British Athletics Fell and Hill Relay Championship 2019
hosted by Dark Peak Fell Runners
Saturday 19th October 2019
Version 2 (7th Oct)

All changes since last version highlighted

Important! If you read nothing else, please read this:

- Team Declaration closes at 8pm on Thursday 17th
- All competitors must read and accept the FRA Disclaimer
- Parental Consent Forms are required for all under 18s
- Team Captains must obtain emergency contact details for each competitor on the form provided
- Parking is remote and you will be driven to the event by coach. You need to share cars and avoid approaching from the north. If you do, you will delay the coaches.
- **We can now accommodate camper vans – in a separate parking place.
- Minibuses are also in a separate parking place – if you haven’t told us then you won’t be told.**
- There is no event campsite – there are plenty in the Hope Valley
- On-the-day Registration is open from 9am to 10.00am
- Leg 1 Mass Start is 11am and is remote – you need to aim to leave the Event Centre at 10.30 to get there in time, and get on the coach **no later than 9.30**
- FRA minimum kit (full-body waterproofs, whistle etc) must be carried
- Fairholmes is a communications black hole – there are no mobile network signals

Thanks for reading the bullet points. You’ve now grasped some of the key ideas we’re trying to communicate. But there’s so much more we’d like to tell you! It would really help us if you could take the time to absorb things in a bit more detail. Could we ask you to settle down with a cuppa and read on? Thanks so much...

Welcome

Dark Peak Fell Runners and British Athletics welcome you to Fairholmes and the Derwent valley in the heart of the eastern Peak District - the historic location of Upper Derwent Reservoir where the Dambusters practised their wartime bombing runs.

We are proud and honoured to be hosting the Relays, which has been a huge undertaking for us. It’s taken us three years of planning and organisation to make it happen. We are immensely grateful to Severn Trent Water and to the National Trust for allowing us to run over their land, to Natural England for approving the routes, to the Peak District National Park Authority for their support, and to the Bamford community who are letting us use their recreation ground for parking.

We hope you enjoy the challenges we have in store for you, both physically and navigationally, and that the event lives up to your expectations.
1. Getting there

The Event Centre is at Fairholmes, Upper Derwent Valley, Derbyshire.

There is **NO PARKING** at the Event Centre itself. We have only obtained permission for this event on the understanding that there will be **no** competitor parking in the Upper Derwent Valley. None. Zilch. Zero.

Anyone attempting to park at Fairholmes will struggle to find any space as it’s very busy on Saturdays with members of the public using what limited parking there is. They will also run the risk of jeopardising permission for any future events to be held in this pressurised part of the national park.

So please **DO NOT** attempt to come up the Derwent Valley Road to Fairholmes to park or to drop people off. **The organisers reserve the right to DISQUALIFY any team found to have parked vehicles in the Derwent valley.**

**All competitors and supporters will be driven to the event on a coach from the event car park at Bamford. Please read all the details below.**

Competitors who are unable to use the coach transport (e.g. runners accompanied by very young children or supporters in wheelchairs) should contact the organiser: 
organiser@britishfellrelays2019.org.uk

Parking

Parking is at Bamford Village Recreation Ground and **MUST ONLY** be approached from the south, i.e. from the junction of the A6187 (Hathersage to Castleton road) and the A6103 (Ladybower to Bamford road) post code S30 0AH.

Parking is included within the entry fee and is therefore **FREE** on the day. However, there is limited space and therefore we require you to please share cars. We have worked on the assumption that each team (and any supporters) will come in no more than two vehicles.

If you have team members coming from different directions, please meet on the way and organise yourselves so that you arrive at the car park in no more than two vehicles. **We simply cannot accommodate cars with only one or two people in them.**

Unfortunately, due to access restrictions and requirements placed upon us by the parking field owners, camper vans and large minibuses are **NOT allowed** on the parking field. Clubs intending to bring **minibuses** should indicate this on the entry system or, if arranged later, by contacting the organiser. We will then let you know the arrangements for minibuses.

In addition to the minibus parking, we have now managed to find some parking for camper vans. Hope Valley Garden Centre ([http://www.hopevalleycentre.co.uk/](http://www.hopevalleycentre.co.uk/)) have offered car parking for up to 40 camper vans or motorhomes on a first come first served basis. This will be charged at £5 for the day. Please have the correct change ready.

