

**KAC Presents: British Athletics Fell and Hill Relays 2023**  
**Saturday 21<sup>st</sup> October 2023: 11am**

*We're looking forward to welcoming you all to the British Fell and Hill Relays. Please spend some time familiarising yourself with the information below before you travel to the event. Thanks, and have a great event!*

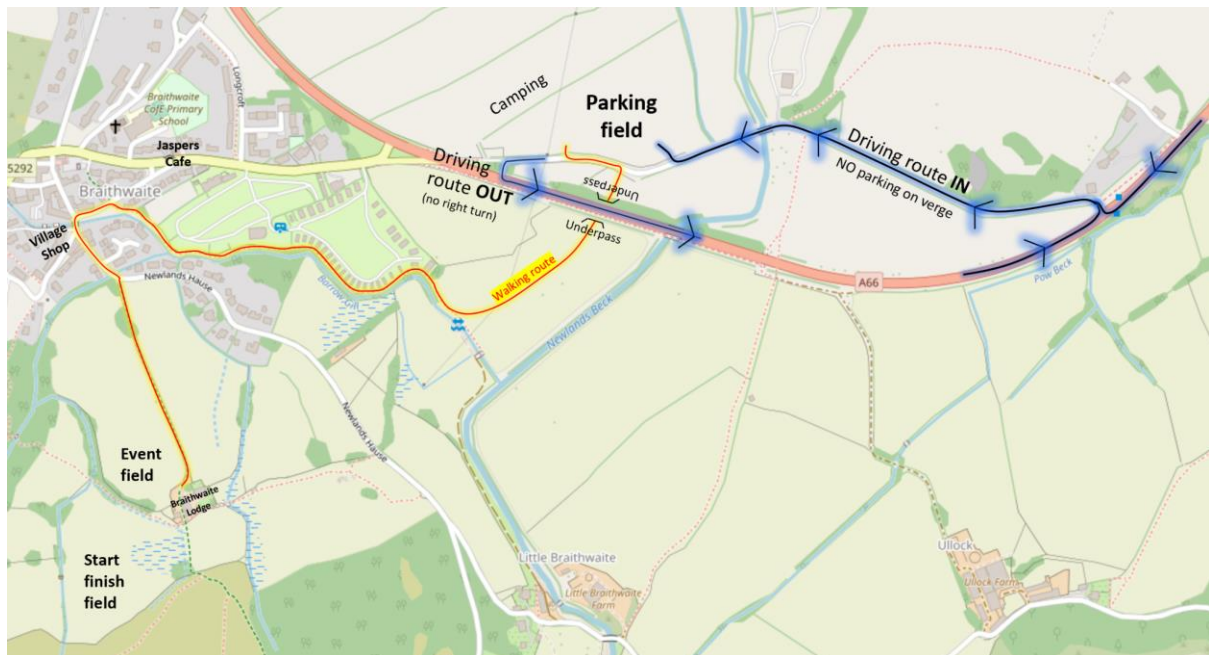
### **Essential Information**

- **No recces are permitted from the start/finish field** as the fells are accessed via private land. All flagged sections of legs 1, 2, 3 and 4 are mandatory and must be followed. Failure to follow flags will result in team disqualification.
- Team Declaration closes on SiEntries at **12:00 midday on Friday 20<sup>th</sup> October**.
- Parental Consent Forms are required for all under 18s running leg 1- (these can be found [here](#))
- Team Captains must obtain emergency contact details for each competitor on the form provided [here](#) and bring this to registration. No form, no entry.
- Parking is just outside the village of Braithwaite, approximately 1km from the Event Field. Please allow 15 minutes to walk from the car park to the Event Field by the well-marked route. Please lift share.
- Event parking is £10 per car per day and includes camping (for example camping overnight on Friday and leaving after the event on Saturday will cost £20 per car).
- Dogs are not allowed on the Event Field.
- On-the-day Registration is open to Team Captains from 8.00am to 10.30am
- Competitors should enter kit check and the holding pen in plenty of time for their leg
- The [2023 British athletics fell and hill relay rules and guidelines](#) and the [FRA Requirements for Runners 2023](#) will apply.
- Minimum FRA kit requirements for AM races will apply to all legs irrespective of weather: **waterproof whole-body cover (with taped seams and integrated attached hood), hat, gloves, map of the route, compass, whistle and emergency food. Each runner on leg 2 and 3 will also have to carry a survival bag – this is mandatory kit, failure to carry this will result in disqualification.** Please remember to bring your own safety pins.
- For the safety of our hill marshals there will be a mandatory cut off on Leg 3 at Checkpoint 6 of 16:15. All teams that have not reached checkpoint 6 by this time will be timed out (and the team will be recorded as 'DNF') and instructed to proceed straight to Race HQ following marshals' instructions.
- All competitors will receive a free meal. Please bring your own mug for a hot drink. Food and drinks are available to buy on site. Drinking water is available on site. Braithwaite village shop will also be open for business along with the 3 village pubs.
- For any other queries not answered in this document, please contact [relays@keswickac.org.uk](mailto:relays@keswickac.org.uk) Do read the document fully first though before asking!!

