# NOTTINGHAMSHIRE AAA COUNTY FELL RUNNING CHAMPIONSHIPS 2025

## Sunday, 9th March 2025 11.00 am

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ONLINE ENTRIES AT FABIAN4 WILL CLOSE SOON AT <u>https://www.fabian4.co.uk/</u> (Some Notts entries will be allowed on the day: please contact topwilko@yahoo.com so I can notify the Wolf's Pit organiser in advance)

The race organisers have once again kindly agreed for the Wolf's Pit Fell Race to host the Nottinghamshire AAA County Fell Running Championships now in its thirteenth year of competition. My thanks once more to the landowners, race organisers, on the day marshalling and Notts AAA volunteers for making Wolf's Pit our Notts fell champs again.

Venue: Wolf's Pit fell race, Shatton, near Bamford, Hope Valley, Derbyshire. GR 196825 (field off Townfield Lane), Hope Valley, S33 0BG. Category: AS Distance: 9 km / 5.6 miles Climb: 450 m / 1476 feet Wolf's Pit race info and printable map https://braddadads.wordpress.com/wolfs-pit/ Minimum age for Notts fell champs: 18 Entry fee via Fabian4: FRA member £8 / non-member £10

The race is held over private land so no training on the route before race day.

## **IMPORTANT!! UPDATED FRA RULES FOR THESE CHAMPIONSHIPS IN 2025**

UKA rules of competition apply alongside those of the FRA. Fell Runners Association (FRA) requirements for runners 2025 "Runners' Rules" apply to runners in FRA-registered races and events and you are expected to have read them, and to agree to comply with the requirements, as a condition of race entry. These rules can be found in the FRA Handbook and Fixtures Calendar 2025 or via the FRA website homepage at https://www.fellrunner.org.uk/

Principles of fell running <u>https://files.fellrunner.org.uk/documents/2022/principles-of-fell-running-2022.pdf</u>

"Runners' rules"

https://files.fellrunner.org.uk/documents/2025/fra-requirements-for-runners-2025.pdf

Summary of rule changes

https://files.fellrunner.org.uk/documents/2022/summary-of-rule-changes-for-2021-2022.pdf

Rules of competition 2023 https://files.fellrunner.org.uk/documents/2025/fra-rules-for-competition-2025.pdf

And these should be essential reading:

Hypothermia leaflet https://files.fellrunner.org.uk/documents/FRA\_Hypothermia.pdf

First on the scene (of a casualty) https://files.fellrunner.org.uk/documents/FRA\_first\_on\_the\_scene.pdf The course has steep, grassy ascents and descents, rough grass with exposed heather moorland and rocky tracks. Studded fell shoes are advisable. Full kit is mandatory. Runners should wear clothing suitable for the conditions. It is not essential, but it is hoped that club vests will be worn.

Please car share where possible, limited parking approximately 15 minutes walk from the start on approach to Shatton; follow car marshalling to parking areas.

PLEASE CHECK FOR 2025 info at https://braddadads.wordpress.com/wolfs-pit/ (and where a route map can be found). THE DETAILS IN THIS INFORMATION MAY BE SUBJECT TO CHANGES BY THE RACE ORGANISER.

IN THE EVENT OF SEVERE WEATHER ON OR FORECAST FOR RACE DAY, CHECK THE RACE WEBSITE FOR UPDATES / CANCELLATION / DELAYED START TIME OR MESSAGES SENT AND SHARED VIA THE NOTTS FELL WHATSAPP GROUP

## RACE ENTRY DETAILS

Competitors must be over 18 for the Nottinghamshire Fell Championships and must compete for their first claim club (unattached [not members of a club] runners may compete).

Arrive in good time for the walk to registration and start / finish area and bring full kit for the race with you to the registration for potential kit checking. (See later AND on the Wolf's Pit race website about kit requirements).

NOTTINGHAMSHIRE COUNTY ENTRANTS MUST FIRST COLLECT THEIR RACE NUMBER FROM THE MAIN WOLF'S PIT RACE DESK AND THEN REGISTER AT THE NOTTS DESK TO ENTER THE COUNTY FELL CHAMPIONSHIP RACE. NOTTS FELL CHAMPS REGISTRATION CLOSES 15 MINUTES BEFORE THE START.

Nottinghamshire qualification based upon birth in Nottinghamshire county or residence for the last 9 months in Nottinghamshire (IT'S NOT YOUR POSTCODE ITS THE COUNTY WHERE YOU PAY COUNCIL TAX!) AND no previous participation in a championship race for another county in this competition year eg cross-country for Lincolnshire, Cumbria, Yorkshire etc. by residency then Nottinghamshire Fell by birth.

#### INDIVIDUALS AND TEAMS

Nottinghamshire Fell Championships results will be posted on the Nottinghamshire AAA website www.nottsaaa.org as soon as possible after the race.