The garden centre is a short five minute walk to the bus stop for the coach transport to the relays and is on the walking route from the car park to the bus stop.

The garden centre gates open at 8am and will be locked at 8pm prompt. There will be no overnight parking.
There is a café and toilet block on site. Sue at the café will be offering breakfast to eat in or take away. To obtain a discounted pre-ordered breakfast please call her on 07817 327575.

If you have any concerns on the day about camper van parking, please contact Emma on 07966 183266.

**Directions to the car park**

Please do not approach the event by driving through Bamford village from the north, i.e. from the direction of the A57. In order to avoid congestion, there is **no access from the north** to the car park, i.e. you must not travel along the road through Bamford village. If you ignore this restriction, you will potentially block our coaches as they travel along the road towards the Event Centre. You will also have to negotiate a dangerous right turn into the parking field in the face of oncoming traffic. You must therefore only approach from the south from the Hope to Hathersage road (A6187) turning north at the junction with the A6103 at Sickleholme Garage Traffic lights (S33 OAH). The entrance to the parking is 250 metres on your left.

Anyone approaching Bamford from the A57 will be directed right off the A6103 approximately 250 metres after the Yorkshire Bridge pub and will then be taken along narrow roads through Thornhill to join the A6187 to the west of Sickleholme Garage. This lane is quite narrow, so please drive along it carefully with respect for the people who live there, and for people on two wheels or horseback.

**Routes to Bamford**

From the north-east, north and south-east. Head to Hathersage using either: (a) MI J36 or J34 to Sheffield then A625 to Hathersage, or: (b) from M1 J29 to Chesterfield then A619 to Baslow and north to Hathersage.

From the north-west, west and south-west. Head to Castleton and Hope. There are many routes such as the new Manchester Airport Eastern Relief Road (A555) from Manchester Airport (J5, M56) to Hazel Grove, then A6 Chapel-en-le-Frith bypass and filter left signed Castleton and Rushup Edge. It will take you 45 minutes to an hour from leaving the M56 for Manchester Airport to the parking at Bamford.

**Travelling by train**

Bamford railway station is adjacent to the bus stop where our coaches will transport you to the event. This is five miles from the Event Centre so you could bring a bike on the train and cycle to the event, (see cycling instructions below).

There are regular hourly trains to Bamford from Manchester and Sheffield and the station in Bamford is only two minutes walk from the coach loading.

Manchester 7:49 arrives Bamford 8:42 and every hour thereafter. Bamford 14:36 arrives Manchester 15:33 and every hour thereafter.

Sheffield 8:14 arrives Bamford 8:36 and every hour thereafter. Bamford 14:42 arrive Sheffield 15:05 and every hour thereafter.

**Coach transport to the Event Centre from the car park**

All competitors will be driven by coach to and from the Event Centre from Bamford Station bus stop.
GET THERE EARLY! We have 1500+ people to transfer to the Event Centre. This is a big logistical challenge. Your help in making the parking and transfer run smoothly will be very much appreciated.

- On arrival you will park as directed by our marshals.
- There are toilets in the pavilion at the recreation ground and a single portable loo where the coaches will load (for those caught short!).
- Once parked, it will take you seven to 10 minutes to walk to where the coaches will load.
- When it is your turn to load, we would ask you to load as quickly as possible. We will have only have a couple of minutes to load each coach, so please go to the back of the coach first.
- Tents and chairs are NOT to be taken into the coach – they will be loaded into the luggage compartments by our marshals so we can load the coaches quickly and move off. If we don’t manage to load all your items before the coach goes, we will put them on the next coach.
- Take your own personal kit bag in the coach. If it is very large it can be loaded underneath with the tents and chairs.
- The journey to the Event Centre takes 20 minutes.
- The first coach will leave Bamford at around 8:45am (or earlier if we have a coach full). Subsequent departures will be every 5-10 minutes until around noon.

What time should you aim to arrive at Bamford?

The race start times are as follows:

- Leg 1: 11.00 Mass Start
- Leg 2: 11.35 (Leg 1 leaders expected)
- Leg 3: 12.40 (Leg 2 leaders expected)
- Leg 4: 13.50 (Leg 3 leaders expected)

See the Event Timetable section below for more details.

You need to allow 1 hour from arriving at the parking to get to the Event Centre. So if you want to be at the Event Centre one hour before your race, you need to be at Bamford two hours before it!