## Event Timetable

|                |   |
|----------------|---|
| 07:30am        | Car park opens at Braithwaite.  |
| 08:00am        | Registration opens at the Event Field for Team Captains                     |
| 10:30am        | Kit check opens for Leg 1 runners who then wait/warm up in the Holding Pen. |
| 10:30am        | Registration closes   |
| <b>11:00am</b> | <b>Race Starts!</b>   |
| 11:25ish       | Leg 1 Men's leaders expected at finish                                      |
| 11:30ish       | Leg 1 Women's leaders expected at finish                                    |
| <b>12:00</b>   | <b>Leg 2 Mass Start</b>   |
| 12:35ish       | Leg 2 Men's leaders expected at finish                                      |
| 12:50ish       | Leg 2 Women's leaders expected at finish                                    |
| <b>14:00</b>   | <b>Leg 3 Mass Start</b>   |
| 13:45ish       | Leg 3 Men's leaders expected at finish                                      |
| 14:10ish       | Leg 3 Women's leaders expected at finish                                    |
| 14:20ish       | Men's winner expected at finish   |
| 14:50ish       | Women's winner expected at finish   |
| <b>15:30</b>   | <b>Leg 4 Mass Start</b>   |
| 16:00          | Prizegiving commences   |
| <b>16:15</b>   | <b>Leg 3 cutoff at CP6</b>  |
| <b>17:00</b>   | <b>RACE COURSE CLOSES</b>   |

## 1. Arrival and Parking Instructions



**Car Parking:** All competitor and visitor parking will be at Pump Field, Braithwaite Old Bridge, Braithwaite, Keswick CA12 5TD. (What 3 Words /// constants.pipeline.duration). The car park will be open from 7.30 am on the day of the event.

Old Braithwaite Bridge Road will operate a one-way system. Pump Field is accessed via Old Braithwaite Bridge Road from the A66. Competitors travelling west along the A66 are requested to turn right into Old Braithwaite Road, which is 200m after the left turn to Portinscale. Competitors travelling east along A66 are requested to use the same access and not the first access opposite the right-hand turn into Braithwaite. Access will be clearly signed. Please follow the instructions of the marshals who are there to help get everyone off the A66 quickly and prevent a tailback.

There is **STRICTLY NO PARKING** on Old Braithwaite Road, this is required for coach and minibus car parking and to keep access available for Emergency Vehicles. You will be moved on if you attempt to park here on Friday evening or Saturday. There is no parking in Braithwaite Village. Please help us to maintain good relationships with the locals by keeping to this agreement.

On entering the parking field, please follow the marshals' instructions. Car Parking fee of £10 per car/van will be collected once the vehicle is parked, this is to reduce the risk of queueing outside the field. Please bring £10 in cash. Car sharing is recommended and ideally no fewer than 3 people per car.

On exiting the car park all traffic is to turn right and then turn left onto the A66, please do not turn right across the A66 as this will cause delays in exiting the field.

If inclement weather conditions mean the field is unable to be used, alternative instructions will be issued prior to the event.

**Coach and Minibus Parking:** Pre-booked coaches and minibuses will be parked free of charge along a section of Braithwaite Old Bridge Road. Access instructions remain as for cars. **Please notify us via SiEntries if you are bringing a coach or minibus.**

**Camping** (including campervans) is available from 6pm on Friday 20<sup>th</sup> until 10am on Sunday 22<sup>nd</sup>. Campervans will be parked on the Parking Field. Tents will be accommodated in an adjoining field, but cars must be parked in the parking field. Toilets and water will be available. All rubbish must be taken away. BBQ's and Fires are not permitted. Please note there is no lighting in either field. Dogs are allowed in the Camping Field but not the Event Field. Owners are respectfully reminded to ensure any mess is cleared. Camping is £10 per vehicle per night/day. ***Please notify us via SiEntries if you intend on camping.***

**Access to the Event Field:** The car park is approximately a 15-minute walk to the Event Field. The route will be fully flagged from car parking to the centre of the village, the route will pass under the A66 on through adjacent fields/public footpaths. Competitors are requested not to cross the A66.

**Dogs:** Please do not bring your dog to the event if possible. However, we appreciate this is not always possible, therefore dogs are allowed in the parking field. Please keep your dog supervised and clean up after them. Please do not leave dogs in a car on the parking field. There are strictly **NO DOGS ALLOWED ON THE EVENT FIELD or on the route to the Event Field as this is private land.** Anyone wishing to take dogs on the fell should use a public right of way.

**Take litter away:** Please respect the landowners who have given us permission to run the event and take away all your litter.

**Club tents:** Unfortunately, there is no provision to drop club tents off - these will need to be carried from the event parking.

**Bikes:** An area close to the Event Field will be made available for bike storage. This won't be a secure store and responsibility for security remains with the owner of the bike. This area will be clearly signed.

**Disabled Access:** Please contact the event organisers if disabled access is required to the event arena and this can be arranged.

## **2. Team Declaration: Friday 20<sup>th</sup> October 12:00 (midday)**

**By midday on Friday 20th October you must complete your team declarations on the SiEntries website.** Please do so earlier if you can - you will still be able to make last minute changes until 12:00 midday. Thereafter, any changes will need to be made at Registration on race day. We will assume that any team failing to fully declare online by the cut-off time will not be turning up. All such teams will be removed from the start list.

Team categories cannot be changed by the team themselves, this can only be done by emailing [relays@keswickac.org.uk](mailto:relays@keswickac.org.uk)

## **3. Registration: Saturday 21<sup>st</sup> October 08:00am – 10:30am**

In order to complete registration and get your team envelope you must have:

- A complete Team Emergency Contact Details form with details for each of the six runners - available [here](#) (please ensure you retain a copy of these details).
- A Parental Consent Form for any junior runners (aged 16 to 18) who intend to compete on Leg 1, available [here](#).

- In addition, team captains will need to sign a team declaration sheet confirming the names of their runners, this will be provided at registration.

