

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

www.fellrunner.org.uk

- 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 www.topwilko@yahoo.com