



The 28th
Winter Hill Fell Race
 Sunday 14th February 2010 at 10:00am

Rules & Condition of Entry. Held under FRA rules.

United Utilities have requested that no recce runs are done over the course

Sections of the course are over private land and your co-operation in conforming to the Fell and Country Code will ensure the race's future.

Registration, Start, Finish and Prizegiving at Rivington Hall Barn (upper barn), Rivington Lane, Horwich. GR 636145.

Please do not park in the main car parks, park on the approach to the barn.

Route: 11 miles, 2,700 ft of climb. Visiting 9 checkpoints:

- 1) Stream Junction GR 647139
- 2) Shooting Hut GR 671135
- 3) Stile GR 678151
- 4) Stone Post on Path GR 663147
- 5) Knoll Summit at Fence GR 662159
- 6) Trig Point GR 660149
- 7) Bridge (**cut-off time 2 hrs 10 mins**) GR 645154
- 8) Stream Junction GR 647139
- 9) Path Junction GR 639128

Parts of the course are marked and must be followed.

- AGE LIMIT** Minimum age limit 18 years old on the day
- EQUIPMENT REQUIREMENTS** ALL runners must carry the minimum safety requirements as laid down under FRA rules (see FRA Calendar). You must carry windproof whole body cover appropriate for the weather conditions, map (provided), compass, whistle and emergency food. **BRING IT WITH YOU.** This is an 11 mile category A race and is unsuitable for novices.
- RETIREMENT** Should any runner retire, they must report to an official at the finish. If near a checkpoint, they should also advise the marshal.

PAIR OF WALSH PB SHOES TO FIRST MAN AND LADY

HILLY SOCKS OR HAT TO ALL FINISHERS

Collect your number on the day. Teams of 3 to count for men and ladies.

Enter online at www.ukresults.net, or send entry form below to:
 Mr T Varley, 1 Kensington Drive, Horwich, Bolton, Lancs. BL6 6AE. Tel 01204 669570

ENTRY FEE £6.00. Cheques payable to T Varley by 10th February. Entries on the day £10 subject to race limit of 200

WINTER HILL FELL RACE 2010 ENTRY FORM

Name M/F Age (on day of race)

Address

Club Tel No

I understand that this race is held in accordance with both the Rules and Safety Requirements of the FRA. I confirm that I am aware of the organiser's information and requirements in connection with this race. I accept the hazards involved in fell running and acknowledge that I am entering and running this race at my own risk. Other than the organiser's liability for causing death or personal injury by negligence, I confirm that I understand that the organiser accepts no liability to me for any loss or damage of any nature to myself or property arising out of my participation in this race.

Signed Date