

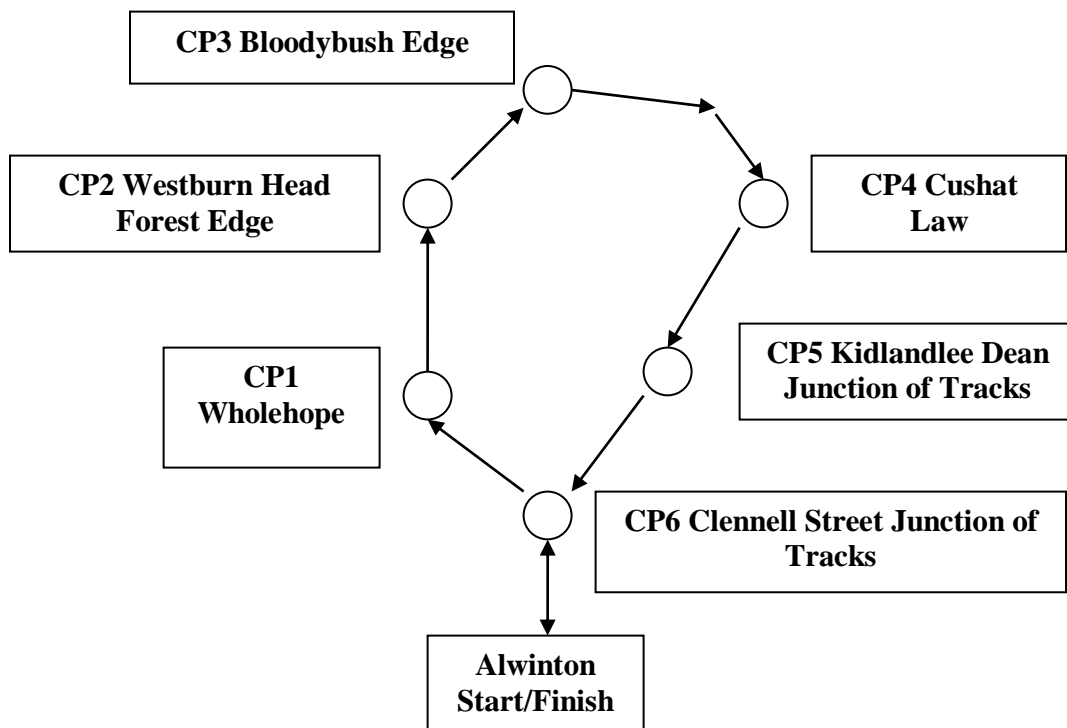
ALWINTON FELL RACES SATURDAY 6th JUNE 2015

Held under FRA rules.

(Navigational skills necessary, waterproof/windproof full body cover to be carried)

Over 18 only - Categories BL - 22.5km/14 miles - 884m/2900ft of ascent.

Start 11.30 a.m.



Venue: "Rose and Thistle", Alwinton, Rothbury, Northumberland.

O.S. 1:50 000 Sheet 80 (Cheviot Hills) Grid Ref. 921063

Entry Fee: E.O.D. only. Seniors: £6.00.
Teams; free.

Details: Keith Cooper, 01670 514195.

Northumberland Fell Runners: www.northumberlandfellrunners.co.uk

Course: Approx. 22.5km, (14 miles) 884m (2,900 ft.) of ascent. Start 11.30 a.m.

Open to all males and females 18 years and over.

Navigation skills are required, although certain points and sections may be flagged or taped.

Check points:

- 1. Wholehope NT 901 093**
- 2. Forest Edge Westburnhead NT 888 132**
- 3. Bloodybush Edge NT 902 143**
- 4. Cushat Law NT 927 137**
- 5. Kidlandlee Dean Junction of tracks NT 919 091**
- 6. Clennell Street Junction of tracks NT 920 074**

The course consists of tracks over moor land, forest rides and tracks plus open fell over 2000 ft.

Notes for competitors:

In the event of extreme weather conditions the long course will be altered and will consist of the normal route to Bloodybush summit and return via the same route to Alwinton.

Parts of all courses are exposed and subject to poor visibility in bad weather conditions. As stated in FRA Handbook Competitors should arrive at the race prepared to carry any or all of the following equipment

1. Windproof whole body cover.
2. Other body cover appropriate to the weather conditions.
3. Map and compass suitable for navigating the course.
4. Whistle.
5. Emergency food.

