

Wasdale 'Horseshoe' Fell Race

Saturday 13th July 2019

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

Entry Fees: £14 pre-entry, £17 on the day. Pre-entries open from 1st January to 31st May. Send details and a cheque payable to 'CFRA', fee includes race results. Entry limited to 300 runners. (Please use the [pre-entry form from our website.](#))

Organiser & Entry forms to: Richard Eastman, 2 Maud Syke, Station Road, Drigg, Cumbria CA19 1XQ, email: richard@cfra.co.uk

Registration / Start & Finish: Field adjacent to Wasdale Head campsite at GR 183 074

Checkpoints:			Closing Time
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	193 075	-
8th	Finish	184 073	

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

Prizes: Both Gents & Ladies prizes :-
Teams: 1st, 2nd, 3rd Gents (4 to count). 1st, 2nd, 3rd Ladies (3 to count).
Juniors, M/WU19, U21, U23, M/WSEN, Veterans: M/W40, M/W45, M/W50 (extra Vets & Super Vets all 5yr ranges according to entry)
1st Perpetual Trophy, 2nd Ian Roberts memorial trophy.

Certificates: Presented to all who complete the course
Gold = Gents under 4 hrs, Ladies under 5 hrs
Silver = Gents under 4 hrs 30 min, Ladies under 5 hrs 45 min
1st Class = Gents under 5 hrs, Ladies over 5 hrs 45 min
2nd Class = Gents 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 2019 by Ben Abdelnoor (Tel: 01539 434971, e-mail: ben_abdelnoor@yahoo.com).

Parking: Parking available in registration field as directed. 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 campsite, 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: Cold food, tea & orange squash are available free of charge at the finish.

General: The route across the valley bottom between checkpoints 1 & 2 is flagged & there is a tally drop at Greendale bridge road crossing. 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)