

C.F.R.A.



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

RACE RULES FOR 2020

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 £3. To enter, use the download pre-entry form from the CFRA website at www.cfra.co.uk (use a SI entries link for the Ennerdale only) & send name, age, club & full contact details to the race organiser with an appropriate cheque. Note: The pre-entry form contains a disclaimer. Two forms are available, one for members of an FRA-affiliated club, another for unattached runners. At registration you only sign to confirm details have not changed.
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!!)**
 - At the registration tent sign your pre-entry form to confirm details have not changed, or if entering on the day, complete an entry form with disclaimer.
 - Hand the completed & signed form in to the registration personnel. Race numbers are allocated in registration order. You will be issued with a race number & (Ennerdale excepted) plastic bread closure tallies, one for each of the summit checkpoints, one for the finish & an electronic e-card or 'dibber' if these are being used.
 - Ensure you have the correct race number visible to the checkpoint marshals (or call it out!!!) & the Finish Team.
 - Ensure you carry the following kit as a minimum. You **must** comply with this requirement, so make sure you bring with you to the race **all** of the items listed below:
 1. Map, whistle & compass.
 2. Full body waterproof cover with taped seams (includes thermal hat & gloves).
 3. Emergency rations ('Mars bar' equivalent).
 - At each summit checkpoint, hand in one of your tallies & 'dib' your e-card in a timer box if required. Call out your race number to the checkpoint marshal to help with identification & safety cover so they can record that you have passed through that checkpoint.
 - The Scafell Pike Fell Race 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) for the Wasdale & Scafell Pike races & 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 also result in a lifetime ban from future races.
 - 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 last tally to confirm you have completed the course & 'dib' to record your time if required.
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.