Individual county championship medals to the first 3 men and women in open (all ages), U23 (ie 18-22), V40, V50, V60, V70, V80+ and senior / open team (3 to count and comprised of any age). The default team for all clubs is a senior / open team; if a club wishes to enter a veteran team (3 to count and comprised of runners aged V40 category and older) or a mixed team (runners of any age and either 1 man and 2 women or 2 men or 1 woman) these teams must be declared by clubs with the runners' names at Notts registration BEFORE the race by a club official. A club can enter all team categories ie senior / open, veteran or mixed but, runners can only count in one team category.

Teams will consist of the first 3 scoring runners from each club on position NOT times - in the event of teams tied on points the last scoring runner nearest the winner

determines final team position. Medal presentations will take place / be distributed at the first Notts Summer league race 2025.

#### Sporting conduct and sanctions

Any protest or objection by a competitor or club against the placing of another competitor or a club's team or against the conduct of another competitor must be made to the Race Organiser (topwilko@yahoo.com) within one week of the publication of the results on the Notts AAA website.

It is expected that runners' conduct themselves and behave within the rules of the sport and with the utmost courtesy towards race officials, course marshals, spectators, and other runners. At the Notts fell champs, I am expecting common sense and the usual good hearted camaraderie to prevail for a great race atmosphere as always; race officials including the Notts AAA organisers are unpaid volunteers that give of their (considerable) time freely to put on events so that other runners can enjoy great sport; please be respectful and considerate to everyone and generous with your thanks!

Any runner whose behaviour at and before the race including registration, during the race and afterwards whilst still at the race that falls short of what is reasonably expected of good sporting conduct, will receive a polite initial reminder of the need for good conduct and failure to then comply with the reminder will lead to a formal 'yellow' card warning and a further request to desist; continued poor behaviour and / or failure to comply with a race officials request will result in a 'red card' and race disqualification. Following a disqualification by an official the race referee has the final say on the disqualification: a race referees decision is final, there is no appeal system at a later date. A runner's club will be notified of the incident and disqualification (and may face any club sanction their rules permit) as will Notts AAA, FRA, and UKA who may impose their own sanctions / bans. Serious acts of poor conduct (including infringements during the race) will merit automatic disqualification.

NB Notts AAA officials will not engage in any discussion on the merits or otherwise of the Notts Fell Champs rules; any suggestions about the Notts fell champs and its rules can be made and sent to topwilko@yahoo.com and any comments will be brought to the relevant Notts AAA committee meeting for discussion and any outcome published in that meetings minutes and distributed to Notts clubs.

#### British Inter-counties Mountain Championships 2025

The race acts as the Notts selection race for the British Inter-counties Mountain (formerly Fell) Running Race at Pen Y Ghent, Horton-in-Ribblesdale, North Yorkshire on Saturday 14<sup>th</sup> June, 2024 (first 4 Notts men and women selected and 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> etc. become reserves 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> etc. the caveat being that a Notts team place may depend on fell running experience and subject to acceptance by the Inter-counties race organiser).

Website: <u>https://britishintercountiesfellrunningchampionships.wordpress.com/</u> Category and distance: AM; 11 km / 6.8 miles; Climb: 485 m / 1591 ft Venue: Pen Y Ghent, Horton-in-Ribblesdale, North Yorkshire

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The race is run under FRA rules and there is a mandatory full kit requirement THAT MUST be carried throughout the race. This will consist of full body cover of waterproof cagoule with attached hood and full-length waterproof bottoms, hat and gloves, whistle, silva type compass and map suitable to navigate the course and the ability to use both map and compass (and bring food eg gels, energy bars). The kit to be carried throughout the race is a mandatory requirement - at the time of year of the race extreme weather conditions may develop rapidly with little warning. There may be random kit checks by the race organiser and of Nottinghamshire Fell Championship runners before the race start and at random on finishing. Failure to comply with kit requirements will result in disqualification from the race and championships.

# **Race Notes**

The race is to be run under Fell Running Association Rules for Competition. Should you be unclear in any way as to what these are please visit <u>www.fellrunner.org.uk</u>

- We would reiterate that previous fell running experience is beneficial. This is NOT a trail / parkland race it DOES cross rough, exposed open moorland.
- Whilst the course is partially marked, it is possible some navigational experience will be required in adverse conditions. Do not rely upon following the person in front. Have a map & compass and know how to use them.
- Full Body Cover must be carried by all competitors; taped seamed waterproofs cagoule with hood and full length waterproof bottoms; hat & gloves. Plus map of the course, compass & whistle must be carried by all competitors (please bring food eg gels, energy bars if requested to carry food). A random spot check will be undertaken prior to the race starting.
- Any competitor retiring MUST report both to the nearest marshal & to the race organiser.

Please direct any enquiries to Dicky Wilkinson at <a href="http://www.topwilko@yahoo.com">www.topwilko@yahoo.com</a>