

Inter Counties Fell Championships 2014

Sunday 18th May - Witton Park, Blackburn

Event Information - Counties

Race Details

11:00	U16 & U18 Girls	5.36km / 219m	1 large lap
11:30	U16 & U18 Boys	5.36km / 219m	1 large lap
12:00	Senior Ladies	9.13km / 369m	2 large laps
13:00	Senior Men	12.7km / 514m	3 large laps

all races will include a small lap of the top woods on Lap 1

Course Details

The race starts on the Show Field in Witton Park and is based around a clockwise loop of approx 3.5km which climbs to the Summit of Billinge Woods before descending back down to Witton Park.

Underfoot is mixed terrain, mainly dirt trails, but with some grass and gravel. Athletes will encounter steps, tree roots and some drainage gutters on the route as well as some short, steep sections of climb and twisty fast descents.

Due to the nature of the venue these races are suitable for athletes with an endurance background who may be inexperienced or new to fell running. The route is fully off-road with significant climb, but enclosed in a small area, fully marked and extensively marshalled.

However the terrain should not be underestimated. The amount of ascent in all the races is at the higher end of the B Category and the race is certainly a test of speed, agility and endurance.

Safety

Competitors should be prepared to carry Full Body Waterproof Clothing and a whistle. In the event of rain on or close to race day, footwear choice is going to be an important factor and athletes should be prepared for anything from dry, fast tracks to mud and surface water.

Athletes will be advised on race day of any kit requirements that the RO deems necessary.

The Race is permitted by the FRA and therefore held under FRA Rules. All competitors should be aware of and adhere to the FRA Rules for Competition which are available in the FRA Calendar and website at <http://www.fellrunner.org.uk/>

Parking & Facilities

Witton Park has extensive Car Parking available. It also has changing facilities, toilets and a café.

Registration

County Seniors - County Team managers will be responsible for the collection of the Squad Numbers and will only receive the numbers for Senior Teams on handing in a fully completed SENIOR TEAM DECLARATION SHEET.

County Juniors - County Team managers will be responsible for the collection of the Squad Numbers and will only receive the numbers for Junior Teams on handing in a fully completed JUNIOR TEAM DECLARATION SHEET as well as a parental consent form for all athletes who are under 18 on the day of the race.

Open Seniors - entry on day. Registration slips must be completed in Full.

Open Juniors - entry on day. Registration slips must be completed in Full and a Parental Consent Form for all athletes who are under 18 on the day of the race.

REGISTRATION WILL CLOSE 20 MINUTES BEFORE THE START OF EACH RACE.

The Start and Race

Each Race will be called to a holding pen 5 minutes before start for a head count. All competitors are expected to be in the holding pen prior to the start or may not be allowed to run by the race referee.

Athletes must comply with the FRA Rules regarding retirement. It is essential that any retired runners report to race marshalls as soon as possible.