



Silent Night Fell Race – Instructions to Runners



<http://chapelfelltop.fellrace.info/silent-night-race/>

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.

This is a winter night fell race, the course is not lit or marked in any way, you must navigate over rough pathless terrain to the 703m summit of Chapelfell Top and navigate down again. In entering this event you have declared that you have suitable experience to complete this course safely.

You must not attend the event if you are showing any signs of Covid-19 symptoms: a high temperature, a new, continuous cough, a loss or change to your sense of smell or taste, you have been in contact with anyone showing any signs of Covid-19 symptoms in the past 14 days, you have travelled within the last 14 days to an international location where self-isolation is required following your visit.

What to bring with you

You must bring with you and carry the following kit:

- In all weather conditions
 - Map (supplied with race pack)
 - Race Number (supplied with race pack)
 - Compass (suitable for navigation – not a button/toy compass)
 - Whistle
 - Head Torch
 - Spare Head Torch
 - Waterproof top with integrated hood and taped seams
 - Waterproof bottoms with taped seams
 - Emergency food
 - Mask/Buff
 - Gloves
 - Hat
 - Hand Sanitiser
 - Emergency Bivvy Bag (not a blanket)
 - SPARE Warm insulated top and SPARE full length tights in a waterproof bag
 - Mobile Phone with RO phone number stored in it 07739462684

You may carry a GPS watch, but as per new FRA rules GPS must not be used for navigation during the race. In an emergency if you use it for navigation you should declare yourself non-competitive at the finish.

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, if you use the toilets please wear your face mask and use your hand sanitiser on entry and exit.

Bring your race number to the race attached to your chest.

The start time has been changed to be a mass start of 7pm for all runners.

You should arrive at the Chatterbox café between 6:40 and 6:45pm.

You should arrive at the start between 6:45pm and 6:50pm, where you will be kit checked. Please put on your face mask for the kit check.

Start line briefing will be at 6:55pm.

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 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 give other runners, marshals and countryside users a wide berth – even if it means losing a few seconds to overtake at a safe distance. Our sport is dependent of 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/silent-night-race/>

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