

British Athletics Fell and Hill Relay Championship 2021



BRITISH
ATHLETICS

Hosted by Helm Hill Runners



Saturday 16th October 2021

Welcome!

Helm Hill Runners and British Athletics welcome you to the Howgill Fells for a packed day of racing over some challenging terrain!

Without the support of local people events such as these would not be possible and we ask everyone attending the Relays to respect their surroundings, follow our instructions and make the most of this special landscape. We would particularly like to thank Andrea and Antony Meanwell for the use of their land for the Event Field, Mike Cavanagh and David and Christine Knipe for the use of their land to access the fell, Pete Bland Sports for their sponsorship of the event, and the local Tebay community for accommodating us so willingly.

We hope you have a great day, enjoy the event and have fun. One thing is for sure.... you will never again be able to travel between junctions 37 and 38 of the M6 without thinking of this day!!

Important! Essential Information:

- **A reminder - NO DOGS allowed!! Please do not bring your dog, however well behaved or however short the lead is.** There is valuable livestock in the surrounding fields and I'm afraid it's just not possible to accept 'a few' dogs...a blanket ban is really the only option. This is one of the conditions which allows us access to this privately owned land. Thankyou for your cooperation.
- **No recesses are permitted on leg 1 or the fields that access legs 3/4** as the fells are accessed via private land. All courses (apart from Leg 2) will be flagged.
- Team Declaration closes on SiEntries at 8pm on Thursday 14th October.
- Team Captains ensure Team Members have read the Final Details and Race Rules.
- Parental Consent Forms are required for all under 18s (see link on relays website)
- Team Captains must obtain emergency contact details for each competitor on the form provided and bring this to registration. No form, no entry.
- Parking is in Tebay 1.75 miles from the Event Field. Please allow 45 minutes to walk (15 minutes by bike) from the car park to the Event Field by the well marked route. Please lift share to reduce strain on the limited parking.
- If you have a Club Tent or travel by minibus you can drop off tent/runners at the event field before parking your vehicle in Tebay.
- There is no event campsite but plenty of accommodation options in the area.
- On-the-day Registration is open to Team Captains from 8.30am to 10.30am
- Leg 1 Mass Start is 11am from the event field.
- Competitors should enter kit check and the holding pen in plenty of time for their leg
- The UK athletics relay rules will apply ([British Athletics Fell Running | UK Athletics](#))

- The 2021 FRA Rules for Competition ([FRA Rules for Competition 2021](#)) and the FRA Requirements for Runners ([FRA Requirements for Runners 2021](#)) will apply.
- Minimum FRA kit requirements for AM races will apply to all relay legs irrespective of weather: **waterproof whole body cover (with taped seams and integrated attached hood), hat, gloves, map of the route, compass, whistle and emergency food.**
- Limited drinking water is available at the event field so please bring what you need.
- All competitors will receive a free meal and there will be food and drink (including beer!) available to buy on site.
- Please don't attend with covid symptoms or if you're required to isolate for any reason.
- **At the end of the event will everyone please return to their cars via the footpath please. The lane cannot accommodate cars picking up runners from the event field**

1. Event Timetable



07:15	Car park opens at Tebay.
08:30	Registration opens at the Event Field for Team Captains
10:00	Kit check opens for Leg 1 runners who then wait/warm up in the Holding Pen.
10:30	Registration closes
11:00	Race Starts!
11:30ish	Leg 1 Men's leaders expected at finish
11:35ish	Leg 1 Women's leaders expected at finish
12:00	Leg 2 Mass Start
12:10	Leg 1 Cut off time
12:20ish	Leg 2 Men's leaders expected at finish
12:40ish	Leg 2 Women's leaders expected at finish
13:30	Leg 3 Mass Start
13:30ish	Leg 3 Men's leaders expected at finish
14:00ish	Men's winner expected at finish
14:10ish	Leg 3 Women's leaders expected at finish
14:10	Leg 2 Cut off time
14:40ish	Women's winner expected at finish
14:40	Leg 3 Checkpoint 3 cut off
15:30	Leg 4 Mass Start
16:00	Prizegiving commences
16:20	Leg 3 Cut off time
16:35	Leg 4 Finish Cut Off time – RACE COURSE CLOSES

2. Arrival and Parking Instructions

Tebay is adjacent to Junction 38 of the M6. The car parks are accessed via the A685.

Please refer to the maps below and make note of the following detail:

BRITISH FELL RELAYS 2021 HOW TO GET THERE

CAR PARK B

The British Fell relays this year are being held at Low Borrowbridge Farm just south of Tebay and easily accessible via the M6. Head for **car park A** if you have travelled by car, or **car park B** if you have bikes to cycle to the event.

Please car share as much as possible. We would like you to park the car and jog/walk or cycle to the event. Due to the narrow lanes, it is not possible to have unauthorised vehicles close to the event.

Teams that have a group tent can drop it off with their team by accessing the small road marked below. Please understand this has very limited access and not for the dropping off of runners only.