### **Team envelopes** will contain:

- Six race numbers as follows: one green number for Leg 1; two yellow numbers for Leg 2; two red numbers for Leg 3; one blue number for Leg 4.
- Maps: one for Leg 1, two for Leg 2, and one for Leg 4. Note: Two maps for Leg 3 (navigation leg), will be issued 350-400 metres after competitors leave the changeover area.
- Four 'dibbers' for electronic punching, with wrist attachments marked with team number and leg, e.g. wristbands for team number one will be labelled A1(for Team 1, A2 for Team 2 etc.) for Leg 1, B1 for Leg 2, C1 for Leg 3, etc.
- Meal Tickets are printed on the bottom of numbers so remember to keep your number!
- Please note, safety pins are **NOT** provided – please bring your own!

### **Team Captain Instructions**

Team Captains need to:

- (a) Ensure that Team Members have read the Final Details!
- (b) Issue the **Correct number, Map (Legs 1, 2 and 4 only) and dibber (SI card) to the Correct Runner(s) as the timing and results will only work correctly if each Leg uses the correct dibber.** Please remember to bring your own safety pins for the numbers.
- (c) The Leg and Team number are written on each wrist-strap (e.g. Team 45 leg 1 card will have 'A45' written on the tyvek wrist-strap, 'B45' for leg 2, 'C45' for leg 3 and 'D45' for leg 4. There is only one dibber for each Leg.)
- (d) **If, having registered, your team withdraws from the race for any reason you must report to the download tent to report your retirement from the race.**

### **Competitor Instructions**

Competitors need to:

- Double-check you have the correct dibber before you strap it on a wrist! – it should match your number.
- Report to kit check in plenty of time to enter the holding pen in the Event Field. Please ensure you are there in good time to have your kit checked. There is space to warm up in the pen and toilets for the nervous! Kit check will remain open all day, with extra 'staffing' at peak times. It will be possible to get kit checked early and then come back to enter the holding pen near the time, so there is no excuse to leave it to the last minute!
- Report to kit check carrying the minimum FRA kit requirements for AM races which will apply irrespective of weather conditions: **waterproof whole body cover (with taped seams and integrated attached hood), hat, gloves, map of the route, compass, whistle and emergency food. Leg 2 and Leg 3 runners will also need a survival bag each (1 for each runner - blankets are not acceptable). Each team will therefore need 4 survival bags.**

- Once you are in the holding pen you are 'live' in the race and must not pass back out this area.
- Each team is responsible for dibbing (punching) the Sport Ident (SI) unit at each control point. Once you have dibbed your SI Card in the control unit, you must hold it there until you have seen one flash and heard one beep. Removing the dibber too quickly will result in a missed punch and could result in team disqualification. Be aware that other control units at the same control site will also be beeping as they are punched. Any attempt to deliberately miss a checkpoint (e.g. not stopping to dib) will result in disqualification.
- Lost Dibber: (Sport Ident Card) – If you do not have a dibber (SI Card), you cannot demonstrate you have visited the necessary control points – losing your dibber disqualifies you from the competition. There is a £30 charge for each lost dibber (SI Card) and **£15** if you break your SI Card. We recommend attaching the appropriate dibber (SI Card) to the runners wrist with the provided Tyvek wrist bands prior to entering the holding pen.
- At the end of the event, all SI Cards **MUST** be handed in to the organising team **AT THE FINISH**.
- Results are live and available immediately after finishing by scanning the QR code on your results printout, or via this link  
<https://www.sportident.co.uk/results/KeswickAC/2023/BritishFellRelay/>  
There will also be results screens available on site.
- **Retirement: If you retire then you must report to the FINISH.** Telling a checkpoint marshal isn't sufficient. Reporting to the Finish is an essential safety requirement of the event and avoids an unnecessary search and a potential ban by the FRA from future events.
- **See course notes for further instruction on leg changeover instructions.**

## 4. Course Notes

Please find below the official Harvey maps of leg 1, leg 2, and leg 4. These are also available at <https://keswick2023.weebly.com/>. The 'team envelope' issued to the team captains at registration will include:

1x Leg 1 A4 map (1:25,000) showing the fully flagged race route,  
2x Leg 2 A4 map (1:25,000) showing the partially flagged and recommended route,  
1x Leg 4 A4 map (1:25,000) showing the partially flagged and recommended route.

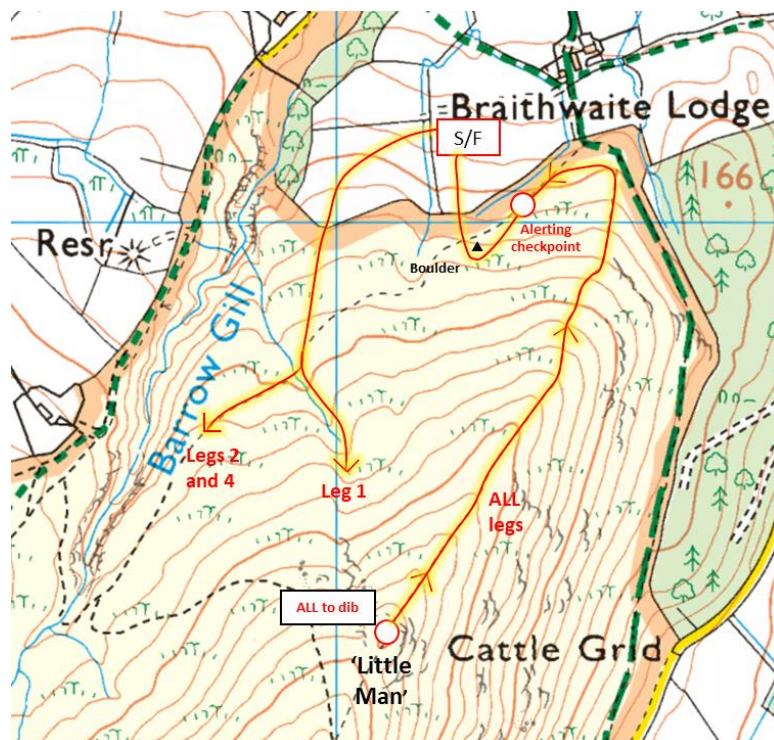
For Leg 3, the navigation leg, each competitor (i.e. both of the pair) will be given an A4 map (1:25,000) approximately 300-400 metres from the start.

