

RACE RULES FOR THE WASDALE HORSESHOE FELL RACE Saturday 8th July 2023



ENTRIES: The race is pre-entry only. To enter, use the 'pre-entries' link on the Race Calendar page on the CFRA website at:- <http://www.cfra.co.uk/> . This will take you to the SPORTIdent website. Pre-entry fees 15GBP FRA members, 18GBP non-members. There are no entries on the day.

RESULTS: These will be published on the SPORTIdent website using the link above.

CERTIFICATES: These will be available direct from SPORTIdent.

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 an electronic 'e-card' or 'dibber'. The e-card is for each of the 6 summits, Greendale road crossing/drinks station, Lingmell Nose wall stile checkpoints & at the finish.
- 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 each of the 6 summit checkpoints, Greendale road crossing, Lingmell Nose wall stile & at the finish, 'dib' your e-card. 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 'dibber' will be placed on a numbered board which will represent a tally of runners. This is essential!!
- Each of the first 4 summit checkpoints (Whin Rigg/Seatallan/Pillar/Great Gable) has a closing time. If 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 dibber. 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 & 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 dibber to the SPORTIdent operator 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.