On arrival at the car parks, from the **sidings industrial estate**, pick up the track that leads behind some cottages to the south. This will be sign posted as the route to the Event field. You will need to allow 45 minutes to walk (or 15 mins bike ride)

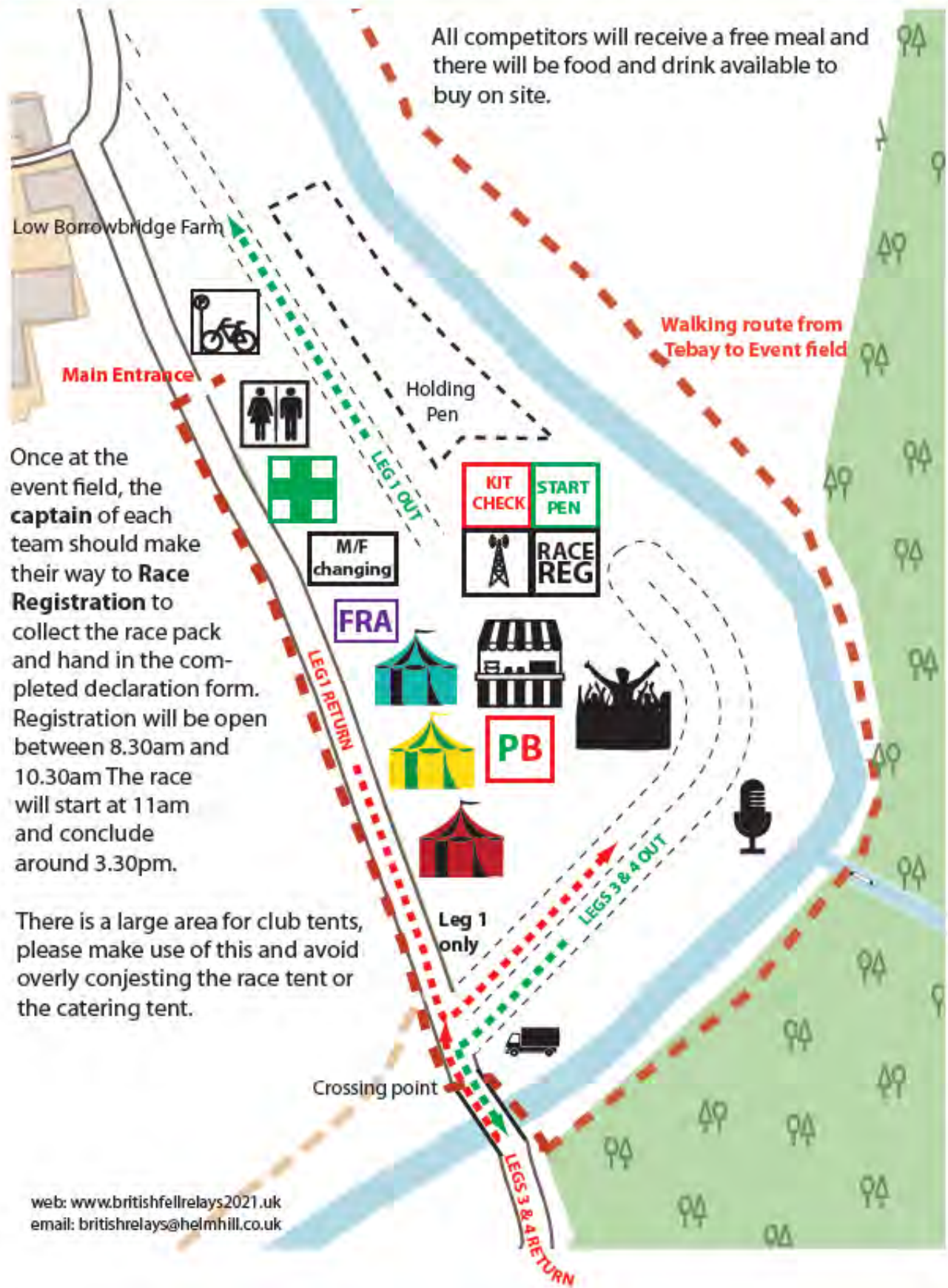
Drop off point for teams with GROUP TENTS ONLY

There will be no camping at the race venue. Tebay is close to the Lake District, the Yorkshire Dales and the Eden valley so there are lots of options for those who wish to stay



BRITISH
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There is NO PARKING at the Event Field itself. Please only park in the designated areas - Carparks A & B. Anyone who has been involved in the organisation of events such as these will know that parking is tight and can be a contentious issue. Tebay is a rural village with limited parking availability and the site can only be accessed via narrow lanes, so it is important that you adhere to the instructions and arrive in vehicles full of runners. It would be preferable if teams could arrive in a mini bus or a multi-seater van.

If you have people coming from different directions, please meet elsewhere and arrive at the event car park – in full cars. We cannot accommodate cars with only 1 or 2 people in them. Any efforts that you can make to reduce vehicle numbers would be greatly appreciated.

If you are arriving in a particularly large vehicle (full of runners) which requires oversized parking please contact the event team in advance and specific arrangements can be made.

The Event Field itself is at Low Borrow Bridge farm just south of Tebay.

(What 3 Words: game.awake.juggles).

Postcode:CA10 3XX

Car Park A – The Sidings Industrial Estate

(What 3 Words: escalated.completed.cabinets)

Postcode:CA10 3XR

If you arrive by car please head to Car Park A. You will need to allow 45 minutes to walk (or 15 minutes bike ride) to get to the event field. The walking route to the Event Field will be signposted and marshalled. The route is a mix of on and off road surfaces which is rough in places.

