



21st UKA British Fell & Hill Relays Championship 2009

Information Pack

On the day the registration pack will include;
This information pack (instructions and changeover area layout map)
1 Runners list
4 Course Maps - Leg 1, Leg 2 (2 maps) and Leg 4
6 Race numbers
6 Meal Tickets (For Wilf's café)
6 Event Coasters

Timetable

08:30 Car park open & Registration start
10:30 Start
14:00 Mini-mass start (Leg 3)
15:00 Mini-mass start (Leg 4)
16:00 Presentation

Instructions

Please read these instructions carefully, with nearly 1,000 runners attending we need everyone to contribute to the smooth running of this event by following these instructions.

Only the team captain needs to register.

- 1. Team captain to pick up registration pack from registration tent.**
- 2. Check runners names & sign form. Then return form to receive eCard**
- 3. Ensure that each runner has the correct number for their leg. (A for leg 1, B for leg 2 etc).**

Runners List

Check & sign list, update if necessary, and return to registration area (where you can then collect your eCard)

Runners numbers

For a single team six numbers are included – the same team number prefixed by A, B, C or D. The letters are for legs 1, 2, 3 and 4 respectively – please ensure that they are given to the correct runner, otherwise they may be directed the wrong way at the changeover area.



Instructions

Runners assembly area

On the map is marked an area 'runner's assembly area'. Only the runners who are next for their team are allowed in this area.

The only way into this area is via the entry point marked. Random kit checks will be undertaken upon entry to this area. Ensure that you leave enough time to be checked on entry. It is your responsibility to be in this area on time. The estimated winning times for each leg are given below, base your team times on this and allow a little extra time.

Leg 1 : 40 minutes
Leg 2 : 60 minutes
Leg 3 : 60 minutes
Leg 4 : 40 minutes

If you need to go back out of this area **before running**, for any reason, go out via the same way and take your bumbag with you as you may be kit checked on the way back (even if you were kit checked first time through!).

Changeover process

Incoming runner (Legs 1 – 3)

There will be two funnels to the changeover area/finish line. The faster teams will always be on the left hand funnel (towards the centre of the field), if you have been 'lapped' then you may need to go to the right hand funnel. A marshal will attempt to point you in the correct direction, and the funnels will also be labelled with the leg numbers.

Dib the checkpoint and for finishing legs 1 – 3 continue into the changeover area where you will hand over the dibber to your team mate. Exit the field to your right (as marked on the layout). If your team mate is not in the changeover area then stay in this area out of the way (the side nearest the wall). Be prepared for a kit check on the way out.

Outgoing runner

Ensure that you are in the assembly area in good time to take over from the previous runner. Do not enter the changeover area until you see your team mate in the funnel, we will attempt to call out the runners numbers as they enter the funnel.

Incoming runner (Leg 4)

After finishing leg 4 you will be directed to the SportIdent (SI) tent to download all of your results from the eCard. Once you have downloaded, exit the field via the 'entrance', don't go back across the changeover area.



Mini Mass start

If your team has not completed Leg 2 by 2pm, or Leg 3 by 3pm you will be required to start as part of a 'mini-mass start'. This is to ensure that the marshals are not on the fells for too long, and that all teams can finish in good time to get home. The times are set to minimise the number of teams in the mini-mass start, with the Leg 3 start possibly not required.

Please congregate in the Mini Mass start pen 5 minutes before the due time if your team hasn't come in. If whilst waiting your team appears then go into the changeover area as per standard instructions. In the Mini Mass start pen you will be given a new eCard and then taken over to the SI stations for the previous leg, dib these when instructed and then start the leg.

On the Fells

You must observe all of the flagged sections and compulsory crossing points, marshals will be checking and will disqualify the whole team if anyone doesn't follow these instructions.

Injury, retirements etc.

Report to the nearest marshal and back to the start/finish marshal. Note that there will be full medical cover on the main field.



Facilities on the field

Food and drink

Wilf's café

Lamplugh Parish Local Community groups – Soup, Bacon Butties, Cakes and drinks

Ice cream van

Jennings brewery

Toilets

The majority of the toilets are in the main area, with a few in the runner's assembly area.

Changing facilities

Facilities are available in the main marquee with screened off areas for changing.

Main Marquee

This marquee will be used for registration, it will then be available for general use. If the weather is poor it will also be used to show the results board and to hold the final presentation in.

Trade stands

Pete Bland

Sponsors

CFR would like that thank the sponsors IC Invest in Cumbria , Pete Bland Sports and Norman Walsh for their support.