Team representatives need to register their team at the Event Centre between 9am and 10am.

First and second leg runners need to aim to arrive at Bamford between 8am and 9:30 am.

Third and fourth leg runners need to arrive at Bamford between 9:45 am and 10:45 am.

When we start moving the coaches, we will give priority to first and second leg runners, so please understand that teams may not be able to travel together on the same coach.

The coach drop-off point is a 400m walk from the Event Centre along a public road, (closed to the public but open to residents on the day). Please follow the marked route and any instructions from marshals.

After the races, the coaches will load for the return trip to Bamford from 2pm. The prize-giving will be at around 4:45pm. If you are unfortunate enough not to be one of the winners, we will not be offended if you choose to make your way back down the valley on one of the early coaches. This might help us to avoid long queues later.
Please make sure that you remember to take all your kit and equipment with you when you leave the Event Centre. And, of course, we trust that you would not even think of leaving any rubbish behind!

**Cycling from Bamford to the Event Centre**

There is a good cycle route from the car park at Bamford. Please see the map below. The route will be signed. You should be able to ride the route comfortably in an hour. There will be a Bike Park below the dam wall at the side of the Event Centre where bicycles can be locked to a stout wooden fence. If you decide to cycle, you will of course have complete control over when you arrive at and leave the Event Centre.

*Map of cycle route*
2. **Camping**

The Hope Valley has numerous camp sites suitable for both tents and campers. We are therefore NOT providing or arranging any special camping arrangements for the event. Please arrange these yourselves.

3. **Rules of the competition**

The UK/British Athletics Rules are the basis upon the competition between clubs is held. We would like to draw your attention to the Eligibility rule which can be found on page 30 of the ‘Rules for Competition 2018’: [https://www.uka.org.uk/competitions/rules/](https://www.uka.org.uk/competitions/rules/)

The Eligibility rule explains the current first claim rules.

**Key points and additional rules for this competition**

- All competing clubs must be affiliated for ‘Hill and Fell’ with the applicable British Athletics body of the UK country they reside in.
- All team members must be first claim members for their club for ‘Fell and Hill’. All team members must wear the club vest.
- Runners can only compete in a single leg (no ‘doubling up’).
- Runners MUST be the ones declared (i.e. no unauthorised substitution).
- For Legs 2 and 3, pairs must remain in contact (i.e. never more than 20m apart) at all times. They must finish together, and both runners must visit every checkpoint.
- The organisers reserve the right to refuse entry to any club failing to fulfil these criteria.
- This event is a senior competition for athletes aged 18 and over, however the race referee will allow suitably experienced 16-17 year-old runners on Legs 1 and 4 which will be flagged and marshalled to the standard required for junior races.
- Navigation skills will be required on Leg 3, and may be required in poor weather on all other legs.
- Team captains are responsible for ensuring that ALL team members are suitably experienced to compete in their respective leg. Team captains are responsible for ensuring that they declare all of their team members, including name and date of birth, before the closure of the online team declaration window.
- FRA rules for competition and the FRA safety requirements for fell races will apply throughout the event. Full FRA kit requirements will apply irrespective of weather conditions.

**Electronic punching**

Each team member is responsible for dibbing (punching) the Sport Ident (SI) unit at each control point. Teams failing to punch the correct set of controls on all four legs will be disqualified.

Once you have dibbed your SI Card in the control unit, you must hold it there until you have seen one flash and heard one beep. Removing the dibber too quickly will result in a missed punch and subsequent team disqualification.

Be aware that other control units at the same control site will also be bleeping as they are punched.
**FRA Disclaimer**

All competitors must have read and accepted the following standard FRA disclaimer statement:

> I understand that this race is held in accordance with both the Rules and Safety Requirements of the F.R.A. I confirm that I am aware of the organiser's information and requirements in connection with this race, & that I have read, & will abide by the rules set out in the Safety Rules document. I accept the hazards involved in fell running and acknowledge that I am entering and running this race at my own risk. Other that the organiser's liability for causing death or personal injury by negligence, I confirm that I understand that the organiser accepts no liability to me for any loss or damage of any nature to myself or my property arising out of my participation in this race.

