

### CVFR 25th Anniversary Run Schedule

Point	Distance			Climb			Time		
	km	miles	agg. miles	m	feet	agg. feet	5mph	4mph	
MCC							8.00	8.00	
Crow Hill, Sowerby				300	1000	1000			
Dauber Bridge	7.8	5	5				9.00	9.15	
Stoodley Pike				350	1150	2150			
Caldene Avenue	13.8	9	14				10.45	11.30	
Chiserley									
High Brown Knoll				350	1150	3300			
Jerusalem Lane	10.2	6.5	20.5				12.00	13.10	
Crow Hill, Midgley				200	700	4000			
MCC	7	4.5	25				13.00	14.15	