

C.F.R.A.



The Cumberland Fellrunners Association
Affiliated to the
Northern Counties Athletic Association
and the Fell Runners Association

RACE RULES FOR SCAFELL 2009

1 ENTRIES:

The race is pre-entry. The closing date is two weeks before the race although a limited number of entries on the day can be taken for an extra £1. To enter, send name, age, club & full contact details to the race organiser.

Note: At race registration, a disclaimer form will need to be completed.

2 **RESULTS:** To receive results, either leave an e-mail address or if a hard copy is required please provide a stamped addressed envelope.

3 RACE PROCEDURE (DO NOT LEAVE IT TO THE LAST MINUTE TO REGISTER!!)

1 Complete a disclaimer form.

2 Hand it in to the registration personnel. Race numbers are allocated in registration order. You will be issued with a race number & two plastic bread closure tallies, one is for the summit checkpoint, one for the finish.

3 Ensure you have the correct race number visible to the checkpoint marshals & finish team.

4 Ensure you carry the following kit (1) as a minimum. Additional kit (2 & 3) may be specified on the day. You **must** comply with this additional requirement, so make sure you bring with you to the race **all** of the items listed below:

1 Map, whistle & compass.

Note: The above equipment is mandatory for this race, irrespective of weather conditions.

2 Full body waterproof cover.

3 Emergency rations ('Mars bar' equivalent).

5 At the summit checkpoint, hand in one of your tallies. Call out your race number to the checkpoint marshal to help with identification & safety recording that you have passed through that checkpoint.

6 Scafell does not have a closing time. But, if you are requested to retire by a checkpoint marshal, or retire for other reasons, i.e. become lost on the ascent or descent, you **must** return to the finish by the safest, quickest route & hand in your remaining tally(ies). Notify other runners or the checkpoint marshal (if possible).

If you become lost & come down in the wrong valley, proceed to the nearest telephone & call the race emergency contact number (019467) 26220 (Wasdale Head Campsite) & report your name & location so transport can be arranged to collect you.

Note: On NO account leave the event without reporting your retirement to the FINISH TEAM. Failure to do this could result in the emergency services being called out unnecessarily, wasting valuable time & resources. This will result in a lifetime ban from future races.

7 At the finish, obey the directions of the finish team. Do not try to overtake at the narrowest part of the finish funnel. Call out your race number to the manual timers. Hand in your second tally to confirm you have completed the course.

4 Fell top weather forecast & race map will be displayed at race registration.

5 All entrants are advised to gain experience on the high fells & to be competent in using a map & compass.

6 Adhere to any flagged sections & respect the country code.

7 This race is also held under FRA rules.