Car Park B – Lyon Equipment

(What 3 Words: fabric.rents.sour)

Postcode:CA10 3SS

This car park is further from the event field and for vehicles where all occupants have a bike. You will need to allow 1 hour to walk (or 20 minutes bike ride) to get to the event field. Note - if Car Park A is full - Car Park B will become an overflow - so late arrivers may need to factor this into their timings.

Club Tent and Minibus Drop off point

(What 3 Words: perfectly.biggest.clincher)

Postcode:CA10 3XX

There is a vehicle drop off point for Club tents and minibuses of runners only. This area is tight, so a quick efficient unloading is critical. The runners can then assist in the unloading of the vehicle and moving the tent to the event field. Once the Club tent has been dropped off with accompanying runners, the driver then takes the vehicle back to Car Park A or Car Park B (if they have a bike)

Car Parks and the Drop Off point will be open from 7.30am.

Bikes

All cyclists must follow the A685 to the Event Arena.

Bike racks are being provided in the Event Arena field.

Please ensure that your bikes and detachable components are adequately secured to the rack frames provided.

Overnight Stays

We are not providing or arranging any dedicated camping for the event. There are plenty of accommodation options in the surrounding area. Please organise these yourselves.

If you are arriving in a van on the 15th, hoping to overnight, please ensure that you keep a distance from Tebay and the event site so that the locals and event itself are not impacted. Please note that the lane passing through the event site is subject to a road closure on the 16th October, so ensure that you approach the car parks from the A685.

Disabled Access

Please contact the event organisers if disabled access is required to the event arena and this can be arranged.

Pedestrian Access Route

A Reminder - You need to allow 1 hour from arriving at the parking to get to the Event Field. So if you want to be at the Event Field one hour before your race, you need to be in Tebay two hours before it!

Team representatives/captains need to arrive in good time to walk to register their team at the Event Field between 8.30am and 10.30am.

Spectators

Spectators must be aware of competitors running along the road and should give way to the race at all times. Where the pedestrian route crosses the race route at Salterwath Bridge, pedestrians must cross at the marshalled crossing point.

Spectators accessing the fell do so at their own risk.



3. Registration

Teams MUST be declared by team captains on the SI Entries website before 8pm on Thursday 14th October. Please do so earlier if you can - you will still be able to make last minute changes until 8pm. Thereafter, any changes will need to be made at Registration on race day. We will assume that any team failing to fully declare online by the cut-off time will not be turning up. All such teams will be removed from the start list.

Team categories cannot be changed by the team themselves, this can only be done by emailing britishrelays@helmhill.co.uk

Team captains will also need to complete a Team Emergency Contact Details form for each Team with details for each of the six runners. This can be downloaded from the Event Website, You must also complete a Parental Consent Form for any junior runners (aged 16 to 18) who intend to compete on Leg 1 or Leg 4. You will find a link to this form also on the Event Website. **The completed forms must all be handed in to Registration on the day of the event.**

In addition, team captains will need to sign a team declaration sheet confirming the names of their runners, this will be provided at registration.

Registration will be open from 8.30am until 10:30am on the Saturday morning for team captains (or deputies) to collect team envelopes for each team entered.

Each team envelope will be issued in exchange for a copy of your team's Emergency Contact Details and Parental Consent forms if appropriate. Team captains should print and retain their own copy of the Emergency Contact Details forms.

Team envelopes will contain:

- Six race numbers as follows: one green number for Leg 1; two yellow numbers for Leg 2; two red numbers for Leg 3; one blue number for Leg 4.
- Maps: one for Leg 1, 2 for Leg 3, and one for Leg 4. (Note: Maps for Leg 2, the navigation leg, will be issued 350-400 metres after competitors leave the changeover area)
- Four 'dibbers' for electronic punching, with wrist attachments marked with team number and leg, e.g. wrist bands for team number one will be labelled A1(for Team 1) for Leg 1, B1 for Leg 2, C1 for Leg 3, etc.
- Meal Tickets are printed in the bottom LH corner of numbers.
- Please note, pins are NOT provided

Team Captain Instructions

Team Captains need to:

- (a) Ensure that Team Members have read the Final Details!
- (b) Issue the **Correct number, Map (Legs 1, 3 and 4 only) and dibber (SI card) to the Correct Runner(s) as the timing and results will only work correctly if each Leg uses the correct dibber.**

- (c) The Leg and Team number are written on each wrist-strap (e.g. Team 45 leg 1 card will have 'A45' written on the Tyvek wrist-strap, 'B45' for leg 2, 'C45' for leg 3 and 'D45' for leg 4. There is only one dibber for each Leg.)
- (d) **If, having registered, your team withdraws from the race for any reason you must report to the download tent to report your retirement from the race.**

Competitor Instructions

Competitors need to:

- Double-check you have the correct dibber before you strap it on a wrist! – it should match your number.
- Report to kit check in plenty of time to enter the holding pen in the Event Field. Please ensure you are there in good time to have your kit checked. There is space to warm up in the pen and toilets for the nervous!
- Report to kit check carrying the minimum FRA kit requirements for AM races which will apply irrespective of weather conditions: waterproof whole body cover (with taped seams and integrated attached hood), hat, gloves, map of the route, compass, whistle and emergency food.
- Once you are in the holding pen you are 'live' in the race and must not pass back out this area.
- **If you cannot complete your race leg, you must report to the nearest checkpoint marshal. They will help with your return to the download tent. In an emergency, tell other competitors to alert a race marshal and/or blow your whistle.**
- **If having registered you withdraw from the race for any reason you must report to the download tent to report your retirement from the race.**

4. Course Details

No recces are permitted on leg 1 or the fields that access legs 3/4 as the fells are accessed via private land and we do not want to jeopardise the event. All courses (apart from Leg 2) will be flagged. If anyone is caught reccyng these areas your team could be disqualified from the event.

