

Wasdale 'Horseshoe' Fell Race

Saturday 10th July 2021

Details:

Country:	England	Skills & experience:	ER, PM, LK, NS, NG
Region:	Lake District	ER - - -	Experience is Required
Category:	AL	PM - - -	Partially Marked (from bottom of Whin Rigg descent to Greendale bridge valley crossing only)
Distance:	34km / 21.1m	LK - - -	Local Knowledge is Desirable
Climb:	2750m / 9022ft	NS - - -	Navigational Skills are Required
Age Limit:	18 and over	NG - - -	No GPS equipment can be used to aid in running the race. If used in an emergency the runner is deemed to have retired.
(on the day of the race.)			
Start Time:	From 10.30hrs		
(staggered start due to Covid restrictions)			

Race Organiser: Richard Byers, [contact details](#)

Entry Fees: £14 pre-entry, NO entries on the day. Open from April 6th to June 26th. To enter, use the "pre-entries" link to SPORTIdent on the "Race Calendar" page of the CFRA website at: www.cfra.co.uk Entry fee includes food & drink at finish & certificate signed by Joss Naylor. Entries are limited to 250 runners.

Car parking, Registration & Finish: In the field East of NT campsite perimeter, Wasdale GR 184 075

Start	Brackenclose	184 072	Closing Times
1st	Whin Rigg	151 035	12.00
2nd	Seatallan	140 084	13.25
3rd	Pillar	171 121	14.25
4th	Great Gable	211 103	15.30
5th	Esk Hause Shelter	235 083	-
6th	Scafell Pike	215 072	-
7th	Lingmell Nose Wall	193 074	-
8th	Finish	184 075	-

Race Records:	Gents	W Bland	1982	3.25.21
	Ladies	J Lee	} 2008	4.12.17
		J Mclver		

Prizes: Awarded to the 1st three finishers in all these categories :- Gents, Ladies, Juniors M/W U19, U21, U23, Vets: M/W from 40 in 5yr increments according to entries. Club teams: Gents 4, Ladies 3 to count. Perpetual trophies for the 1st & 2nd Gents & 1st Lady.

Certificates: Presented to all who complete the course, signed by Joss Naylor :-
Gold Gents under 4 hrs Ladies under 5 hrs
Silver Gents under 4 hrs 30 mins Ladies under 5 hrs 45 mins
1st Class Gents under 5 hrs Ladies over 5 hrs 45 mins
2nd Class Gents over 5 hrs (There are no 2nd class ladies)

Additional Prizes: Wasdale position points contribute towards the Lakeland Classics Trophy competition, (website at <https://www.lakelandclassicstrophy.org.uk/>) awarded to the runner who has the best score from a combination of FRA 'A' class races over/under 20 miles long- to be decided for 2021 by Ben Abdelnoor (Tel: 01539 434971, e-mail: ben_abdelnoor@yahoo.com).

Parking: In the Registration/Finish field. Car share if at all possible to avoid valley road congestion. DO NOT PARK IN THE CAMPSITE IF YOU ARE NOT CAMPING.

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

Refreshments: Hot & cold drinks & 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 National Trust and local farmers, so your good conduct is the only guarantee of future races.

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