

# FRA RELAYS

## SATURDAY 13th OCT

### 3 teams entered Mens Ladies and Vets

Mens Team Captain Shaun Godsman  
Ladies Kath Brierley  
Vets Captain needed

The 2007 UKA British Fell & Hill Relays will be centred at Fell Foot, 1.5 miles to the North West of Chipping on the South West fringe of the Bowland Fells. GR SD602442

Situated in the North West of England, the Forest of Bowland Area is a designated area of Outstanding Natural Beauty (AONB) covering 312sq miles of rural Lancashire and North Yorkshire. In September 2004 parts of Bowland became open to walkers for the first time as the Countryside and Rights of Way Act 2000 gave general right of access to the public to 'Access Land' for the purposes of "open-air recreation on foot". Until then the area was used as a private sporting estate. The newly opened Access Land can now offer some of the most remote and rugged ground in the North West.

If you plan to recce before the day it is essential to use Ordnance Survey Map OL41, 'Forest of Bowland & Ribblesdale'. Maps after September 2004 show Access Land in yellow. Much of the Access Land in the Forest of Bowland AONB is within a Special Protection Area (SPA). This European designation recognises the importance of the area's upland heather moorland and blanket bog as habitat for upland birds. Bowland's moors are home to many threatened species, including merlin, golden plover, curlew, ring ouzel and the rare hen harrier; symbol of the AONB. **Please take care.**

The set courses (Legs 1,2 & 4) will be run on a broad ridge of high ground, that rises to an altitude of over 1,700 feet at its highest point, and covers Parlick, Wolf Fell, Blindhurst Fell, Fairsnape Fell and Holme House Fell. The West aspect of this ridge is a steep escarpment, climbing from the Fylde plain, which is over 1,000 feet high immediately below Fairsnape. This escarpment comprises steep grass with some good trods and lines, but for those missing the good lines there are rashes of scree, boulder slopes and deep heather. The East aspect of this ridge, around Parlick, has steep grassy slopes; but once on Wolf Fell the slopes are heathery. At Fairsnape the East aspect is a blanket peat bog with plenty of grouches, grykes and thick heather.

The navigational leg has yet to be decided in detail but it is proposed that, in addition to using the ground on the other legs, it will link across the Wolfen Valley on to Saddle Fell, including its East slopes down into the Burnslack Valley, but not crossing the latter. The enclosed land at the mouth of the valley is private and out of bounds.

All legs will be on open access moorland, apart from a short stretch of leg 1 which will be across a track used as a public footpath.

Leg 1 (AS solo) – 4.7m 1,800', Leg 2 (AM pairs) – 7m 2,700', Leg 3 (pairs/navigation) – approximately 7 miles 2,000', Leg 4 (AS, solo) – 4m 1,900'