You will be racing over rough ground with a mix of tussocks, bogs, rocks and other assorted hazards, including river crossings. Some of the hillsides are extremely steep and the descents can be treacherous. Please note, the courses cover remote terrain and many of the Quad-bike tracks on the hill are not shown on the maps.

All competitors **MUST** follow the flagged routes on Legs 1, 3 and 4 - **NO short cuts.**

Navigators on Leg 2 should choose their route carefully.

Maps and leg information

The 2021 event maps have been prepared especially by Harveys on weatherproof paper.

The 'team envelope' issued to the team captain at Registration will include:

- 1x Leg 1 A4 map (1:15,000) showing the flagged race route
- 1x Leg 3 A4 map (1:25,000) showing the flagged race route
- 1x Leg 4 A4 map (1:15,000) showing the flagged race route

For Leg 2, the navigation leg, each competitor will be given an A4 map (1:25,000) approximately 300-400 metres from the start.

Leg maps are at the end of this note and at: <https://www.helmhill.co.uk>. You will need to print and bring one leg 3 map – only one is supplied.

Flagging of mandatory and safety routes

Access to and from the fells from the Event Field crosses land we only have permission to use if we stick to agreed routes. Follow the flagged routes - **NO race lines/short cuts.**

If you fail to follow the flagged course on legs 1, 3 or 4 your team can be disqualified.

Start, Finish and changeover

All Legs start from the holding pen in Event Field. Please ensure you are there in good time to have your kit checked. There is space to warm up in the pen and toilets for the nervous!

Once you are in the holding pen you are 'live' in the race and must not pass back out this area.

If having registered you withdraw from the race for any reason you must report to the download tent to report your retirement from the race.

You will only be allowed to enter the start pen from the holding pen by marshalls when your previous leg runner is approaching the finish (think 100m away)

All Legs enter the field through the southern Race Gate, with the compulsory Checkpoint

When finishing a leg the approach is TAG.....DIB....DOWNLOAD.

Outgoing runners must physically tag the incoming runner to start their leg.

Leg 4 is a racing finish to the line and a separate finish funnel/lane

You must clear the finish area quickly....friendly 'prompts' (a cattle prod) will be provided by marshalls if needed.

We recommend you familiarise yourself with the start/finish area before you are ready to start your leg. A plan showing this can be found below.

