

C.F.R.A.



The Cumberland Fellrunners Association
Affiliated to the
Northern Counties Athletic Association
and the Fell Runners Association

RACE RULES 2019

- ENTRIES:** The races are pre-entry but entries on the day (EODs) can be taken. Closing date for pre-entries is two weeks before the race. EODs can be taken for an extra £3. To pre-enter, send name, age, club & full contact details to the race organiser. Note: At race registration, if you have not already completed a pre-entry form, a disclaimer form will need to be completed for entries on the day.
- RESULTS:** These will be sent to the FRA website at <https://fellrunner.org.uk/results.php>. They will also be displayed on the CFRA website at <http://cfra.co.uk/results2019.php>.
- RACE REGISTRATION PROCEDURE (DO NOT LEAVE IT TO THE LAST MINUTE TO REGISTER!!)**
 - If pre-entered, the registration team will have your form. Check that no details have changed & simply countersign it. For EODs, complete a disclaimer form – (from the CFRA website at : www.cfra.co.uk can be brought to the race & signed at registration to confirm the details are still correct. This will save delays at registration). In all cases provide a car registration number - if possible.
 - Hand in the completed & signed form. You will be issued with a race number in registration order, possibly an electronic 'dibber' or e-card & for the Wasdale & Scafell Pike plastic bread closure tallies, one for each summit checkpoint, one for the finish.
 - Ensure you have the correct race number visible (or call it out!!!) for the checkpoint marshals & the finish team.
 - Ensure you carry the following kit (1) as a minimum. Additional kit (2 & 3) may be specified on the day. You **must** comply with this additional requirement, so make sure you bring with you to the race **all** of the items listed below:
 - Map, whistle & compass.
 - Full body waterproof cover with taped seams & integral hood, thermal hat & gloves.
 - Emergency rations ('Mars bar' equivalent).

Note: The above equipment is mandatory for the Ennerdale & Wasdale races, irrespective of weather conditions.

- At each checkpoint, (Wasdale also has a road crossing checkpoint at Greendale) hand in one of your tallies & 'dib' in the electronic timer (if available). Call out your race number to the checkpoint marshal to help with your ID & safety cover so they can record that you have passed that checkpoint.
- The Scafell Pike does not have a closing time. But, 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 remaining tally(ies) & e-card. Notify other runners or the checkpoint marshal (if possible). If you become lost & come down in the wrong valley, proceed to the nearest telephone & call the race emergency contact number **(019467) 26220 (Wasdale Head Campsite)** & report your name & location so transport can be arranged to collect you.

Note: On NO account 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 races.

- At the finish, obey the directions of the finish team. Hand in your plastic tally to confirm you have completed the course & if used your e-card.
- 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.