**Kit Requirements**

Rule 9 of the FRA Safety Requirements will be enforced. Every competitor on every leg must carry:

- Waterproof whole-body cover
- Hat and gloves
- Map (provided) and compass suitable for navigating the course
- Whistle

It is the responsibility of the team captains to ensure that their team members are aware of this rule and that they comply with it. Non-compliance will result in disqualification.

Kit checks will take place as runners pass through the tent into the holding pen before the start of each leg, so runners will need to allow time for this before commencing their leg.

**NO KIT, NO RACE!**

All leg winners and at least 10% of other competitors will have their kit checked on completion. Any transgression of the kit requirements imposed on the day will result in team disqualification.

**4. Registration**

Teams MUST be declared by team captains on the SI Entries website before **8pm on Thursday 17th October**. Please do so earlier if you can - you will still be able to make last minute changes until 8pm. Thereafter, any changes will need to be made at Registration on race day. We will assume that any team failing to fully declare online by the cut-off time will not be turning up. **All such teams will be removed from the start list.**

If you require a change of team class, please email the entries secretary Pete Gorvett: (petergorvett@hotmail.co.uk) as soon as possible with details.

Team captains will also need to complete a Team Emergency Contact Details form for each team with details for each of the six runners. **This can be downloaded from the 'Master Plan' page on the event website.** Team captains must also complete a Parental Consent Form for any junior runners (aged 16 to 18) who intend to compete on Leg 1 or Leg 4. **You will find a link to this form also on the 'Master Plan' page of the event website, or you can download it at https://www.fellrunner.org.uk/pdf/parental_consent_form.pdf.** The completed forms must all to be handed in to Registration on the day of the event.

Registration will be open from 9am on the Saturday morning for team captains (or deputies) to collect team envelopes for each team entered.
Each team envelope will be issued in exchange for a copy of your team’s Emergency Contact Details, and Parental Consent forms if appropriate. Team captains should print and retain their own copy of the Emergency Contact Details forms.

**Team envelopes** will contain:

- Six race numbers as follows: one green number for Leg 1; two yellow numbers for Leg 2; two blue numbers for Leg 3; one red number for Leg 4. The numbers will be accompanied by 24 safety pins. (Note that the race numbers will indicate your team number, e.g. the number for team 50 will be A50 for Leg 1, B50 for Leg 2, etc.)
- Maps: one for Leg 1, two for Leg 2, and one for Leg 4. (Note: Maps for Leg 3, the navigation leg, will be issued 500 metres after competitors leave the changeover area)
- Four ‘dibbers’ for electronic punching, with wrist attachments marked with team number and leg, e.g. wrist bands for team number one will be labelled **A1** (for Team 1) for Leg 1, **B1** for Leg 2, **C1** for Leg 3, etc.
- Meal Tickets are printed in the bottom LH corner of numbers. Numbers will be taken from competitors as they finish their legs, but the meal ticket corner of the number will be left attached to the runner’s vest.

**Team numbers** have been allocated with separate number ranges for each class as follows:

<table>
<thead>
<tr>
<th>Class</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men’s Open and Open NC</td>
<td>1 to 99</td>
</tr>
<tr>
<td>Women’s Open</td>
<td>101 to 149</td>
</tr>
<tr>
<td>Men’s V40</td>
<td>401 to 449</td>
</tr>
<tr>
<td>Women’s V40</td>
<td>451 to 465</td>
</tr>
<tr>
<td>Men’s V50</td>
<td>501 to 520</td>
</tr>
<tr>
<td>Women’s V50</td>
<td>551 to 559</td>
</tr>
<tr>
<td>Mixed (3+3)</td>
<td>601 to 649</td>
</tr>
</tbody>
</table>

**Team captain and competitor instructions**

Team captains need to:

(a) Ensure that team members have read the this Final Details document!

(b) Issue the correct bib, map (Legs 1, 2 and 4 only) and SI Card to the correct runner(s) as the timing and results will only work correctly if the runners on each leg have used the correct SI Card.

(c) The leg and team number are written on each wrist-strap (e.g. Team 45 Leg 1 card will have ‘A45’ written on the Tyvek wrist-strap, ‘B45’ for leg 2, ‘C45’ for leg 3 and ‘D45’ for leg 4. There is only one SI Card for each leg.)

