

# STRETTON HILLS (2)

AN AS CATEGORY FELL RACE UNDER FRA RULES

**Distance:** 9.5km / 5.9miles

**Climb:** 670m / 2198 feet

## INFORMATION:

- The race is organised by Jim Tinnion for Mercia Fell Runners. Zoe Tinnion is the Assistant Race Organiser.
- Full First Aid stations will be at CP2 and at the finish.
- Key hazards are **the road crossing between CP1 and CP2, footbridges which can be very slippery, and a barbed wire fence on the right between CP5 and the finish.**
- In case of incident inform the nearest marshal and contact the Race Organiser. Note that there is no local MRT: the Race Organiser is best placed to plan a response to a serious incident. **Emergency numbers are Jim 07790 938447 and Zoe 07968 814257.**
- The best rendezvous point is the front desk just inside the school entrance.

Mandatory sections of the course are flagged with red and white tape and/or marshalled. The rest of the course is unmarked. Visit all checkpoints in order by your own route, avoiding out of bounds areas marked on the race map.

**FULL FRA KIT REQUIREMENTS APPLY, WHATEVER THE WEATHER ON THE DAY. Kit to be carried or worn must include waterproof whole body cover (with taped seams and integrated attached hood); hat and gloves; map of the route and compass; whistle and emergency food.**

## ADDITIONAL RULES:

- The use of GPS equipment for navigation is not allowed;
- You must keep away from the Out of Bounds (OOB) areas – these will be marshalled and anyone gaining an advantage by crossing OOB will be disqualified;
- Give way to descending runners – STAY LEFT;
- No headphones allowed – you need to hear traffic and marshals – the sanction will be disqualification;
- If you collect your race number and do not start, you must go to the start, inform the starter and return your timing chip to him;
- If you retire at any point after the start you must report to the finish, return your timing chip and inform the tally marshals – you cannot retire by informing a checkpoint marshal;
- In either case above if you fail to inform us that you are no longer part of the race you could cause a rescue callout. You will be reported to the FRA disciplinary committee and potentially could be banned.