

## LRGS Orienteering, Fellrunning and Associated Activity Fixtures

WHEN	EVENT NAME	LOCATION	YEAR GROUPS INVOLVED
First Wednesday in September	BOFRA Muker Show Fell Race	Muker, N. Yorkshire	Yr 8 upwards
Last Sunday in September or First Sunday in October	English Schools Fell Running Championships	Varies from year to year, usually Giggleswick School or Sedbergh School	All
3 <sup>rd</sup> Sunday in November	British Schools Orienteering Championships	(venue varies)	All years
Last Wednesday in January, All years	King Henry VIII relays	King Henry VIII School, Coventry	6x boys relay (selected from the 6 fastest runners across the whole school) 4x girls relay (selected from the 4 fastest runners in 6 <sup>th</sup> form)