



Chapelfell Top Fell Race

Instructions to Runners

<http://chapelfelltop.fellrace.info>



We are looking forward to welcoming you to our evening fell race up Chapelfell Top. The race is unmarked and goes across rough ground. Please ensure that you are wearing appropriate footwear and clothing and are prepared for the conditions.

This race is licensed by the FRA and is run in line with their rules. GPS must not be used for navigation. Click on the link to see the FRA rules.

<https://www.fellrunner.org.uk/documents/2021/FRA%20Rules%20for%200Competition%202021%20-%202024-08-2020.pdf>

If you are not familiar with them, please also read the FRA's requirements for runners

<https://www.fellrunner.org.uk/documents/2021/FRA%20Requirements%20for%20Runners%202021%20-%202024-08-2020.pdf>

You must not attend the race if you are showing any signs of Covid-19 symptoms:

- *A high temperature*
- *A new, continuous cough*
- *A loss or change to sense of smell or taste*

In addition, do not attend if you have:

- *Been in contact with anyone showing signs of Covid-19 symptoms in the past 14 days.*
- *Been asked to isolate by NHS Test and Trace service*
- *Travelled within the last 14 days to an international location where self-isolation is required following your visit.*

Kit requirements:

- **Race number;** collect at registration
- **Map;** available on the race website, some also available at registration
- **Compass**
- **Whistle**
- **Waterproof top with integrated hood and taped seams**
- **A face mask or buff**
- **Hand gel**

Bring and be prepared to carry depending on the weather forecast:

- *Waterproof bottoms with taped seams*
- *Hat*
- *Gloves*

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

At the 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.

Registration will take place on the green opposite the Chatterbox café.

Please wear a face covering during registration.

Bring your completed FRA 'On the day' form. You will not be able to take part in the race without completing this form as per FRA rules. Available to download via the race website

<http://chapelfelltop.fellrace.info>

Follow all personal hygiene guidance including washing your hands, carrying tissues for sneezing and carrying a face covering.

Use hand sanitiser: before arriving, at registration, when using the toilets.

Race briefing

There will be no briefing on the night. Please take note of the following key points:

- If you retire, get lost or don't finish please make your way back to the finish ensure a marshal has ticked off your number.
- Course is not marked. The top section when you leave the wall corner is pathless, rough ground across bog and peat hags watch your footing. Pay attention to the navigation on the way down, head north from the summit.
- Do not climb walls at any point on the route.
- Two marshals at the summit and the marshals on the gate **on the way down** will record your number so make sure they can see it clearly.
- Maintain social distancing guidelines at all times. Do not race in people's slipstream. When overtaking please give an appropriate amount of space.

At the finish

After you finish, please take off your number and place in the box.

No water will be provided.

The Chatterbox café will be open and happy to provide you with post-race cake and drinks.

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>

Following the race

If you develop Covid-19 symptoms and/or have a positive test with 72 hours of the race, you must contact the race organiser (Fran Blackett, chapelfelltop@gmail.com)

If you test positive you should complete the UKA Covid-19 Report Form

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

Fran Blackett
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Durham Fell Runners