

**Saturday 15<sup>th</sup> October 2011**

## **The 2011 UKA British Fell and Hill Relay Championship**

The venue for this year's race (aka FRA Relay) is in the heart of the Yorkshire Dales, at Kettlewell (12 miles north of Skipton). The race will start at **10am** in the main event field (GR971720), near Kettlewell village church.

Entries for 2 DDT teams have been secured via the SportIdent website, in the Senior Men and Senior Ladies team categories. **Teams of 6 runners each** will be required to complete the following race legs:

- Leg 1 – Solo, 4.5m, 1100' ascent, flagged all the way.
- Leg 2 – Pairs, 9.5m, 2500' ascent, partly flagged.
- Leg 3 – Pairs, navigation, 8m (details will only be revealed on the day).
- Leg 4 – Solo, 5.5m, 1600' ascent, partly flagged.

(all routes covered by OS Explorer map OL30 Yorkshire Dales Northern & Central Areas. 1:25000).

Could anyone interested in representing the club in this prestigious event, please contact me preferably by email on [richard.e.howard@btinternet.com](mailto:richard.e.howard@btinternet.com) or for those without web access, by phone/text (07792527781), as soon as possible.

The entry cost is **£69 per team**, i.e. £11.50 per runner (I suspect with UK Athletics now in charge, it's a case of "*close your eyes and think of London*"). That said, entry does include maps (1:25000 scale and overprinted with the routes) and a meal (tea/coffee, vegetable casserole, bread etc).

Should an overwhelming response be received from club members *before* the entry limit of 180 teams is reached, it may be possible to secure an additional team entry, probably in the Vet 40 category. However, given the cost for each team entry, could I ask anyone putting their name forward to please check their diary, so that a solid commitment to run on the day can be given (health /injury permitting, obviously).

The organisers state that the navigation leg will require the use of a map and compass. It is also indicated that legs will be tough and demanding, with main off-road sections being on tracks, paths and rough, exposed and often boggy moorland (above 2000ft in some areas). Whilst the courses all afford panoramic views of the dales, there is as expected for October, the possibility of poor weather conditions on the day. The organisers therefore ask that the following is conveyed to all runners:

- Competitors must bring and be prepared to carry with them all safety equipment, including a decent compass, whistle, full body wind and waterproof cover, hat, gloves, plus anything else which may be needed for any foul October day weather! Maps will be provided. Kit checks will be carried out and each runner must compete with their own safety equipment.

- All usual 'FRA Rules for Competition' will apply. Competitors must be aged over 18 on race day, must be first claim members of their participating club and must wear their club vests. Competitors may only compete on one leg – as in no doubling up!
- All team members are required to have fell running experience of at least two FRA registered races to be eligible to run, with a *recommended* minimum of two FRA registered 'B' medium category races in the 2 months prior to the event.

That said, no one should be put off by these eligibility requirements -there's plenty of category BM races between now and 15<sup>th</sup> October (the Stanage Struggle being one). I'll be down at the Pie Hall most Tuesdays between now and then, should anyone have any queries or concerns on this. One final note, the above information is an abridged version of that provided in the Summer 2011 edition of *The Fellrunner* and on the Bingley Harriers website [www.relay.bingleyharriers.org.uk](http://www.relay.bingleyharriers.org.uk) where further details on the race arrangements can be found.

Richard Howard