### Start/finish arrangements:

**Start** - All legs will leave the start field via the gate in the SW corner. Please note that the start field **CANNOT** be crossed during recess. Flagging for most routes will continue beyond the gate to set runners off in the correct direction.

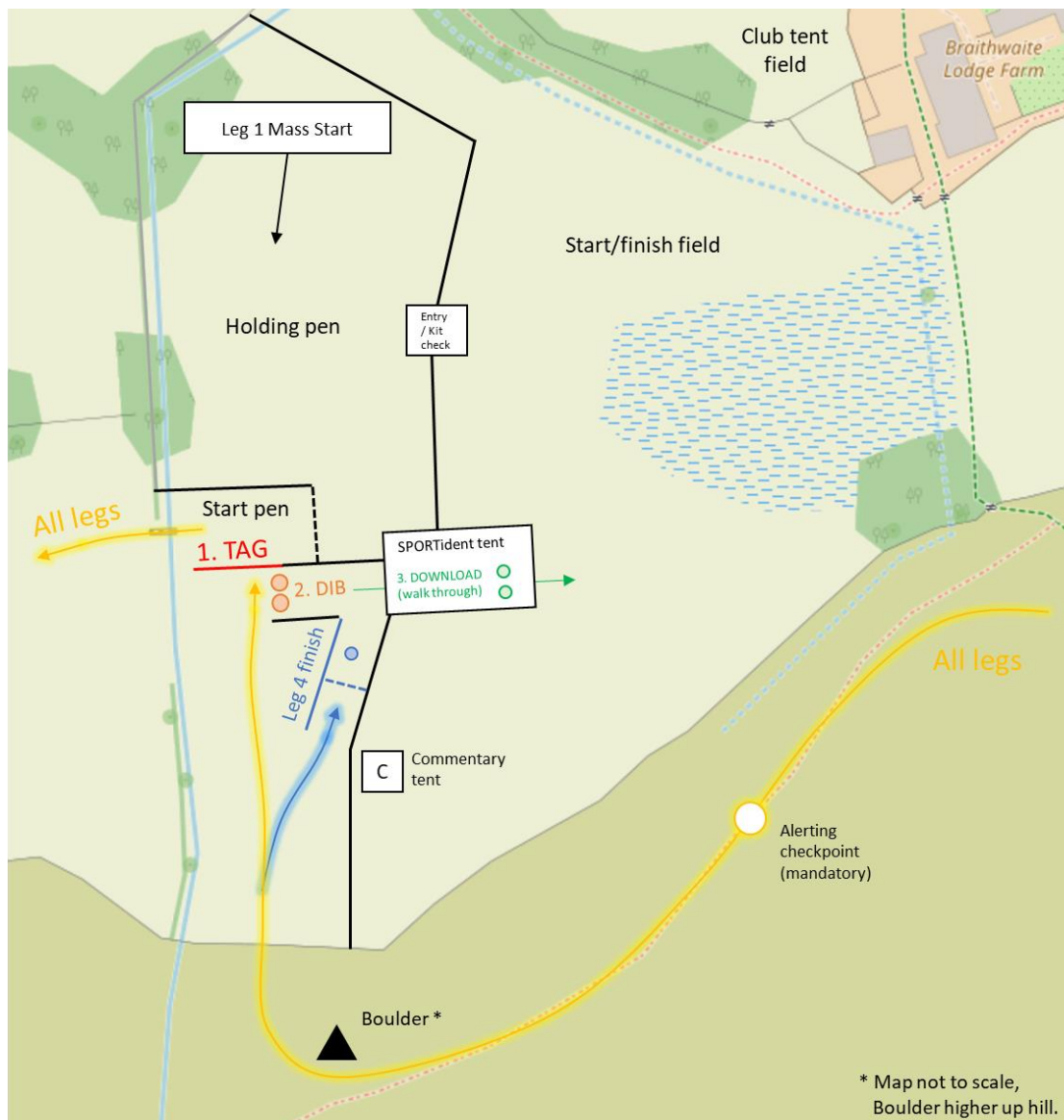
**Finish** - All routes will return via Barrow 'Little Man', the knoll halfway up the ridge of Barrow (**see note below**). From here the route is flagged and mandatory. It will continue down the ridge towards the fell gate, swing back up near the fence line, up around a big boulder, and then drop down to re-enter the start/finish field. This should allow competitors to see their teammates approaching and have time to ready themselves. To aid with this there will be a **live 'alerting checkpoint'** which automatically informs commentary who is approaching. Dribbling here is **mandatory**.

Note that the **'Little Man' of Barrow** is either a checkpoint or is passed by competitors on every leg. **To avoid confusion, we are going to ask ALL competitors to dib there**, even though it doesn't appear as a checkpoint on the leg 2 and leg 4 maps. This also gives everyone a time from there to the finish, and we will award some fastest finisher prizes!



