Race Details **Distance: 9.7 km Ascent: 610m (6 miles/2000ft)** **Category: AS (LK/PM/SER/N/S)**
Minimum age 18 on race day. The race starts at 12 noon

Route Description - see Race map
The start and finish for the race is outside the village hall. The lower reaches of the race are run on a mixture of well marked forest tracks and footpaths, but the open fells above are unmarked. Cliffs lie to the north west of the boundary fence. The high fell terrain can be featureless and is exposed to varied and often adverse weather conditions. Underfoot is typical fell and trail terrain with very boggy and uneven ground. Forest sections can be quite dark, steep, wet and treacherous underfoot with exposed tree roots. Slabs and wooden bridges and steps on the trail sections are slippery when wet. Lying snow and ice can be a feature.

Experience Required
The route and terrain should be well within the competency of any experienced fell runner. Novices should have British winter mountain experience. All runners must assess the season and the weather conditions prevailing on the tops; expect to be exposed to the full force of any weather for 20-30 minutes. Primarily due to the time of year, this is not a race for anyone unsure of their ability to complete the course physically, and to map read and navigate in bad weather and cloud.

First Aid Cover / Emergency Response available
There is a small first aid kit at the start and at race HQ. Fell marshals have blizzard blankets / jackets. Mountain rescue is aware of the event but not in attendance. There is likely to be a long delay in evacuating any casualty on the mountain. Defibrillator outside the village hall

Minimum Personal Safety Kit - This is a mid-winter race!!
Map, magnetic compass and whistle. Full body cover (including head to wrists and ankles) waterproof AND hat and gloves. Kit should be of fell running serviceable quality. Road running shoes are not suitable.

Navigation Skills Required /Course marking
In fair weather and good visibility the mountain navigation is unchallenging. The route climbs the road from the village and enters the woodland after the steepest climb. A footpath leads to a footbridge over the river and the path continues up the tributary opposite to another footbridge leading to the forest track. Follow this to the quarry then on steep boggy footpaths climb up through the woods to CP1; from there contour around the hill to the SW then follow the fence up to the summit and CP 2. The descent is a reverse of the ascent The mountain section can be navigated safely by following the cwm boundary fence (on your right ascending) throughout and arrival and departure points are marshaled. A usual variation may save 2-4 minutes and leaves the fence briefly on the shoulder after the descent from the summit, on a rapidly improving track which must be abandoned at the sheep pen ruins for an indistinct sheep track above and to the left (SH 698041) Missing this turn will lead to a gated forest track and a long descent into the Dovey valley! In poor weather the fence is a more sure route and has been used by race winners. Once off the fell the route is partly marked once more.

Race Rules - WFRA rules apply. See separate notice.
Infringements WILL result in disqualification, no time, and reporting to the WFRA leading to a possible ban.

Retirement procedure
If you wish to retire, report to the nearest marshal, give your number and make it clear you are retiring. Then make your way directly to **REPORT IN PERSON TO THE TIMEKEEPER at the finish line** giving your number and ensuring they acknowledge you have retired.

You are not retired until the timekeeper records the fact. Failure to follow this procedure leads to delay in recalling marshals and possible mountain rescue callout. If you need transport off the mountain this will be by Mountain Rescue. If you can reach the forest floor transport can be arranged.

Foul weather alternative route
The route will be shortened
Is marked on the map. It leaves the usual route after 2.5k where the latter climbs off the track to the lip of the cwm. It follows the track uphill bearing left at a fork at 2.6k. Follow this down to the stream and then approx 400 yards later a marshal will direct you over an obvious path bridging the ditch into a narrow fire break right along the upper edge of the forest then a path leads diagonally up across the clearing to a stile(Marshal SH 696040). Runners then MUST follow the fence over the unnamed top to the northeast and onward to rejoin the usual route above the forest descent. (subject to forestry conditions on the day)