

Scafell Pike Fell Race

Saturday 14th September 2024

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: Richard Eastman, [contact details](#)

Entry Fees: £10.00 pre-entry for FRA members, £13.00 non-members. Entries on the day are £13.00 & £16.00 respectively. Pre-entries are open from 1st April to Sat 7th September. Substitutions are permitted & cancellations will be refunded but both need to be pre-notified by 7th September. Entry fee payment either :-
a) post a paper form (from the FRA website at [Fellrunner — Documents](#)) and a cheque payable to 'CFRA' to Mr R J Eastman, 2 Maud Syke, Station Road, Drigg, Cumbria CA19 1XQ, or you can
b) send an e-mail to richard@cfra.co.uk with a pdf or photo attached of the pre-entry form & pay through BACS to the CFRA account no. 03953416 sort code 60-07-34 reference Scafell Pike.

Note: The field is limited to 250 runners. You can check the number of pre-entries, which are regularly updated on the CFRA website at :- www.cfra.co.uk

Registration / Start & Finish: Field adjacent to 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 ?? Sept. www.bennevisrace.co.uk

Scafell Pike 14th 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 use of showers which MUST be paid by individuals who choose to use the facilities.
DO NOT USE THE SURROUNDS AS A TOILET!

Refreshments: Race 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 both this race & the Wasdale Horseshoe 9th July.

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

Accommodation:

There is a campsite right next to the start – please use the link :-

<http://www.nationaltrust.org.uk/holidays/camping/camping-in-the-lake-district/wasdale/>

or by phoning on 019467 26220 (am). Campsites also at Nether Wasdale close to The Screens. Wide range available locally. There are many B&B's – Gosforth and Seascale are close and worth considering as options to the valley itself. Youth Hostels at Wasdale Hall and Eskdale (Lake District Booking Service 01539431117).

Tourist Information Offices :- Egremont 01946 820693 Workington 01900 606699

Websites: www.golakes.co.uk

www.cfra.co.uk

Email: richard@cfra.co.uk