

RACE RULES FOR THE SCAFELL PIKE FELL RACE Saturday 9th Sept 2023



ENTRIES: To enter, use the 'pre-entries' link on the Race Calendar page on the CFRA website at:-
<http://www.cfra.co.uk/> .

RESULTS: These will be published on the CFRA website.

RACE PROCEDURE (DO NOT LEAVE IT TO THE LAST MINUTE TO REGISTER!!)

- At race registration, even if you have pre-entered, you must fill in an FRA form to confirm your details have not changed since pre-entering. You must also record the number of any car you arrived in.
- Race numbers are allocated in registration order. You will also be issued with 2 plastic bread closure tallies. One is for the summit checkpoint & the other for the finish, to be placed on the tally board.
- Ensure you have the correct race number visible to the checkpoint marshals (or call it out!!!) & to the Finish Team.
- You **MUST** carry the following kit as a minimum:-
 1. Map, whistle & compass.
 2. Full body waterproof cover with taped seams with thermal hat & gloves.
 3. Emergency rations ('Mars bar' equivalent).

Note: The above equipment is mandatory for this race, irrespective of weather conditions.

- At the summit checkpoint & at the finish, hand in one of your plastic tallies, each has your race number. Call out your race number to the checkpoint marshals to help with identification & safety cover so they can record your passing their checkpoint. At the finish, your other tally will be placed on the tally board. This is essential!!
- There is no closing time at the Scafell Pike summit checkpoint. If however, you are requested to retire by a checkpoint marshal, or retire for other reasons, i.e. become lost on the ascent or descent, you **MUST** return to the finish by the safest, quickest route & hand in your remaining tally(ies). If possible, notify other runners or a marshal. If you come down in the wrong valley, get to the nearest telephone & call the race emergency contact number (019467) 26220 (Wasdale Head Campsite – this telephone number is printed on your race number) & report your name, race number & location so transport can be arranged to collect you.

Note: Do NOT leave the event without reporting your retirement to the FINISH TEAM. Failure to do this could result in the emergency services being called out unnecessarily, wasting valuable time & resources. This will also result in a lifetime ban from future CFRA races & a report sent to the FRA.

- At the finish, obey the directions of the Finish Team. Do not try to overtake at the narrowest part of the finish funnel. Call out your race number to the manual stopwatch timers. Hand in your 2nd tally to confirm you have completed the course.
- Fell top weather forecast & race map will be displayed at race registration.
- All entrants are advised to gain experience on the high fells & to be competent in using a map & compass.
- Adhere to any flagged sections & respect the country code.
- This race is also held under FRA rules.