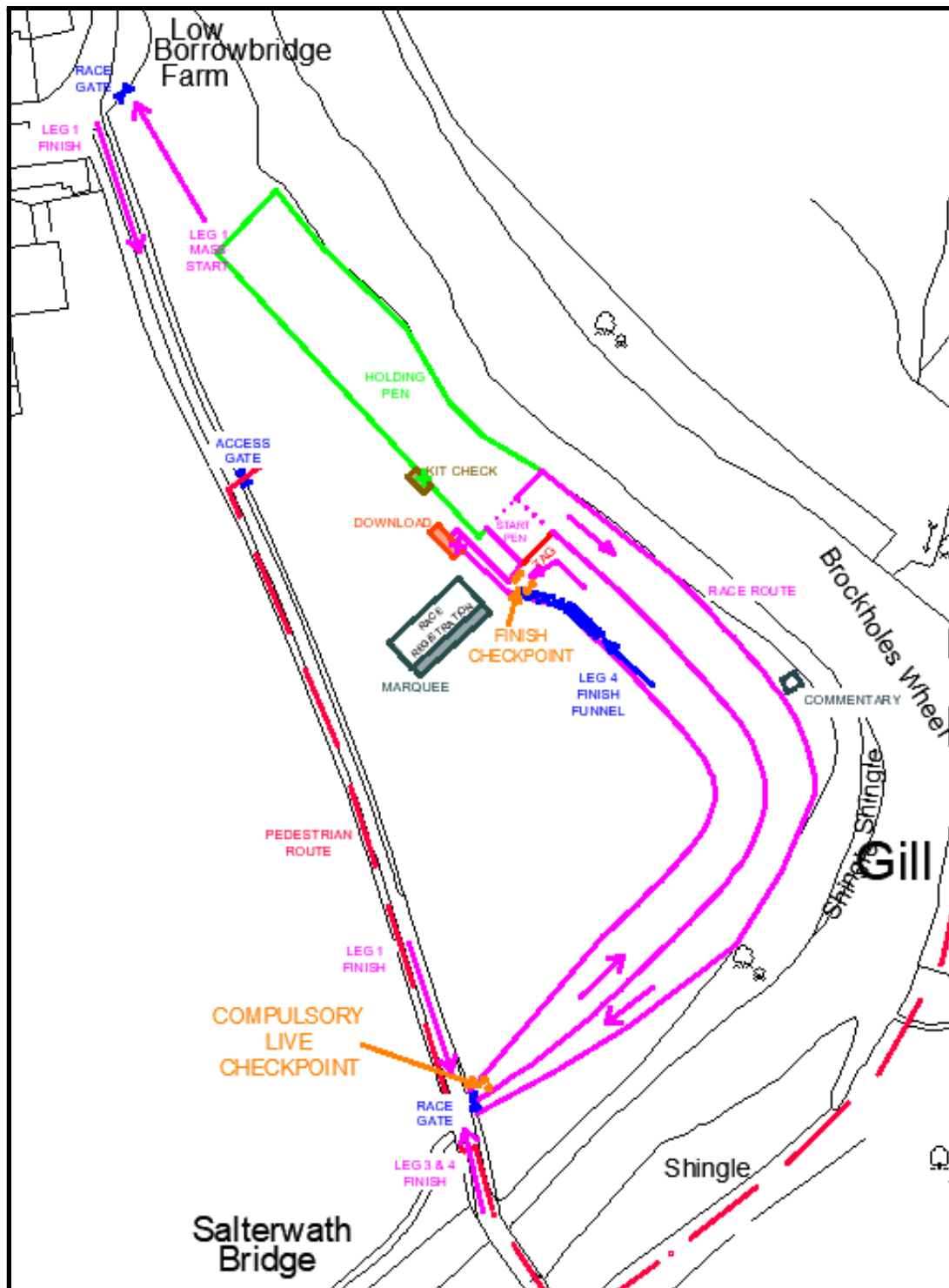
Race Start - Changeover - Finish Plan

All Legs enter the field through the southern Race Gate, with the compulsory Checkpoint

When finishing a leg the approach is TAG.....DIB.....DOWNLOAD.

Leg 4 is a racing finish to the line and a separate finish funnel/lane

This plan shows the Event Field and the race route from the start pen and into the changeover and Download area. Note: Leg 1 mass start uses the north Race Gate



Leg Details

Leg 1 - 5.9km 430m

Follow the flagged route for the whole course - NO race lines or short cuts.

The route heads north from the event field onto Fairmile Road (road closure for the event). It follows this road west under the M6 motorway and then takes a farm track beside Borrow Beck, taking runners under the A685 Tebay Road. **Do not cross the road.**

The route then heads south, initially on a track and then rough ground, across private land to the fell. As the route climbs up, it goes around the end of a two-strand barbed wire fence, next to a wall. **Only cross at the designated location.**

Head up the hill and follow the route next to a wall along the defined ridge. **CAUTION: the eastern side of this ridge is steep and the trod is narrow in places - take care, especially in bad weather!** As the ground levels at the top, the route turns south-east to Checkpoint 1 at a cairn.

From Checkpoint 1, the route follows the ridge north down to a small stream crossing and then up to the north-west to follow a rising ramp-line over the shoulder and down to cross the two-strand barbed wire fence again, which is Checkpoint 2. **Only cross at the designated location.**

From Checkpoint 2, the route reverses the outward route under the A685 (**do not cross the road**) and the M6 to Low Borrow Bridge farm buildings, where it then follows Fairmile Road south.

At the race entrance gate to the Event Field there is a compulsory 'live' Checkpoint to alert the changeover of your approach - DIB THIS CHECKPOINT! Failure to dib this checkpoint will result in a penalty or disqualification.

At the finish incoming runners TAG outgoing runners...then DIB...then DOWNLOAD

In the event of bad weather, competitors will be given an alternative course at Race Registration.

Leg 2 - Navigation - 10km 700m

Follow the flagged route from the event field and after approximately 350-400m **COLLECT MAPS** - 1 map per runner.

Follow flags to the crossing point and both runners must visit Checkpoints in numerical order.

Both runners MUST stay together (within 20m) at all times. Runners must be together at checkpoints before dibbing. Failure to comply will result in disqualification. **YOU HAVE BEEN WARNED!**

Once you reach the final checkpoint, follow the flagged route - NO race lines or short cuts on the flagged sections back down to the field gate.

Runners must follow the flagged route to the event field and take care crossing Salterwath bridge (other runners!).

At the race entrance gate to the Event Field there is a compulsory 'live' Checkpoint to alert the changeover of your approach - DIB THIS CHECKPOINT! Failure to dib this checkpoint will result in a penalty or disqualification.

At the finish incoming runners TAG outgoing runners...then DIB...then DOWNLOAD

In the event of bad weather, competitors will be given an alternative course at Race Registration.

Leg 3 - 10.3km 940m –

Follow the flagged route for the whole course - NO race lines or short cuts - Visit all Checkpoints in numerical order (1-5).

Follow the route from the event field south onto Fairmile Road. After approximately 370m, turn left into a field. Follow the flagged route across the fields to the field gate.

The route heads south-east up rough fell towards Checkpoint 1 at a cairn on the top of Blease Fell. The route turns to the north-east and follows a quad-bike track to the top of Grains Gill. A quad-bike track is then followed east and then south-east, past the top of Weasel Gill, over the top of Uldale Head. Checkpoint 2 is located on the southern spur at the south-eastern end of the Uldale Head ridge.

Follow the ridge south-west (**follow flags!**) down to Carlingill Beck to Checkpoint 3, cross the stream - **take care** - and head in a southerly direction up the hill to Linghaw - Checkpoint 4. From here, turn and follow the north-western ridge down and cross Carlingill Beck at the river junction with Weasel Gill. **Take care at this river crossing.**

Once across the river, head north and then north-west up to Checkpoint 5 - Blease Fell summit. Continue over the summit in a north-westerly direction and follow the flagged descent down to the fields.

Runners must follow the flagged route to the event field and take care crossing Salterwath bridge (other runners!).

