

Wasdale 'Horseshoe' Fell Race

Saturday 11th July 2020

Details: Country: England Skills & experience: ER, PM, LK, NS, NG
Region: Lake District ER - - - Experience is Required
Category: AL PM - - - Partially Marked (valley crossing only)
Distance: 34km / 21.1m LK - - - Local Knowledge Desirable
Climb: 2750m / 9022ft NS - - - Navigational Skills are Required
Age Limit: 18 and over on the day of the race. NG - - - No GPS equipment can be used to aid in the race. If used in an emergency the runner is deemed to have retired from the race.
Start Time: 11.00am

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

Entry Fees: £14 pre-entry, £17 on the day. Pre-entries accepted from January 1st to Saturday June 27th. Send details and a cheque payable to 'CFRA' to Mr R J Eastman, 2 Maud Syke, Station Road, Drigg, Cumbria CA19 1XQ (Tel: 019467 24263 email: richard@cfra.co.uk). (Please use the [pre-entry form](#) from our website on the Race Calendar page. Note for 2020 there are 2 types of form, one for FRA club affiliated members & one for unattached runners). Entry limit 250. Substitutions between runners permitted but must be confirmed in writing, e.g. in e-mails.

Registration / Finish: 'Brackenclose' Wasdale GR 184 075

Checkpoints:	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: 1st 3 Ladies & Gents - open category.
1st & 2nd perpetual trophies for Gents & 1st Lady perpetual trophy
Juniors: 1st 3 Ladies & Gents in each U23, U21, U19 category.
Veterans: 1st 3 Ladies & Gents in each 5 year interval 40 & over.
Teams: 1st 3 club teams Gents (4 to count), Ladies (3 to count).

Certificates: These are signed by Joss Naylor & presented to all who completed 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: Wasdale position points contribute towards the Lakeland Classics Trophy (website at <https://www.lakelandclassicstrophy.org.uk/>) Prizes are awarded to the runner who has the best score from a combination of over/under 20 miles super long/long FRA 'A' class races – to be decided for 2020 by Ben Abdelnoor & Bill Johnson (contacts Tel: 01539 434971, e-mail: ben_abdelnoor@yahoo.com & bill@cvfr.co.uk).

Parking: As directed in the registration field (or the National Trust pay & display car park). Car share if possible as roads are narrow & parking is limited. DO NOT PARK IN THE CAMPSITE IF YOU ARE NOT CAMPING.

Changing: None - use cars. Toilets and showers are available on the camp site, but there is a National Trust 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: 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)