All competitors who retire should report to the nearest check point and MUST in all cases report to the finish.

Trophies and prizes:

Ceramic Mugs from Northumbria Craft Pottery, Backworth have been donated by Ally MacDonald, Morpeth Harriers.

Prize giving will be in the Rose and Thistle at approximately 1.45 p.m.

Course: 1stM/WU23, 1st, 2nd and 3rd males and females plus the leading male and female veterans.

Teams: 1st male and female teams, three to count.

Entries: **ENTRY ON THE DAY ONLY (EOD) £6.00.**
Bring a completed entry form to registration, it saves time.
See page 4.

Registration: All competitors must register at registration in the Rose and Thistle by 11.15 on race day. Maps and details of all courses will be on display.

Parking: Please use the car park provided in the field behind the Rose and Thistle (First left past the pub, between two bungalows.)

Toilets: Toilets are available in the Rose and Thistle and at the National Parks car park in the village.

Refreshments: Water and orange drink will be provided at the finish. Snacks are available in the Rose and Thistle.

Retirements: Competitors should if practical report to the nearest check point.
All competitors who retire from the race *MUST in all cases* report to the finish before leaving the event area.

Results: Results on line from:
www.northumberlandfellrunners.co.uk

Attachments

Blank Entry Form Page 4
Runner Alert Page 5

The Fell Runners Association Ltd
SENIOR RACE ENTRY FORM

Race No.....

Race: Alwinton Fell Race Minimum age to enter: 18

Full Name: _____

Club: _____

Date of Birth: _____ Age: _____

Email Address (optional not mandatory): _____

Category (Please circle below as appropriate)

* **WOMEN:** WU23 WSEN W40 W45 W50 W55 W60 W65 W70

* **MEN:** MU23 MSEN M40 M45 M50 M55 M60 M65 M70

(* Optional 5 or 10 year age categories)

Address: _____

_____ Postcode: _____

Phone No. _____ Vehicle Registration _____

Emergency Contact: _____

Phone No: _____

I understand that this race is held in accordance, and that I have familiarised myself, with both the Rules and Safety Requirements of the FRA. I confirm that I am aware of the Organiser's information and requirements in connection with this race. I confirm that I have navigational skills appropriate for this race and will carry throughout the race any equipment specified either by the FRA Safety Requirements or by the organiser. I accept the hazards involved in fell running and acknowledge that I am entering and running this race at my own risk. Other than the Organiser's liability for causing death or personal injury by negligence, I confirm that I understand that the Organiser accepts no liability to me for any loss or damage of any nature to me or my property arising out of my participation in this race.

Signed: _____ Date _____

Runner Alert!

Mon 17th Feb, 2014

Education First, Discipline Last

The FRA Committee have responsibilities to the sport and will make “examples” of runners (or race organisers) to remind everyone that the FRA takes rules compliance seriously

You The Runner

- are primarily responsible for your own safety on the fells.
- must comply with the requirements of the race organiser.
- must read the “disclaimer” on the entry form before you sign. It matters.

Kit

The Standard Equipment is printed on the back of the Membership Card. This is OBLIGATORY at every Long A, Medium A and now Long B races. No exceptions - the full kit must be carried at every race UNLESS the Race Organiser relaxes some of the requirements.

Runners should take the full kit to every race and not try to guess what the race organiser will decide to relax on the day. Kit is carried to combat the weather when running but more importantly it's for when you stop, tired, lost, maybe injured and your body starts cooling on the way to hypothermia.

“Waterproof” means sold as waterproof with taped seams.

Numbers

- are worn to be seen, cag or no cag, by marshals.
- must be worn on the chest.
- must not be cut down.

Help the Organiser to Count the Runners

You are responsible for HELPING the organiser and marshals.

You must not register, decide not to run and go home without telling the organiser.

You must not go through the finish funnel twice (or not at all).

You must not drop out and then fail to go back directly to the finish to report to the organiser.

Camaraderie

It's only a fell race. If you see someone in distress then please stop and help.

Litter

Please don't.

Finally

Please do what the Race Organiser asks. It is his/her race and “sorry I didn't know”... will not work anymore.