At the race entrance gate to the Event Field there is a compulsory 'live' Checkpoint to alert the changeover of your approach - DIB THIS CHECKPOINT! Failure to dib this checkpoint will result in a penalty or disqualification.

At the finish incoming runners TAG outgoing runners...then DIB...then DOWNLOAD

In the event of bad weather, competitors will be given an alternative course at Race Registration.

Leg 4

Follow the flagged route for the whole course - NO race lines or short cuts - Visit the Checkpoints in numerical order (1-2).

Follow the route from the event field south onto Fairmile Road. After approximately 370m, turn left into a field. Follow the flagged route across the fields to the field gate.

The route crosses Cleugh Gill - **take care** - and heads east then north-east up rough fell to a saddle. It then heads east to a stream junction on Tebay Gill and continues east up to Checkpoint 1 at the cairn on Hare Shaw. From here it turns south and follows the broad ridge. At the vague saddle the route turns south-west to head up to Checkpoint 2 - Blease Fell. The route turns to the north-west and follows the flagged descent down to the fields.

Runners must follow the flagged route to the event field and take care crossing Salterwath bridge (other runners!).

At the race entrance gate to the Event Field there is a compulsory 'live' Checkpoint to alert the changeover of your approach - DIB THIS CHECKPOINT! Failure to dib this checkpoint will result in a penalty or disqualification.

At the finish runners must race to the line at the end of the leg 4 finish funnel/lane and then stay in order to dib and download.

In the event of bad weather, competitors will be given an alternative course at Race Registration.

5. The Event Field facilities

- Marquee: contains tables and chairs for eating your meal. Please give up your seat when you have finished eating.
- Changing tents: one for men; one for women.
- Toilets: There are toilets at the car park and Event Centre. Please do not relieve yourself anywhere else!
- Bike Park – storage for bikes will be provided. Please bring your own lock.
- Pete Bland Sports Van.
- Two food vans
- Bar
- Area for Club Tents
- Limited water for competitors but please bring your own and don't rely on this as we do not have a mains supply!
- Hand sanitisers will be available and we advise that these are used before consuming any food or drink.

The famous Wilfs of Staveley will provide your meal after the race. They will serve food from noon until 5pm. Don't forget your Meal Ticket, which will be printed on your race number and pinned to your vest! If you are a late runner and don't expect to have finished until after 4.30pm, you may choose to eat before you run. There will be one meal offered which is vegetarian stew and a pitta bread.

Race food is only for competitors. Non-competitors or very hungry competitors can purchase food from one of the additional caterers, who will be selling hot and cold drinks and snacks. They accept cash and card payments.

The local school from Tebay will be selling scrumptious cakes as a fundraiser. **CASH** only.

Whilst some water is available at the event field this is limited so please bring what you will need on the day. We advise against drinking from streams and rivers etc.

In the event of an emergency, marshals will ask you to congregate at the northern end on the event field, away from the event tents. They will then provide further instructions as necessary.

Commentary

This year's commentary team will consist of Jon Richardson and Fiona Marley-Paterson. Both are experienced fell runners so will know exactly what you are going through!

We are expecting radio updates from out on the fells, reports from the last control, and results from the SI Results Team to keep you informed of progress



6. Rules of the competition

The rules of the competition are set by British/UK Athletics. The Fell Runners Association (FRA) Rules for Competition apply to this race.

NOTE - there are new FRA rules and requirements for 2021!

Website links to the rules applying to this race are below.

- [British-Athletics-Fell-Hill-Relay-Rules.pdf \(uka.org.uk\)](#)
- [FRA Principles of Fell Running 2021](#)
- [FRA Rules for Competition 2021](#)
- [FRA Requirements for Runners 2021](#)
- [FRA_first_on_the_scene.pdf \(fellrunner.org.uk\)](#)

Team Captains are responsible for ensuring all team members are familiar with the race rules and requirements in these documents prior to race day.

Please pay particular attention to the rules concerning eligibility of runners which are as follows:

- All competing clubs must be affiliated for 'Hill and Fell' with the applicable British Athletics body of the UK country they reside in.
- All runners must be registered with the appropriate home country athletics federation, or a member of the FRA, and first claim members for their club for 'Fell and Hill'. All team members must wear their club vest.
- Runners can only compete in a single leg (no 'doubling up').
- Runners MUST be the ones declared on the team declaration sheet (i.e. no unauthorised substitution).
- For Legs 2 and 3, pairs must remain in contact (i.e. never more than 20m apart) at all times. They must finish together, and both runners must visit every checkpoint together.
- The organisers reserve the right to refuse entry to any club failing to fulfil these criteria.
- This event is a senior competition for athletes aged 18 and over, however the race referee will allow suitably experienced 16-17 year-old runners on Legs 1 and 4 which will be flagged and marshalled to the standard required for junior races.
- Navigation skills are required on Leg 2, and may be required in poor weather on all other legs. NO GPS - see FRA Rules for Competition Section 1c.
- Team captains are responsible for ensuring ALL team members are suitably experienced to compete in their respective leg and understand the Principles of Fell Running ([FRA Principles of Fell Running 2021](#))
- Team captains are responsible for ensuring they declare all of their team members, including name and date of birth, before the closure of the online team declaration window.
- FRA Rules for Competition ([FRA Rules for Competition 2021](#)) and the FRA Requirements for Runners ([FRA Requirements for Runners 2021](#)) will apply

throughout the event. Minimum FRA kit requirements for AM races will apply to all relay legs irrespective of weather conditions: waterproof whole body cover (with taped seams and integrated attached hood), hat, gloves, map of the route, compass (see Note 3), whistle and emergency food.