### Changeover arrangements:

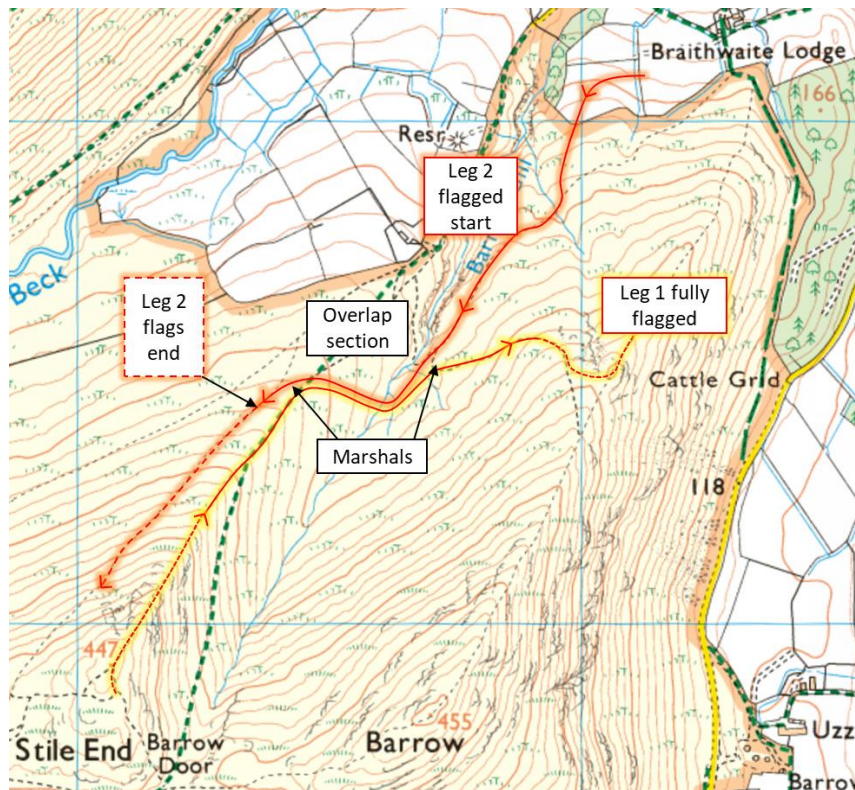
- All legs start from the holding pen in the start/finish field. Please ensure you are there in good time to have your kit checked. There is space to warm up in the pen and toilets for the nervous! Once you are in the holding pen you are 'live' in the race and must not pass back out this area.
- If having registered you withdraw from the race for any reason you must report to the download tent to report your retirement from the race.
- You will only be allowed to enter the start pen from the holding pen by marshals when your previous leg runner(s) are seen approaching the finish down the ridge and up the fence line. When finishing a leg the approach is **TAG**.....**DIB**.....**DOWNLOAD**. Outgoing runners must physically tag the incoming runner to start their leg.
- There will be a **separate lane for leg 4 runners** to prevent fastest dibber winning! Arrangements will be made to allow spectators to watch the leg 1 mass start in the south-western field to the left on the map below.





### Leg 1 and leg 2 overlap:

Please note that there is a short section of leg 1 and leg 2 which overlaps and will have competitors running in opposite directions. In order to avoid any collisions, the routes will be flagged with a good gap between them and marshals will be at either end to caution the runners. Please be aware and keep as close to the flagged lines as possible. See map below:

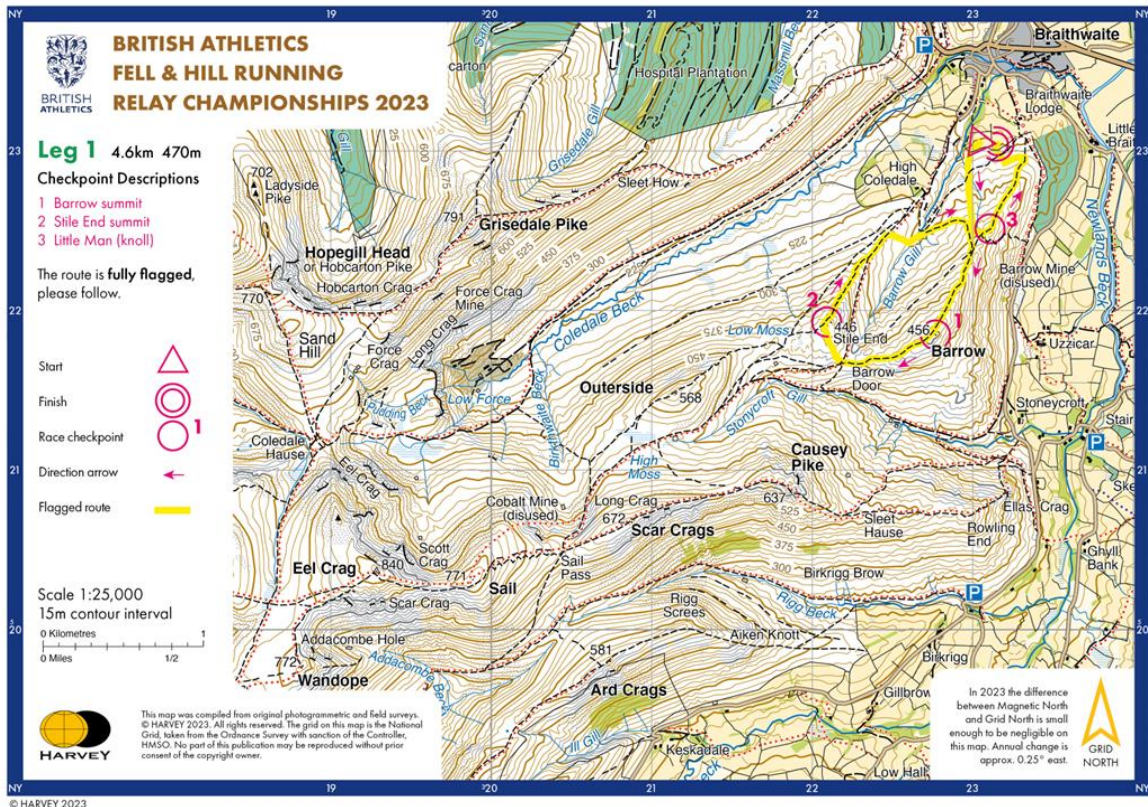


### Leg 1: Solo, 4.6km, 470m climbing.

The **fully flagged** (red flags) route exits start field and proceeds up the valley of open grassland up to the ridge of Barrow, and on to the summit, **CP1**. There is then a flowing descent to Barrow Door and short sharp climb up to Stile End, **CP2**. The steep slippery descent off from the summit down the nose will require care to stay upright! After swinging right and down to cross the beck there is then a final sting in the tail with a climb up a diagonal trod to the 'Little Man' of Barrow, **CP3**. Finally, competitors will be able to let go down the ridge of Barrow back start, albeit with a little drag to get them back into the start finish field!

Please note that after coming off the nose of Stile End the route overlaps with the leg 2 route as it heads down to cross the beck. See the separate route notes section for further details, listen to the marshals and stick closely to the flags!

This leg is perfect for less experienced runners and is the only leg that juniors will be allowed to compete on.



## Leg 2: Paired, 12.6km, 1030m climb.

A tough test of all-round fell running ability, runners should have suitable prior experience before setting off on this one!

After leaving the start field the route will initially be flagged (blue flags) along the side of Barrow, across the beck, and up onto the open fell. This will set runners off in the right direction but also highlight the overlap at the beck crossing with the leg 1 route. See the separate route notes section for further details, listen to the marshals and stick closely to the flags!

Once on the open fell the route choice is up to the runners. The easiest way to **CP1** at Outside would seem to be a trod traversing around Stile End to the tarn at Low Moss. From there it is a scrappy heathery climb to the top.

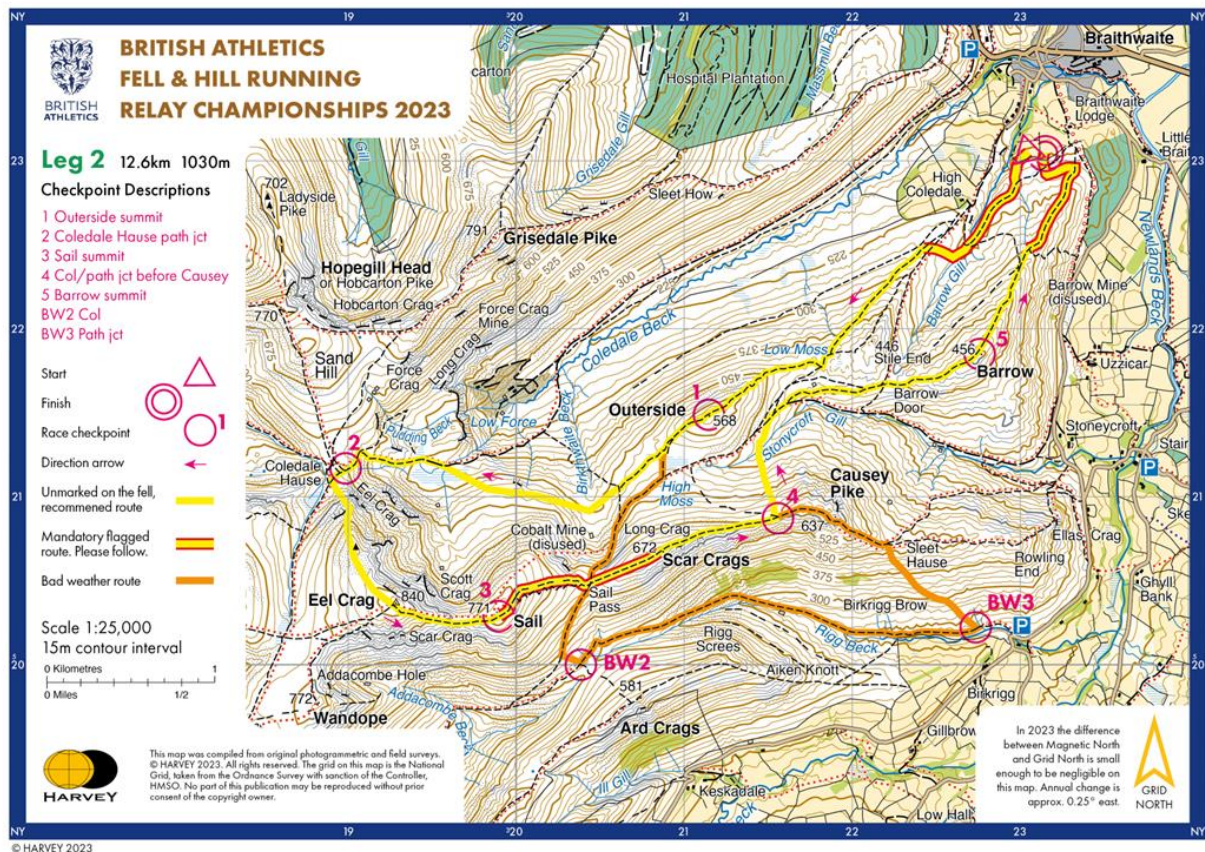
The next checkpoint at Coledale Hause, **CP2**, provides runners with some open route choice. Sticking to the paths will be easier running but require more elevation loss and gain, and we suspect most teams will traverse over rough ground to keep their height.

