

Championship Races

Duddon Valley Fell Race - Saturday 4th June 2005

Followed by Music Night at the Newfield Inn, from 5pm.

FELL RACE

Start and finish are in the field behind the Newfield Inn GR 227960. Changing rooms are not available, natural bathing facilities are nearby.

RACE RULES

All competitors must have completed similar events or have mountaineering skills suited to fast travel in rough mountain terrain. They must be proficient in the use of map and compass in bad visibility. In addition to standard equipment the following must be worn or carried throughout the event:

Waterproof jacket with hood, map covering the race area, compass, whistle. You are advised to carry sustenance. Competitors must punch their own cards and CALL-OUT their number to race officials. Routes must be adhered to as set out below.

RETIREMENT MUST BE AT A CHECKPOINT IN PERSON.

Runners arriving at Three Shires after 1430hrs will be transported to the finish by vehicle. The race organiser will not be held responsible for any injury incurred.

Emergency telephone at Cockley Beck next to cattle grid.

Newfield Inn tel. 01229 716208.

HAZARDS

Particular care is required on the exits at Little Stand and White Pike. The quarry cliff in the vicinity 247958 is not marked on some small scale maps. The terrain is difficult, more so in poor visibility.

MAPS

These are not provided. Maps covering the area: Sheet 89 & 96 1-50,000. Sheet 88 1" map. Outdoor leisure map SW sheet 1-25,000.

RACE DETAILS

LONG COURSE Cat Along

Start time 1100hrs. Minimum age 21. Mass start.
20 miles 6000ft

Route

Track through Wallabarrow Farm 220963 and Grassguards Farm 223981 public footpath to --

1. Gate 211993 punch only
2. 15m NE of Harter Summit 218997
3. Hardknott Summit 232024
4. Little Stand Summit 250033
5. Three Shires Stone 277027
6. Swirl How Summit 272005
7. 50m West of Dow Summit 261978
8. White Pike Summit 248955
9. Caw Summit 230944

Wall crossing 231953 marked by a coloured post
NO PUNCH. Then flagged to finish.

ENTRIES ON THE DAY ONLY (£5.00). LONG AND SHORT COURSE REGISTRATION AT SEATHWAITE PARISH ROOM.

FOOT AND MOUTH UPDATE

Electric fencing at Blackhall Farm

Part of the route is to be fenced - this is at Hardknott and Mosedale to Wrynose.

Mr & Mrs Temple have kindly agreed that the electricity will be switched off during the race.

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EDALE FELL RACE

Sunday 12 June 2005

4.66 miles/1328 feet by the best route

Ladies Race: 11am

Mens Race: 12.30pm

Details: Andy Jenkins, 3 Water Meadows, Hope Road, Edale, S33 7ZQ Tel.01433 670003

(The above address is different from the one given in the FRA Fixtures and Calendar as the organizer moved house since the handbook went to print)

Location: Edale, Peak District

Grid reference SK124853

5.22 miles/1381 feet by the best route

Both the ladies and the men race over the same course.

The course will be the same as previous years although there will be changes to the first mile of the route to account for the number of runners.

The race starts on the main road that runs north alongside Edale's main car park. Follow the marked and marshalled route to open moor land at the foot of The Nab (Path Junction SK12258630). Follow the path which goes to the top of The Nab (SK12508660). From the top of The Nab the route will not be marked. The path is taken which goes towards Ringing Roger. However runners do not go to the top of Ringing Roger but are marshalled along a path (12408700) which takes them into and then up Golden Clough. At the top of Golden Clough is a checkpoint (SK12558755). The next checkpoint is at the path/stream junction (SK10608755) followed shortly afterwards by another at the head of Grinds Brook Clough (SK10258725). The next is at the top of Grindslow Knoll. Runners must go to the stone pile at the top.

The final stage of the race is the descent of the Knoll and the run down the road to the finish on the showground.

There is some route choice in the section of the race onwards from the top of Golden Clough. This is deliberate on my part so don't be surprised if runners go a slightly different route to you. Recce the route if you want. If you are not sure where you are going stick to the path. If you take the direct line from Grindslow Knoll to Archer Gate it is a very steep descent. The route will be taped at the bottom of Grindslow Knoll from Archer Gate (SK11658615) before it joins Peat Lane. This must be followed and runners must also go down Peat Lane. At the bottom of the lane where the Nags Head pub is turn right, and run along the road back to the showground. To enter the showground just after going under the railway bridge there will be a sharp turn to the left with a climb up the roadside embankment. Runners go through a gap in the hedge and then run along the back of the car park through another gap in a hedge and then enter the showground before a short run to the finish.

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WASDALE 'HORSESHOE' FELL RACE

SATURDAY 9TH JULY 2005

Wasdale is not in our Grand Prix but is an English Championship. If you intend to do it you need to enter now and also you need to receive it in advance. You thought Buttermere was hard well double it and you're somewhere there.

Entry Fees: £6.00 pre-entry by 25th June. Send details and a cheque payable to 'CFRA', including your name, age and club details.

Entries to: Mr Richard Eastman, 2 Maud Syke, Station Road, Drigg, Holmrook, Cumbria CA19 1XQ
Tel: (019467) 24263 Mobile: 07736 045847 Email: richard@cfra.co.uk

Age Limit: 18 and over on the day of the race.

Start Time: 11.00

Registration /
Start & Finish: Brackenclose GR 184 073

Checkpoints:	No.	Name	Grid Ref	Closing Time
	1st	Whin Rigg	151 035	12:00
	2nd	Seatallan	139 084	13:20
	3rd	Pillar	117 121	14:00
	4th	Great Gable	211 103	15:15
	5th	Esk Hause	233 082	-
	6th	Scafell Pike	215 072	-
	7th	Lingmell Nose Wall	193 075	-
	8th	Finish	184 073	

There is a nice diagrammatic map on the Cumberland fell runners web site www.cfra.co.uk.

There was also a description in the February fell runner magazine. It starts off as describing Wasdale as without doubt the best in the book, not only is it arguably the hardest but also the most scenic.

If anyone wants a copy of this article let me know

Mandy (01422 844936)