



British Fell Relay Championships 2018: Saturday 20th October 2018

Welcome to this year's British Fell & Hill Relay Champs in Grasmere, organised by Ambleside AC. Here is the information you need for your team, it is the responsibility of Team Captains to make sure all their runners are fully briefed. There's quite a lot to pass on so here goes:

Things you need to do the week BEFORE the race

1. **Confirm your runners on SiEntries**
All leg runners should be declared on SPORTident by **midnight Thursday 18th October** at the latest. Just a reminder that all runners must be 1st claim members of your Club as per UKA/EA requirements.
2. Complete the '**Emergency Contacts**' Sheet which is attached to this mail (can also be Downloaded from the Event website or facebook page) and have this ready to bring to Registration. This **MUST** be completed for each team in full and is required in the event of an Emergency. You will not be allowed to Register without this being completed!
3. **Share the information in this mail** with each of your runners.

Arriving at the Car Park & Event Registration

Car Parking

Car parking is provided at Grasmere Showfield postcode LA22 9SL. This is a 15 min walk away from the Event field itself. Full map & location of the car park location:

<http://grasmeresports.com/index.php/sports-information/map-and-address>

Each team is provided with 2 FREE Car Parking passes. These are provided as an attachment for you to print out. Please have these on display in your car windscreen. These will be cross-checked against your Team Entry and ticked off to prevent mis-use. Parking is available for extra cars & spectators at a cost of £3/car/day.

Car parking will be open between 6-9pm on Friday 19th and from 8am onwards on Saturday 20th. On arrival you will be directed by marshals to your car parking spot.

Over-night Campervans

Campervans can stay over-night; these places are limited and can be booked for either (or both) Friday 19th and Saturday 20th October. There is no camping. Full details here:

<https://britishfellrelays2018.org.uk/campervans/>

Registration

Registration will take place in the Car Park Showfield itself (NOT the Event Field where the race takes place which is 15mins walk away). You must register your team at the following times:

Friday 19th October 6.00pm – 9.00pm
Saturday 20th October 8.00am – 10.00am

At Registration you should have with you your Team Name & No. as entered on SiEntries and your completed 'Emergency Contacts' sheet for each Team.

Remember **No Emergency Contacts = No Registration!!!!**

You will then be given an envelope containing the following items:

- **6 x numbers** (one for each runner). These will be numbered with your Team No. and the letter A,B,C,D which corresponds to the Legs 1,2,3,4. So for Team no. 50 there will be:
 - 1 x 50A (Leg 1)
 - 2 x 50B (Leg 2)
 - 2 x 50C (Leg 3)
 - 1 x 50D (Leg 4)
- **4 x SPORTident dibbers** (one for each leg). It is vital that these are handed out to the correct runners for each leg, this is your responsibility to get right not ours!
- **4 maps** (one for each runner on legs 1,2 and 4. These are specific to each Leg). No maps are provided at Registration for Leg 3 Navigation Leg.
- **6 refreshment tokens** (one for each runner)
- **Declaration Sheet** confirming the runners for each leg as declared on SiEntries. Please check this carefully.
- **Event Field layout & last-minute info.**

There will be **no safety Pins in your envelope**, please bring your own and save us providing another 6000 that will end up in a bin somewhere (you could even share them). There will be a few available.

The Event Field

This is located 15 mins away up the A592 heading North of Grasmere, just before the Travellers Rest pub. There is no car parking for runners at the Event Field itself or at the Pub, please don't even try it. There is a good footpath all the way up the side of the road, but please be careful there will be lots of traffic.

On the Event Field you will see a large (massive!) marquee. This should be used for yourselves and to keep all your gear in too. **Please do not erect Club Tents on the field**, the marquee should be large enough for us all if we share space sensibly. It might be cosy, but it will be warm 😊

In addition, on the Event Field you will also find:

- Catering outlets
- Pete Bland Mobile Shop

- First Aid
- Race HQ & SPORTident tents
- Start / Finish banner and handover area
- Toilets

The Race!

Race Rules

Can be found on the Event website <https://britishfellrelays2018.org.uk/category/race-details/>
It is the responsibility of Team Captains to make sure all their runners are aware of the race Rules and stick to them.

Routes & flagging

Final information about any changes to running legs will be posted on the event website and handed out to Team Captains in the Registration packs, this includes any changes required due to extreme bad weather or changes in fell access. Otherwise all leg information can be found at the Event website <https://britishfellrelays2018.org.uk/course-information/>

There is a flagging system in place at the race:

- Red flags – must be strictly followed. You will be disqualified if you don't!
- Yellow flags – advisory route, generally on the fastest line and a good bet in poor visibility, but you do not have to follow these flags and can choose an alternative route if you wish.

Navigation Leg (Leg 3)

No maps will be provided for Leg 3 at Race Registration or at the Start / Finish. When you start your Leg, you will follow the compulsory red flagged route to your map collection point. After that it's up to you. There may (or may not depending upon route choice) be uncrossable boundaries on the Nav Leg. These will be clearly marked on the map. All runners must use the marked crossing points to cross any such boundaries. Any runners not doing so will be disqualified.

Equipment to wear & carry

All runners must wear their Club vests.

