



# Chapelfell Top Fell Race

## Instructions to Runners

<http://chapelfelltop.fellrace.info>



**We are one of just a few fell races to go ahead. Please help us make sure our race is safe and is seen to be safe.**

### **What to bring with you**

You must bring with you and carry full FRA kit:

- Race number (enclosed)
  - Map (enclosed)
  - Compass
  - Whistle
  - Waterproof top with integrated hood and taped seams
  - Waterproof bottoms with taped seams
  - Emergency food
  - A face covering or buff which can act as a mask
  - Hat
  - Gloves
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- A mobile phone is recommended

There will be no food or water provided on the course you must be self-sufficient on the run.

### **Arrival to Start**

There is no formal car park for the race. Please park considerately and legally in St John's Chapel.

Public toilets are available in the centre of the village.

### **Bring your race number to the race.**

Written on your race number is your time to arrive at Chatterbox café, a time to go to the start and a start time. This is being choreographed so that runners flow through the registration and start process without forming in large groups.

Please stick to the times indicated, wait in your car if you arrive too early and please do not gather in groups around the Chatterbox cafe, or anywhere else.

A marshal will tick off your number as you go past the Chatterbox café. FRA rules for runners and risk assessment documentation is available [here](#).

The start is a 5 to 10 minute walk from Chatterbox café. This path up is strictly a one way system (up only), do not use this hill for warm up reps.

At the start your number will be ticked off again, you will be given a full race briefing and there will be a full kit check.

### **During the Run**

Please be mindful that there are a lot of nervous people out there so give other runners and countryside users a wide birth – even if it means losing a few seconds to overtake at a safe distance.

Our sport is dependent on you acting responsibly, patiently and respectfully.

### **After the run**

After you finish, please walk through the finishing funnel, turn left and walk along the road back to the Chatterbox Café.

No water will be provided, please leave a drink in your car.

Do not run back up the race route, this track is a strictly one way system (down only).

Please don't gather in groups. It is important to keep safe and be seen to be safe.

There will be no prize giving. We will allocate the prize fund to a local charity. Results will be available on the event webpage <http://chapelfelltop.fellrace.info>

The Chatterbox café will be open and happy to provide you with some post-race cake and a coffee. If you decide to use the café, please continue to follow government guidance regarding social distancing.

We look forward to seeing you on the day and hope that you have a great run!