

Wasdale 'Horseshoe' Fell Race - Saturday 14th July 2012

Entry Fees: £9 pre-entry by 30th June. Send details and a cheque payable to 'CFRA', fee includes race results. Entry limited to 250 runners. (Please use the [pre-entry form from our website.](#))

Entry forms to: Mr R J Eastman, 2 Maud Syke, Station Road, Drigg, Cumbria CA19 1XQ  
e-mail : [richard@cfra.co.uk](mailto:richard@cfra.co.uk)

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

Start Time: 11.00am

Registration /

Start & Finish: 'Brackenclose' Wasdale GR 184 073

Checkpoints:			Closing Time
1 <sup>st</sup>	Whin Rigg	151 035	12.00
2 <sup>nd</sup>	Seatallan	140 084	13.25
3 <sup>rd</sup>	Pillar	171 121	14.25
4 <sup>th</sup>	Great Gable	211 103	15.30
5 <sup>th</sup>	Esk Hause Shelter	235 083	-
6 <sup>th</sup>	Scafell Pike	215 072	-
7 <sup>th</sup>	Lingmell Nose Wall	193075	
8 <sup>th</sup>	Finish	184 073	

Race Records: Gents W Bland 1982 3.25.21  
Ladies J Lee  
J McIver

Prizes: Seniors, V40, V45, V50, Ladies, LV40  
Extra Lady & Gent Vets & Super Vets according to entry  
Teams: 1st Gents (4 to count), 1st Ladies (3 to count)

1st Perpetual Trophy  
Certificates: Presented to all who complete the course

Gold = under 4 hrs (Ladies under 5 hrs)  
Silver = under 4 hrs 30 mins (Ladies under 5 hrs 45 mins)  
1st Class = under 5 hrs (Ladies over 5 hrs 45 mins)  
2nd Class = over 5 hrs

Additional Prizes: **NB.** Wasdale position points contribute towards the Lakeland Classics Trophy competition, awarded to the runner who has the best score from a combination of over/under 20 miles long FRA 'A' class races .

to be decided for 2012 by Ben Abdelnoor (Tel 01539434971, e-mail: [ben\\_abdelnoor@yahoo.com](mailto:ben_abdelnoor@yahoo.com) )

Parking: Use the Nat. Trust car park or as directed and car share if possible as parking is limited.  
DO NOT PARK IN THE CAMPSITE IF YOU ARE NOT CAMPING.

Changing: None - use cars. Toilets and showers on the camp site, but there is a NT charge for their use which MUST be paid by individuals who choose to use the facilities.  
PLEASE, DO NOT USE THE SURROUNDS AS A TOILET.

Refreshments: Cold food & orange squash is available free of charge at the finish.

General: The route across the valley bottom between checkpoints 1 & 2 is flagged. Please note we are only able to race on the fell by the kind permission of the NT and local farmers, so your good conduct is the only guarantee of future races.

EMERGENCY TELEPHONE NUMBER: WASDALE (019467) 26220 (Camp site booking office)