While **CP3** is all the way round at Sail summit, there is really only one way forward and that's the classic scramble up the end of Eel Crag and over Crag Hill as featured in the popular Coledale Horseshoe race. Although some may consider running up the valley to avoid the scramble. Whichever way you choose, care must be taken on the loose rocky descent off Crag Hill towards Sail!

From the checkpoint at Sail there is a section of **mandatory flags to follow (blue flags)**. We know fell runners won't want to use the zigzags, but we can't be seen to make the trod immediately next to them any worse, so the flags are there to keep runners well to the left of them. **Please respect this, any teams seen veering across too early will be DQ'd.**

Having followed the flags down to Sail Pass and up onto Scar Crag there is then one of the best sections of ridge running in the Lakes. Fast, flowing and with fantastic views down over Keswick, this is a highlight of the route. Upon reaching the col before the climb up to Causey, **CP4**, the nature of the descent will abruptly change as runners are turned down the steep grassy hill side down to the mine track, as featured in the Causey Pike race.

Once on the mine track there is a left-hand turn to look out for to pick up the track across Barrow Door, and a 'fast' final climb up to Barrow, **CP5**. Runners can then let the legs go down the ridge to the finish, initially with some line choice at the top, and then the mandatory flags from 'Little Man' onwards (**blue flags**). Although not marked on the map, to avoid confusion with other legs **all runners are to dib at 'Little Man.'** There is a fastest finisher prize for quickest back from there!



In the event of bad weather ruling out running over the highest summits, there is a bad weather route. In this scenario runners will divert from Outside up through Sail Pass and down into the Rigg Beck valley. A somewhat more sheltered descent down the valley leads runners to the foot of the daunting climb up Causey, as featured in the Buttermere-Sailbeck race. Although this still takes the runners up high the exposure to the elements won't be as long, with them soon rejoining the original route and descending towards Stoneycroft Gill. Of course we hope this route won't be required.

**Leg 3:** Navigational, paired. 10.0km, 705m climb, pathless terrain.

**Cutoff at penultimate checkpoint at 16:15.**

Leg 3 is the navigational leg where runners will not have any knowledge of the route until they collect maps shortly after starting. Of course we can't say much more... the route has been kept top secret and is only known to a handful of people!

The only thing we can say for sure is that both team members need to be experienced fell runners, comfortable on rough ground / open fell, and at least one of them should be able to navigate!

As the route is a serious undertaking there will be a **cutoff** this year at the penultimate checkpoint at **16:15** to ensure we can get all competitors back to HQ before 5pm, course closure. But that's still 2hr15min after the leg 3 mass start giving plenty of time for even the slowest pairs to get round safely.

Competitors will be **required to follow the flagged route (blue flags) from the last checkpoint to the finish.** There is a fastest finisher prize for quickest back from there!

**Leg 4:** Solo, 6.9km, 560m climb.

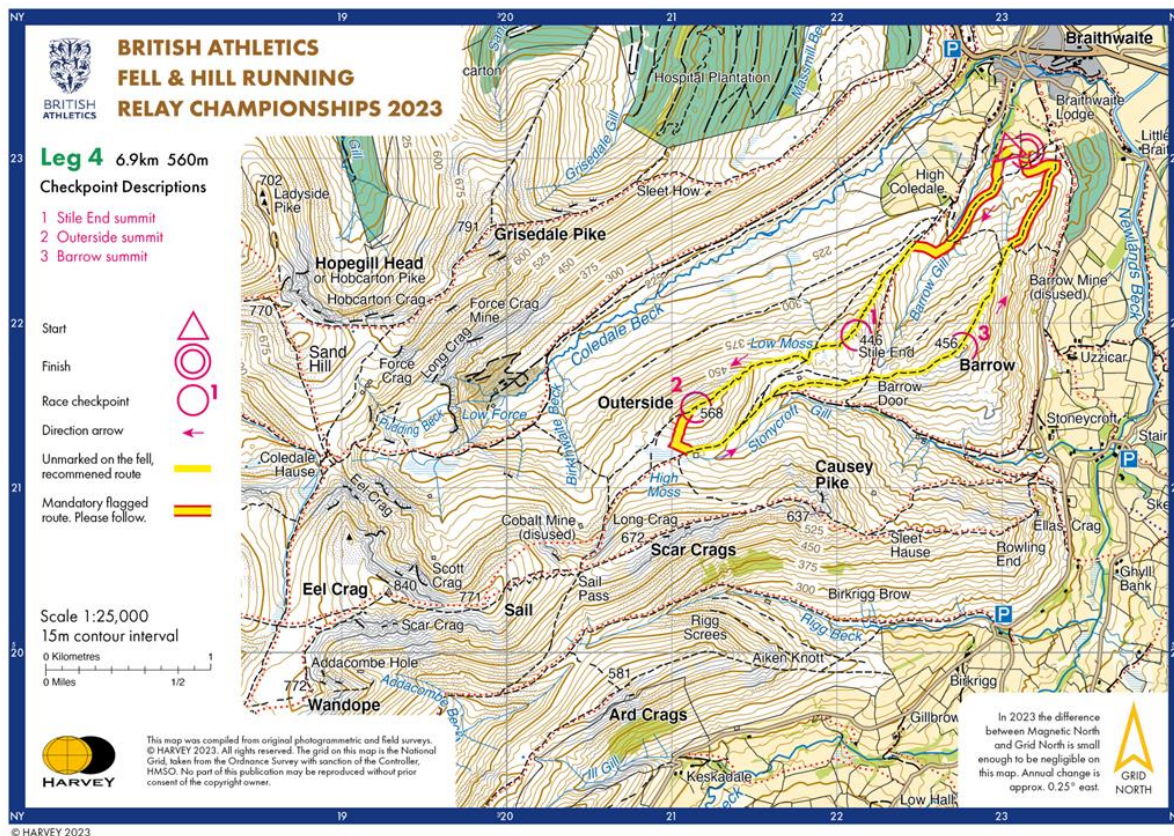
SOB, a classic race route! For those who don't know, that stands for the three checkpoints, Stile End, Outerside, and Barrow.

