

# C.F.R.A - ENNERDALE HORSESHOE

SATURDAY JUNE 12TH 2021

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The Ennerdale is part of the Lakeland Classics Trophy details from [ben\\_abdelnoor@yahoo.com](mailto:ben_abdelnoor@yahoo.com)

## Entry:

Fee £15.00 Pre entry open from March 15<sup>th</sup> to 4th June 2021.

Online entries at [https://www.sientries.co.uk/event.php?event\\_id=8049](https://www.sientries.co.uk/event.php?event_id=8049)

2021 is a designated English championship race. This, along with the covid restrictions means that there will be NO entries on the day.

Fee includes light refreshment and use of sportident race management / results system. All Si cards are provided and pre logged onto the system, No personal Si cards will be used. Entry is online only through the Sientries using the link above.

## Race organiser:

Colin Dulson. 5 Sunnyside, Kendal, Cumbria, LA97DJ  
Telephone 01539 735134 email [colin@berrison.com](mailto:colin@berrison.com)

**Age limit:** Over 18 on the day of the race.

## Start:

The start details may change as the Covid restrictions change in the approach to June. The start will be a staggered start on groups of up to 30 runners from 10.30 am. Slower runners will start earlier, defined by finish time estimates provided on entry. The checkpoint closure times will not change from previous years giving slower runners additional time to make the checkpoints.

Ennerdale Scout camp GR 088154 go to Ennerdale bridge and follow the signs

Course		checkpoint	closing time
1st check	Great Borne	124164	12.15hrs
2nd check	Red Pike	160154	12.45hrs
3rd Check	Black Beck Tarn	201129	13.45hrs
4th check	Green Gable	215106	14.30hrs
5th check	Kirk Fell	194104	15.00hrs
6th check	Pillar	171121	16.00hrs
7th check	Haycock	145107	----
8th check	Iron crag	122119	----
9th Check	Crag Fell	097143	----

Follow flags from the 9th check to the finish

### **Route description**

This race route is not for the faint hearted but after completing you'll proudly display it on your runners CV. It is a horseshoe but in many respects it is an out and back race. If you retire at or near the midway point (green gable ish!) you have a 10 mile jog, walk, stumble back to registration along the valley floor.

The route is flagged from the start to half way up great Borne GR 113166 and from the final summit of Crag fell to the finish.

The only guaranteed water is at black beck tarn GR 201129. There is sometimes water on the way round to beck head from green gable and some carried by summit marshals and friends. Save for squeezing water from grass and cactus plants there is little or no ground water on the return leg past Beck head.

The last 6 to 7 miles of the race route is (can be) fast running as the ground changes to low angled grass slopes. If you've left enough in your legs from the run out and over Pillar you will be able to take advantage of this.

People often go wrong by descending into Buttermere from High crag and by turning south over Red pike Wasdale and into Wasdale. These are both painful and potentially expensive route deviations. There is no transportation / taxis provided by the race organisers if you descend into the wrong valley so these parts of the route are worth fixing in your mind and on your compass. There is a dangerous and difficult section of the race in the descent from Kirk Fell summit 194104 to Black sail pass 192114 details of this and advice will be given on race day.

### **Maps**

1:25,000 ordnance survey outdoor leisure map 4

1:50,000 ordnance survey landranger sheet 89

Pete bland sports also carry race specific maps for the Ennerdale

### **Prizes**

Men seniors. Vet 40 and 5 year categories to vet 70

Lady seniors, vet 40 and 5 year categories to vet 70

Teams 1<sup>st</sup> ladies team and 1<sup>st</sup> men's team

Winning team= lowest score calculated by adding the race positions of the first 4 runners

### **Facilities**

Toilets and limited changing facilities are available at the scout camp race registration.

There will be no showers available this year due to pandemic restrictions.

Limited parking is available on the campsite on a first come first serve basis.

Other cars will be directed to car parks outside the campsite. Please car share where possible

A monitored covered area will be provided for leaving a kit bag to change after the race

### **Accommodation and Campsites**

No camping by runners can be permitted on the scout camp itself. If you are intending to stay locally you will have to make arrangements to camp or hotel/B&B locally.

Good accommodation and camping web sites are:

<http://www.lastminutelakeland.co.uk/region/cockermouthwestcumbriaandwestlakes.php>

<http://www.western-lakedistrict.co.uk/>

<http://www.golakes.co.uk/default.aspx>

<http://www.cumbria-the-lake-district.co.uk/>

Ennerdale bridge and Lamplugh are the nearest village

Emergency telephone number on the race day 01946 861811