- Failure to 'dib' a Checkpoint (e.g. lost dibbers) could result in a time penalty or disqualification.
- Any attempt to deliberately miss a checkpoint (e.g. not stopping to dib) will result in disqualification.
- In the event of bad weather, the Race Organiser can impose Checkpoint cut-off times, or when necessary abandon the race.
- Retirement: Team Captains must inform the Race Organiser if a team member does not start or does not complete their race leg, for any reason.

Each team is responsible for dibbing (punching) the Sport Ident (SI) unit at each control point.

Once you have dibbed your SI Card in the control unit, you must hold it there until you have seen one flash and heard one beep. Removing the dibber too quickly will result in a missed punch and could result in team disqualification.

Be aware that other control units at the same control site will also be beeping as they are punched.

LOST DIBBER (Sport Ident Card) – If you do not have a dibber (SI Card), you cannot demonstrate you have visited the necessary control points – losing your dibber disqualifies you from the competition. There is a £30 charge for each lost dibber (SI Card). We recommend attaching the appropriate dibber (SI card) to the runners wrist with the provided Tyvek wrist bands prior to entering the holding pen.

FRA Disclaimer

All competitors must have read and accepted the following standard FRA disclaimer statement:

- *I accept the hazards inherent in fell running and acknowledge that I am entering and running this race at my own risk.*
- *I confirm that I am aware of the rules imposed on me by the Race Organiser and that I will comply with them.*
- *I confirm that I have read, and will comply with, the "FRA - Requirements for Runners".*
- *I acknowledge and agree that I am responsible for determining whether I have the skills equipment and fitness to participate in this event.*
- *I accept that neither the Race Organiser nor the Fell Runners Association shall be liable to me for any injury, loss or damage of any nature to me or my property arising out of my participation in this race (other than in respect of death or personal injury as a result of their negligence).*

- *I consent to publication of my name, club, race category, race number, finishing time and race position in race pre-entry and results lists, and to the sharing of all the above details with trusted partner organisations (e.g. UK Athletics) for disciplinary purposes or otherwise where necessary in the interests of the sport*

Kit Requirements

NO KIT, NO RACE!

The FRA Requirements for Runners 2021 (the “Runners’ Rules”) ([FRA Requirements for Runners 2021](#)) will be enforced. Every competitor on each leg must carry the ‘FRA Mandatory Minimum Kit’ for an AM race:

- Waterproof whole body cover (with taped seams and integrated attached hood)
- Hat
- Gloves
- Map of the route (one provided map one for legs 1, 3 & 4. Two maps for leg 2. Print a leg 3 map for the event!)
- Compass (see Note 3 of the “Runners’ Rules”) suitable for navigating the course
- Whistle
- Emergency food

In the event of bad weather, the Race Organiser can require runners to carry more kit than this. Runners may decide it is prudent to carry more kit than the mandatory minimum. This could include a long sleeve thermal top and leggings.

Runners often question whether this level of kit is necessary – it may not be needed when you are running strongly or in good weather, but it could be a life-saver if you have to slow down or stop because of injury or tiredness, or if you need to help another runner in difficulty.

FOOTWEAR - The course terrain contains steep, rough, grassy fell. Running shoes must be in good condition and have a suitable tread pattern.

NAVIGATION - This is a self-navigation event using a map and compass. All FRA races strictly prohibit the use of electronic devices using aids such as GPS (including GLONASS, GALILEO etc) for navigation. A runner may carry such a device for use in an emergency situation, but if used – even momentarily for repositioning – the runner must retire from the race and declare himself/herself non-competitive to the Race Organiser.

It is the responsibility of the team captains to ensure their team members are aware of the 2021 FRA “Runners’ Rules” and comply with them. **Non-compliance will result in disqualification.**

Kit checks will take place as runners pass through the kit check tent into the holding pen before the start of each leg. Runners will need to allow time for this before starting their leg.

Random kit checks will be carried out at the finish. Winners of each leg, for all categories, will also be kit checked at the finish.

WARNING - Any transgression of the race-day kit requirements **WILL** result in team disqualification.

7. Medal ceremony and prizegiving

Prizegiving will take place from approximately 16.00 once the top three teams in each category have completed the course.

UK/British Athletics Medals will be awarded to the first three teams in each of the following classes:

- Men's Open
- Women's Open
- Men's V40
- Women's V40

Prizes, sponsored by Pete Bland Sports, will also be awarded to the above teams and also the first three teams in the following classes:

Men's V50
Women's V50
V60 (Open)
Mixed (three men and three women)

• Organisation Team

Event Director	Tim Murray	Volunteer Team	Ali Richards and Rick Stuart
Race Organiser	Alistair Hearn	Finance	Ant Emmet
Vehicle Management	Rich Cater	Event Field	Bill Coupe and Paul Scully
Governance	Alistair Dunn	Course Design	Billy Procter, Russ Cannon, Michael Ainsworth
Website and Comms	David Appleyard	Environment and Sustainability	Lizzie Berry
Entries and Registration	Kath Aubrey	Commentary	Jon Richardson and Fiona Marley-Paterson
UKA Referee	Alan Bentall		

