdavid.com
3	11 th Mar	Brooksie Mystery Tour	TBC		50	
4	16 th April	Peats Wood 1	BS, 4.7k/106m	2.9m/348ft	50	www.runningwithdavid.com
5	23 rd April	Kinder Downfall	BM, 15.4k/600m	9.6m/1968ft	52	www.t42.org.uk/hayfield/
6	25 th April	Masson Hill	AS, 6.5k/340m	4m/1115ft	50	www.massonhillrace.org.uk
7	21 st May	Hathersage Hurtle		20m	52	www.Hathersagehurtle.com
8	25 th June	Kinder Trog	BL, 25.7k/1064m	16m/3491ft	52	www.t42.org.uk/hayfield/
9	12 th July	Black Rocks	BS, 9k/250m	5.6m/820ft	50	www.matlockac.org.uk
10	6 th Aug	Dovedale Dipper		26m/4000ft	53	www.matlockrotary.org.uk/
11	20 th Aug	Beeley	TBC	13m	51	
12	24 th Aug	Pilsley fell race	BS, 9.8k/245m	6.1m/804ft	50	www.facebook.com/pilsleyfellrace
13	17 th Sept	Full Sun	12k/237m	7.6m/780ft	50	
14	22 nd Oct	Wirksworth Undulator	BM, 13.5k/384m	8.4m/1260ft	50	wirksworthrunningclub.org.uk /
15	5 th Nov	Dovedale Dash	7.4k/160m	4.75m/524ft	50	www.dovedaledash.co.uk
16L	12 th Nov	Roaches	BL, 24.1k/1128m	15m/3701ft	53	mowcoprunners.com
16L	15 th Oct	Windgather	BL, 21.7k/762m	13.5m/2500ft	52	www.macclesfield-harriers.co.uk/
16S	12 th Nov	Leg it round Lathkil	BM, 11.5k/290m	7.1m/951ft	50	www.lathkil.co.uk
16S	10 th Dec	Litton Cracker	BM, 12k/360m	7.6m/1181ft	50	
17	As sheet	Orienteering Series	See separate sheet. 3 out of 7 events between 2 and 4 hours		Max 57	

Rules

- There are 2 leagues within the Headbangers, the Long and Short Championships.
- Short events are up to about 14k, a Strider will automatically be in the Long Championship after completion of 3 Long/Harder events scored with 51 or more points, with the exception of the Orienteering Challenge.
- To receive points, Striders must be fully paid up as competitive members at the time of the event.
- The total score will be the sum of your **six** best scores, with a maximum of 3 long events for the Long Championship. But competitors must complete a **minimum of 3** events to get a final league place.
- Event 16 will be decided once the Cross Countries are decided, **only** the designated event points will count.
- The Orienteering series is 3 highest scores from 7 events and has additional rules, but count as one score, see the separate sheet for information.
- The competitor(s) completing the most events will receive an additional point.
- In the event of a tie, the winner will be the person who has beaten the other Strider the most times.
- The FRA have clarified certain [rules](#) regarding essential equipment to be carried. For AL, AM and BL events, you **MUST** have Waterproof body cover, hat, gloves, compass, whistle, emergency food. For all other events this is recommended, but it is at the discretion of the organiser if these are either not required or additional items required. See the race organiser's website for requirements. This is for your safety!
- The rules and a useful leaflet on Hypothermia are [here](#) and copies will be available on the Strider website.
- ENJOY them!