Competitors need to:

do double-check you have the correct SI card before you strap it on a wrist! It should match your number. Please see [https://www.sportident.co.uk/information_sheets/SI-CardUseFlierGeneric.pdf](https://www.sportident.co.uk/information_sheets/SI-CardUseFlierGeneric.pdf) for instructions on attaching the SI Card (one per solo/pair), and attach it reasonably tightly, like a watch.
### Event Timetable

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>08:00</td>
<td>Car park at Bamford opens.</td>
</tr>
<tr>
<td>08:45</td>
<td>First coach leaves Bamford. This may happen slightly earlier if the coach is filled earlier than we expect. It will arrive at Fairholmes at approximately 09:00.</td>
</tr>
<tr>
<td>10:30</td>
<td>Kit check opens for Leg 1 runners. This will be on the way to the Mass Start.</td>
</tr>
<tr>
<td>10:45</td>
<td>Leg 1 runners to gather at the Mass Start. You should allow a walk of 6-8 minutes from the Event Centre, plus 10-15 minutes for the kit check.</td>
</tr>
<tr>
<td>11:00</td>
<td>The race starts!</td>
</tr>
<tr>
<td>11:35/40</td>
<td>Men’s leaders on Leg 1 expected at Finish.</td>
</tr>
<tr>
<td>11:45/55</td>
<td>Women’s leaders expected.</td>
</tr>
<tr>
<td>12:40/50</td>
<td>Men’s leaders on Leg 2 expected at Finish.</td>
</tr>
<tr>
<td>13:00</td>
<td>Mass Start for remaining Leg 2 runners.</td>
</tr>
<tr>
<td>13:10/20</td>
<td>Women’s leaders on Leg 2 expected.</td>
</tr>
<tr>
<td>13:50-14:05</td>
<td>Men’s leaders on Leg 3 expected at Finish.</td>
</tr>
<tr>
<td>14:40/55</td>
<td>Women’s leaders on Leg 3 expected at Finish.</td>
</tr>
<tr>
<td>14:30/45</td>
<td>Men’s winner expected at Finish.</td>
</tr>
<tr>
<td>14:40</td>
<td>Mass Start for remaining Leg 3 runners.</td>
</tr>
<tr>
<td>15:20</td>
<td>Mass Start for remaining Leg 4 runners.</td>
</tr>
<tr>
<td>15:55–16:15</td>
<td>Women’s winner expected at Finish.</td>
</tr>
<tr>
<td>16:45</td>
<td>Prize-giving.</td>
</tr>
<tr>
<td>17:30</td>
<td>Courses close.</td>
</tr>
</tbody>
</table>

### Catering

Podium Catering will provide your meal after the race. They will serve food from noon until 5pm. Don’t forget your Meal Ticket, which will be printed on your race number and pinned to your vest! If you are a late runner and don’t expect to have finished until after 4.30pm, you may choose to eat before you run. You will be given a choice of a meat or vegetarian dish, and your meal will also include a hot drink. The caterer will serve meals inside the main marquee. Tables and chairs will be provided. Please only use these for eating your meal, and then move on to allow others to eat.

Podium Catering will NOT provide food or drink to anyone other than competitors. Non-competitors or very hungry competitors can purchase food from one of the two additional caterers, who will be selling hot and cold drinks and snacks.
7. Event Centre facilities

The Event Centre facilities include...

- Marquee: contains tables and chairs for eating your meal. Please give up your seat when you have finished eating as there are not that many.
- Changing tents: one for men; one for women.
- Toilets: This is a water catchment area, on land owned by Severn Trent Water. There are toilets at the Event Centre, and at the Fairholmes Visitor Centre 500 metres away. Do not even think about relieving yourself anywhere else!
- Space for club tents.
- Bike Park – the wooden fence on the north side of the area. Please remember to bring your own lock if you intend to leave your bike there.
- Traders: Pete Bland Sports, plus two food outlets. We are also delighted to host the National Trust, Runners against Rubbish, and Friends of the Peak District. Please take the opportunity to customise our traders, and to learn about the invaluable work done by our guest stallholders to protect the beautiful countryside in which you will be running.

8. Start, Finish and changeover

Starts

Leg 1 Runners: The Leg 1 Mass Start area is 500m away from the Finish and Changeover area. You need to allow time to get there in time and to have your kit checked which is also being undertaken at the remote start. Remember your Number, Map, Dibber and FRA Kit.