BRITISH ATHLETICS FELL & HILL RUNNING RELAY CHAMPIONSHIPS 2021



- Start/Finish
- Race checkpoint
- Route direction
- Crossing point
- Race route

Leg 1 5.9km 430m

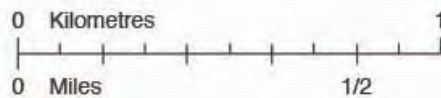
Checkpoint Descriptions
Checkpoints to be visited in numerical order

- 1 Cairn
- 2 Fence crossing
- 3 Building

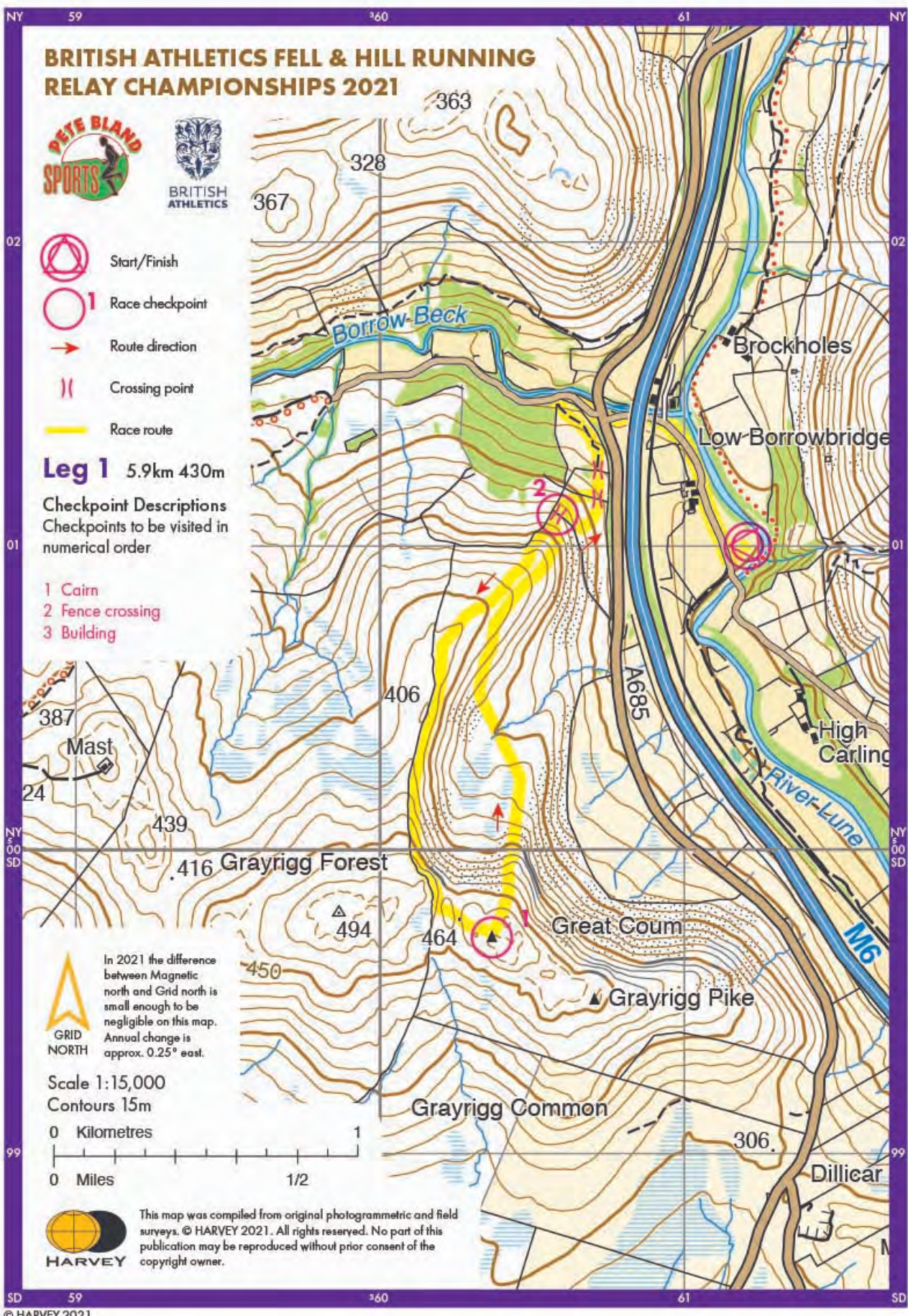


In 2021 the difference between Magnetic north and Grid north is small enough to be negligible on this map. Annual change is approx. 0.25° east.

Scale 1:15,000
Contours 15m



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BRITISH ATHLETICS FELL & HILL RUNNING RELAY CHAMPIONSHIPS 2021

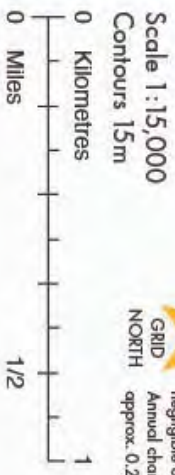



Leg 4 5.3km 370m

Checkpoint Descriptions
 Checkpoints to be visited
 in numerical order

- 1 Cairn
- 2 Hill top

 Start/Finish
 Race checkpoints
 Crossing point
 Route direction
 Race route

Scale 1:15,000
 Contours 15m
 0 Kilometres
 0 Miles


 GRID NORTH
 In 2021 the difference between Magnetic north and Grid north is small enough to be negligible on this map. Annual change is approx. 0.25° east.

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