All runners must wear or carry mandatory full FRA kit as a minimum: waterproof top with hood and trousers (taped seams for both), map of the area (provided), compass, whistle, hat, gloves and emergency food. If the weather forecast is particularly inclement, a further mid layer is advised and may well be specified as compulsory kit so make sure you have it with you. Kit checks will take place at the end of each leg and runners not carrying appropriate safety gear will have their team disqualified...don't let your team mates down! All kit can be purchased at Pete Bland Sports mobile shop on the Event Field. You cannot pass kit / bumbags / rucsacs etc on to next leg runners.

The race starts at 11.00am.

Don't miss it.

Control points & Leg changeovers

All runners must 'dib' in a Control box at each Checkpoint on their leg with their 'dibber'. The last dibber control is at the Finish line, where you will 'dib' and then tag your next leg runner at the Start / Finish line who will then be allowed to set-off. **You do not pass your Dibber on to the next runner.**

Incoming runners will then be channelled into the SPORTident tent where you will hand your dibber in and receive a print out with your time & place for your leg.

Pairs running on legs 2 and 3

You must stay running together in your pair throughout your leg. This does not mean within distant eyesight or even shouting distance; it always means within close contact of each other (normal talking distance e.g. 10metres). You must both visit each checkpoint and you will not be allowed to 'dib' unless you are both present at the Checkpoint. If you are seen running separately you risk disqualification.

Mass Starts & cut-off times

There will be a compulsory Mass Start at the start of legs 2,3 and 4 for all teams whose runners have not finished by the allotted time. Out-going runners in a Mass Start will be required to 'dib' in a dibbing box and follow instructions provided by the changeover marshals.

Mass Start times might change slightly subject to weather conditions but are planned for:

Start Leg 2	12.20pm
Start Leg 3	2.00pm
Start leg 4	3.45pm

Any changes to the mass start times will be announced over the PA system and posted on the Notice Board in the main marquee.

In addition, we are likely to introduce some cut-off times on specific checkpoints on Legs 2,3 and 4 especially if the weather forecast is poor. This is for the safety of both runners and marshals, and if teams do not arrive at the relevant check-point in time then the pair will be retired from the race and asked to return to race control. If cut-off times are to apply these will be communicated to teams on the Event website & social media and briefed at Race Registration.

Team withdrawals

Any Team who pulls out at any point after Registration or after the Start of the race must report to Race Control on the Event Field to notify the organisers. All SI-Cards must be handed in so that we know your team is off the hill.

Result displays

Results for each leg and the race overall will be displayed on 2 separate TV screens in the main marquee. Legs 1 and 3 will be on one screen, Legs 2 and 4 on the other. Results will also be posted on the Notice Board in the main marquee.

Results & leg breakdowns will be available from the Event website and this SPORTident page as quickly as possible on Saturday evening

<http://www.sportident.co.uk/results/2018/BritishFellRelay/>

Presentation & Prizes

The prize presentation will take place at approx. 4.15pm, outside if the weather is fine, and inside the marquee if not. Hope for the former, plan for the latter.

Team prizes will be awarded as follows:

Open Female, Open Male. FV40 and MV40	Winners Trophy & Top 3 Teams receive British Athletics Championship medals & race prizes
Mixed and MV50	Top 3 teams receive prizes
FV50	Winners receive prizes
Open	No prizes awarded – uncategorised Class
Fastest leg awards	Fastest male(s) & fastest female(s) on each leg

Other bits you need to know

Catering

All runners will receive a Refreshment token in their Registration pack. This can be exchanged at any of the catering outlets for an item of hot food & drink approx. value £5/person. You can buy additional items if you wish, as can Spectators too. In the marquee there is also a cake-stall which is run by Grasmere School and Ambleside Juniors with home-made goodies for sale. Feel free to fill your faces with as much cake as you can possibly eat.

First Aid & Medical Emergencies

There will be First Aid facilities and a Paramedic on-site at the Event Field from 11.00am onwards until the end of the race.

Weather forecast

This is as good as any <http://www.lakedistrictweatherline.co.uk/> . Pray for sunshine but be aware that this is the Lake District and weather conditions can be extreme at this time of year especially up on the fell tops.

Post-event wrap

Almost as important as the race itself, although there is no official 'do' we have included some details on local hostelrys in Grasmere and Ambleside where most runners will be congregating (including ourselves).

<https://britishfellrelays2018.org.uk/category/race-details/>

T-shirts

Event T-shirts specially designed for the 2018 Relay Champs are available to order here

https://www.conistonshop.com/British-Fell-Relays_306/shop/index.php

Advance orders can be collected from **Race Registration in the car park** at the following times:

Friday evening 6pm to 9pm

Saturday morning 8am to 10pm

Please bring with you your order number and name, or a print out of your order.

Dogs

We kindly request that all dogs (of which there will no doubt be as many as runners!) are always kept on a lead, whether in the Car Park Field, Event Field or on the fells. This is for the safety of all runners and the livestock that live on the fells we are running on. You cannot run with your dog either. Dog owners must also clear up and remove their own dog s*** and dispose of it in the bins provided. **Do not let us down on any of these points it will seriously damage the reputation of fell running with local landowners !**

Litter

Put in in a bin provided, in the skip, or better still take it away with you.

Questions

Any changes to this brief will be posted on the Event website or communicated in a separate mail. We are happy to answer any questions arising but please bear in mind replies might not be instant.

E-mail: enquiries@britishfellrelays2018.org.uk

We look forward to welcoming you all on the day. Have a great run!