

Final Details for Causey Pike Fell Race – Sat 15th March

Thanks for entering Causey Pike Fell race this coming Saturday. We hope you have a grand time on the hill.

This is just to give you some final details for the event and to say **please bring a cup!**

Parking

Parking is in a field in Uzzicar. **Please make sure you approach via Braithwaite.** If you try and come from Buttermere direction you won't be able to make the turn and marshals will send you into Braithwaite to turn around. There will be marshals around to help you park but please do car share as much as you can. The cost the parking is going directly to the farmer and is £5 per car. Please bring cash along to pay for this. Please do not park in the village, we need to be very considerate of others.

The grid reference is: **NY 234 217**

Timings

Registration will be open between 9:30 and 10:30am

Race Start is at 11 am

Prize giving is at 12:15pm.

Race HQ

Race HQ is in the same field as the parking. We are running the whole event outside using marquees. Please note that there is no internal warm space to wait etc. before the start - so please bring an additional warm layer, that you can wear whilst waiting to race, then pop into a waterproof bag and pick up at the end. We can not guarantee the safety of anything left at HQ during the race. We will have portaloos available.

Kit Check

Your kit will be checked on Saturday morning prior to you registering for the race. You will need to carry full FRA kit plus an additional base layer.

FRA kit is:

- **waterproof whole body cover (with taped seams and integrated attached hood),**
- **hat,**
- **gloves,**
- **map of the route,**
- **compass**

- **whistle**
- **emergency food.**

For this event you will also need to carry an emergency warm long sleeved base layer.

Maps

You will need a map of the area to pass kit check. We will have these on sale at HQ for £1 each. You are welcome to bring your own, but need to be aware of the race route and particularly the flagged mandatory sections.

Registration

Registration will take place at Race HQ. On arrival at registration you will need to go to kit check first, make sure you've passed that and then onto registration for the event where we'll give you your race number.

The Route

The race starts at the bridge on the road in Stair. It runs up to the Newlands road and then heads straight onto the fell. You need to head up Causey via Rowling End (CP1) and then head up the nose to the summit (CP2). From the summit there will be a short mandatory flagged section to the coll. You then need to head down to Stoney Gill Miners track (CP3) before making your way back down to the road. The event finishes on the bridge where it starts.

Refreshments

Tea, coffee, juice, water and soup will be all be available at race HQ after the event. They are being provided by Nav4 Adventure and the cost is included in your entry, but if you were prepared to make a small donation towards this, that would be very welcome. **Please bring your own cup!**

Results

The results will be compiled as soon as possible and the prize giving will take place around 12:15pm. Please stay and support that if possible.

Race Prizes

We're very grateful to Kong Running for their help with our race prizes. Prizes will be awarded to the following categories for both men and women:

Open winners - 1st, 2nd & 3rd

U23 - 1st

V40, v50, v60, v70: 1st.

Bad weather option

Please check the forecast before you leave home on Saturday and dress accordingly. We'll be in touch later in the week (Fri) if we need to implement our bad

weather option but that'll be a last resort. Forecast at the moment (Wed) is looking glorious: dry, sunny, very light winds and chilly.

That's all for now, thanks again for running with us ...we're looking forward to hosting Causey Pike Fell race for our second time!

Debs & Mel