Leg 2, 3 and 4 runners will all start from the changeover area. You will follow a taped route initially and then a flagged route (Red), narrow in places, to the Start Kite (same location as the Mass Start) as indicated by the Triangle on your maps. You will all also need your number, dibber, FRA kit and map, (except Leg 3 runners). Leg 3 runners will collect their map from a remote map issue point at the Mass Start area.
Finish and changeover

There are two finish lanes: one for Legs 1 to 3, and one for Leg 4. Incoming runners on Legs 1 to 3 use the right-hand lane, punch the finish control and then proceed to ‘tag’ your outgoing runner. Leg 4 runners will cross the finish line and then punch. Your position as you cross the finish line determines your finish position in the race, i.e. it is not a race to see who can punch the finish control first. So, no punching fellow competitors!

Waiting runners will be provided with information about incoming runners from the commentary team and possibly (to be confirmed) from a TV screen next to the download/commentary tents.

Water: In line with DPFR Environmental Policy, we are NOT providing any water for runners. Please bring your own water with you.

9. Commentary

This year’s commentary team will comprise Ashley Kay (DPFR), Phil Winskill (Keswick and ex DPFR) and Selwyn Wright (Ambleside and also ex DPFR) – so no home team favouritism is expected!!

We are expecting radio updates from out on the fells, reports from the last control, and results from the SI Results Team to keep you informed of progress, plus witty banter in between to keep you entertained.

We also have a social media presence with updates being broadcast to our remote publicity team down the valley and outwards over the web. Unfortunately there is no mobile reception in the Event Centre so you’ll have to rely on your ears. However, you might like to let your club mates and friends at home know they can follow the race as it progresses on Facebook, Twitter, Instagram, etc.
10. Race Terrain

The race terrain is fairly typical Peak District moorland with a mix of hardy grass, tussocks, heather, bracken (tall in places), marshes, some steep-sided stream valleys, steep hillsides, a few small crags, ruined walls, ruined fences and tall, fragile walls and fences which are only to be crossed at marked crossing points.

11. Maps and leg information

Each competitor will receive a map with the course marked on for the leg they are running. The map being used for this year’s event has been prepared especially by Peel Land Surveys – those familiar with the Peak Raid Series of races will have run on them before. An extract of the event map is shown below. Maps are 1:25,000 with 10m contours.

Map Extract

Maps for Leg 1, 2 and 4 will be in the ‘team envelope’ which will be issued to the team captain at Registration. Leg 3 maps will be issued to competitors approximately 500 metres from the start, just past the Mass Start area for Leg 1. Maps will be printed on paper and sealed in a plastic bag, i.e. there is no need for you to bring any protection for your map.

The maps of Legs 1,2 and 4 below are NOT the maps that will be issued with on the day. DO NOT use these maps on the day as they do not show all the information you will need to run your leg. They are included here as indicative maps to show you where the checkpoints are on each leg, and where mandatory and safety routes and flagging will be.

Flagging of mandatory and safety routes

Access to and from the fells from the Event Centre crosses land that we only have permission to use if we stick to agreed routes. Correspondingly, there are mandatory sections on all legs which you must follow. These are marked on the ground with red flags approximately every 25 metres. There are some additional sections of routes on the fells that are also mandatory to steer you around sensitive wetlands. These are also marked with red flags and on the maps below. However, all mandatory sections are marked with PURPLE dashed lines on the competition map you will be given.

Legs 1, 2 and 4 also have a safety route marked both on the map and on the ground. They will be flagged approx every 50 metres on the ground with yellow flags and on the maps below. However, these are marked with a gold/mustard dashed line on the competition maps you will be given. You do not need to follow yellow flagged routes if you do not wish to.
Leg 3 – the navigation leg – also has mandatory red sections at the start and finish that must be followed. It does not have any yellow safety sections. Competitors are free to choose whichever route they feel is best for them, whilst observing the need to only cross prohibited boundaries (fences and walls) at marked crossing points.

Some red and yellow flagged routes cross each other. We will use some marshals and some signage to help guide you, but it remains your responsibility to follow the correct set of flags.

