

Scafell Pike Fell Race

Saturday 15th September 2018

Details: *Country:* England
Region: Lake District
Category: AS
Distance: 7.2km / 4.5m
Climb: 914m / 2999ft
Skills & Experience: ER, PM, LK, NS
Age Limit: 16 and over on the day of the race.
Start Time: 13.00hrs

Race Organiser: Will Spain, [contact details](#)

Entry Fees: £10.00 pre-entry, £13.00 on the day. Pre-entries by Sat 1st September. Send details and a cheque payable to 'CFRA', fee includes race results.
Entry limited to 250 runners. (Please use the [pre-entry form](#) from our website.)

Pre-entries to: Mr R J Eastman, 2 Maud Syke, Station Road, Drigg, Cumbria CA19 1XQ Tel:(019467) 24263 Mobile 07736045847 e-mail: richard@cfra.co.uk

Registration / Start & Finish: East end of Wasdale Head Campsite GR 184 075

Course: Course has been changed to be equivalent to the pre-FMD route so old records still stand.

Checkpoints: 1st Summit
 2nd Finish

Race Records: Men Lloyd Taggart 2007 49:50
 Ladies Nicky Davies 1999 63:24

Prizes:

Both Gents & Ladies:
 J16-18, J18-23, Senior (23-39), V40, V45, V50, V55, V60 (etc. depends on entries)
Teams: Gents (4 to count)
 Ladies (3 to count)
Jack & Jill: prize for fastest couple
King & Queen of the Mountains: lowest **overall** points score from
 Snowdon ? July www.snowdonrace.co.uk
 Ben Nevis 1st Sept. www.bennevisrace.co.uk
 Scafell Pike 15th Sept. www.cfra.co.uk

Parking: As directed on the day or use the National Trust car park and remember to pay the parking fee.
DO NOT PARK IN THE CAMPSITE IF YOU ARE NOT CAMPING!

Changing: None - use cars. Toilets and showers on the camp site, but there is a National Trust charge for their use which MUST be paid by individuals who choose to use the facilities.
DO NOT USE THE SURROUNDS AS A TOILET!

Refreshments: Organiser's flapjack & orange squash are provided free at the finish.

General: Please car share if at all able. We are able to race on the fell by the kind permission of the National Trust and local farmers. Your good conduct is the only guarantee of future races.

Note: The National Trust Wasdale Head Campsite are kindly permitting pre-bookings for this race & the Wasdale Horseshoe 9th July.

EMERGENCY TEL NO: WASDALE (019467) 26220 - (Camp site Booking Office)