Runners will leave the start finish field, flagged initially to the beck crossing (**blue flags**), then head up onto the open fell and towards the ominous nose of Stile End. Once reaching the foot of the climb, most will be reduced to a walk (if not done so already...), and it will be a tough slog up to the summit, **CP1**.

Upon reaching the summit, runners will be treated to a nice fast descent off the back. However, there is then a decision to be made for how runners choose to navigate the bogs around Low Moss tarn before they can approach Outerside. If they make it through, they have a scrappy climb to get themselves up and out of the heather, before the gradients ease off towards Outerside summit, **CP2**.

The **flags off the top down to the mine track are compulsory (blue flags)**. You probably wouldn't want to go any other way in the thick heather to avoid twisting an ankle anyway! Once down onto the mine track a bit of care is required over the loose cobbles, and the left-hand turn for the trod across Barrow Door must be looked out. There is a 'fast' final climb up to Barrow, **CP3**, but runners may not be moving as fast as they hoped by now!

However once at the top they can then let the legs go down the ridge to the finish, initially with some line choice at the top, and then the mandatory flags from the 'Little Man' onwards (**blue flags**). Although not marked on the map, to avoid confusion with other legs **all runners are to dib at 'Little Man.'** There is a fastest finisher prize for fastest back from there!



## 5. The Event Field facilities

- **Marquee:** Contains tables and chairs for eating your meal. Please give up your seat when you have finished eating.
- **Changing tents:** One for men; one for women.
- **Toilets:** There are toilets at the car park and Event Field. Please do not relieve yourself anywhere else!
- **Bike park:** Storage for bikes will be provided. Please bring your own lock.
- **Pete Bland Sports Van**
- **Magic Mountain Pizza Company**
- **Lake Road Stop** for awesome crepes!
- Hot drinks from **Fellside Coffee** and **Lake Road Stop**
- **The Beer Shop** for those who fancy a pint!
- Area for **Club Tents**
- **Water** for competitors but please bring your own and don't rely on this as we do not have a mains supply!
- **Hand sanitisers** will be available and we advise that these are used before consuming any food or drink.
- **Results screens.** Also available here

<https://www.sportident.co.uk/results/KeswickAC/2023/BritishFellRelay/>

A meal of a pulled pork bap (vegan and gluten free options), tea/coffee (lactose free option) and a doughnut will be available after the race for all runners between noon until 5pm. You will need to show your race number to receive your meal. If you are a late runner and don't expect to have finished until after 4.30pm, you may choose to eat before you run. Race food is only for competitors. Non-competitors or very hungry competitors, can purchase food from one of the additional caterers, who will be selling hot and cold drinks and snacks. They accept cash and card payments.

Whilst some water is available at the Event Field this is limited, so please bring what you will need on the day. We advise against drinking from streams and rivers etc.

## **6. Medal ceremony and prizegiving**

Prizegiving will take place from approximately 16.00, once the top three teams in each category have completed the course. We are very grateful to our sponsors for supporting the relays. These are **Ledlenzer, Vaga, PB Sports, Kong Running and KE Adventure**.

UKA medals and sponsor prizes will be awarded to the first three teams in each of the following classes:

- Men's Open
- Women's Open
- Men's V40
- Women's V40

There will also be prizes for the first three teams in the following classes:

- Men's V50
- Women's V50
- V60 (Open)
- Mixed (three men and three women)

There will be spot prizes so please stay for prize giving. Including fastest finisher from 'Little Man' of Barrow to the finish!

## **7. Impact**

We aim to lower the impact of our event. As such, we have some small requests:

- Bring your own water bottle and mug/flask for a hot drink.
- Use public transport where possible, travel by bike or in full cars or minibuses.
- Pick up your rubbish and take it away with you. Please note the parking is on farm land so it is essential to keep it free of rubbish.

Everyone listed below, and many others, have worked tirelessly to organise the relays today. Please give them a BIG thank you when you see them!

|                                 |                          |                                       |  |
|---------------------------------|--------------------------|---------------------------------------|--|
| <b>Event Director</b>           | Catherine Evans          | <b>Volunteer Team</b>                 | Lotty Bradford                               |
| <b>Race Organiser</b>           | Allan Buckley            | <b>Finance</b>                        | Phil Winskill                                |
| <b>Vehicle Management</b>       | Guy Illingworth          | <b>Event Field</b>                    | Jo Rolls and Paul Morris                     |
| <b>Website and Comms</b>        | Bethan Naylor            | <b>Course Design</b>                  | Matthew Atkinson<br>Andy Lewsley (nav)       |
| <b>UKA Referee</b>              | Geoff Briggs             | <b>Environment and Sustainability</b> | Carl Bradford and David Broom                |
| <b>Entries and Registration</b> | Patrick and Nicky Butler | <b>Commentary</b>                     | Jacob Tonkin, Phil Winskill, Nichola Jackson |
| <b>Administrative Support</b>   | David Crout              |                                       |  |

**Event Rules:** This event will be run in line with the Rules and Guidelines for the UK Athletics Fell and Hill Relay Championships which can be found [here](#)

**Maps, forms and other information about the event is on the event website:**

<https://keswick2023.weebly.com/>