**Notes: dangers and first aid**

- There are two first aid points at checkpoints marked on the map with a Red + (Plus).
- Legs 2 and 2 cross a river which is usually about 30cm deep and easily crossed in dry weather. But when in spate, the same river has been known to be up to one metre deep, and to have a flow strong enough to knock people over. If such conditions are present on the day, Leg 2 runners will be advised and will have the option of using the “safety route” if they wish. This uses a nearby bridge. The race organiser reserves the right to make the safety route mandatory in truly extreme conditions.
- There are no other major obstacles or hazards in the area that would not be encountered in most fell races.

**Bad weather routes**

In the event of extreme weather, we may have to shorten Legs 2 and 3. These will use a Bad Weather control which will be marked on maps. Your map will also include details of which checkpoints will be omitted.

**Leg Details**

<table>
<thead>
<tr>
<th>Leg</th>
<th>Distance (Km)</th>
<th>Climb (m)</th>
<th>Expected winning time (mins)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>7.8</td>
<td>360</td>
<td>40</td>
</tr>
<tr>
<td>2</td>
<td>12.3</td>
<td>485</td>
<td>65-70</td>
</tr>
<tr>
<td>3</td>
<td>11.2</td>
<td>520-570</td>
<td>70-75</td>
</tr>
<tr>
<td>4</td>
<td>7.8</td>
<td>375</td>
<td>40</td>
</tr>
</tbody>
</table>
Leg 1

![Map of Peak National Park with route marked]

- Checkpoint
- Mandatory Route
- Safety Route
- Uncrossable
  Fence/Wall
- First Aid
- Path not to be used

### Elevation Graph

<table>
<thead>
<tr>
<th>Elevation (m)</th>
</tr>
</thead>
<tbody>
<tr>
<td>465</td>
</tr>
<tr>
<td>372</td>
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<tr>
<td>279</td>
</tr>
<tr>
<td>185</td>
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</table>

<table>
<thead>
<tr>
<th>START ELEVATION</th>
<th>MAX ELEVATION</th>
<th>GAIN</th>
<th>CLIMBS ON ROUTE</th>
</tr>
</thead>
<tbody>
<tr>
<td>244 M</td>
<td>499 M</td>
<td>362 M</td>
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</tbody>
</table>
Leg 4

Checkpoint
--- Mandatory Route
---- Safety Route
----- Uncrossable Fence/Wall
++++ First Aid
×× Path not to be used

<table>
<thead>
<tr>
<th>ELEVATION (m)</th>
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</thead>
<tbody>
<tr>
<td>498</td>
</tr>
<tr>
<td>415</td>
</tr>
<tr>
<td>332</td>
</tr>
<tr>
<td>249</td>
</tr>
<tr>
<td>166</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>START ELEVATION</th>
<th>MAX ELEVATION</th>
<th>GAIN</th>
<th>CLIMBS ON ROUTE</th>
</tr>
</thead>
<tbody>
<tr>
<td>219 M</td>
<td>469 M</td>
<td>375 M</td>
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</table>
12. Medal ceremony and prizegiving

UK/British Athletics Medals and Prizes will be awarded to the first three teams in each of the following classes:

- Men’s Open
- Women’s Open
- Men’s V40
- Women’s V40

Prizes will also be awarded to the above teams and also the first three teams in the following classes:

- Men’s V50
- Women’s V50
- Mixed (three men and three women)

13. Key officials

<table>
<thead>
<tr>
<th>Organiser</th>
<th>Tim Tett</th>
<th>Registration</th>
<th>Mike and Julia Nolan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Site Manager</td>
<td>Jim Paxman</td>
<td>Start/Finish</td>
<td>Richard Patton</td>
</tr>
<tr>
<td>Parking</td>
<td>Roy Small and Hugh Cotton</td>
<td>Marshalls</td>
<td>Simon Rippon</td>
</tr>
<tr>
<td>Planner</td>
<td>Tim Tett</td>
<td>SI Checkpoints</td>
<td>Simon and Kirsty Patton</td>
</tr>
<tr>
<td>Publicity</td>
<td>Dave Holmes</td>
<td>Catering</td>
<td>Kevin Saville</td>
</tr>
<tr>
<td>Entries</td>
<td>Pete Gorvett</td>
<td>Prizegiving</td>
<td>Jude Jepson</td>
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<tr>
<td>UKA Referee</td>
<td>Alan Bentall</td>
<td>Finance</td>
<td>David Arundale</td>
</tr>
<tr>
<td>Commentary</td>
<td>Richard Hakes</td>
<td></td>
<td></td>
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