

Wasdale 'Horseshoe' Fell Race

Saturday 8th July 2017

Details: *Country:* England
Region: Lake District
Category: AL
Distance: 34km / 21.1m
Climb: 2750m / 9022ft
Skills & experience: ER, PM, LK, NS
Age Limit: 18 and over on the day of the race.
Start Time: 11.00am

Race Organiser: R J Eastman, [contact details](#)

Entry Fees: £14 pre-entry only. These will only be accepted between March 31st & June 30th. Send details and a cheque payable to 'CFRA' to Mr R J Eastman, 2 Maud Syke, Station Road, Drigg, Cumbria CA19 1XQ (Tel: 019467 24263 email: richard@cfra.co.uk. (Please use the [pre-entry form from our website.](#))
Entry fee includes food & drink at finish & certificate signed by Joss Naylor. Entry limited to 250 runners.

Registration / Finish: 'Brackenclose' Wasdale GR 184 075

Checkpoints:	Start	Brackenclose	184 072	Closing Times
	1st	Whin Rigg	151 035	12.00
	2nd	Seatallan	140 084	13.25
	3rd	Pillar	171 121	14.25
	4th	Great Gable	211 103	15.30
	5th	Esk Hause Shelter	235 083	-
	6th	Scafell Pike	215 072	-
	7th	Lingmell Nose Wall	193 074	-
	8th	Finish	184 075	

Race Records:	Gents	W Bland	1982	3.25.21
	Ladies	J Lee	} 2008	4.12.17
		J Mclver		

Prizes: Both Gents & Ladies prizes may vary this year due to English Championship status
Teams: 1st Gents (4 to count), 1st Ladies (3 to count)
Veterans: V/LV40, V/LV45, V/LV50 (extra Vets & Super Vets according to entry)
1st & 2nd perpetual trophies for Gents, new 1st Lady perpetual trophy under construction

Certificates: Presented to all who complete the course
Gold = under 4 hrs (Ladies under 5 hrs)
Silver = under 4 hrs 30 mins (Ladies under 5 hrs 45 mins)
1st Class = under 5 hrs (Ladies over 5 hrs 45 mins)
2nd Class = over 5 hrs

Additional Prizes: Wasdale position points contribute towards the Lakeland Classics Trophy competition, awarded to the runner who has the best score from a combination of over/under 20 miles long FRA 'A' class races – to be decided for 2017 by Ben Abdelnoor (Tel: 01539 434971, e-mail: ben_abdelnoor@yahoo.com).

Parking: As directed on the day or use National Trust pay & display car park. Car share if possible as parking is limited.
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. PLEASE, DO NOT USE THE SURROUNDS AS A TOILET.

Refreshments: Hot & cold drinks & cold food, orange squash is available free of charge at the finish.

General: The route across the valley bottom between checkpoints 1 & 2 is flagged. Please note we are only able to race on the fell by the kind permission of the NT and local farmers, so your good conduct is the only guarantee of future races.

EMERGENCY TELEPHONE NUMBER: WASDALE (019467) 26220 (Camp site booking office)