

Newlands Valley Fell Races Competitors Final Information

Date of race: 12th April 2025, 1130hrs



Please help us by reading and understanding this as much as possible

Main Points and changes from the normal running of the event

1. If retiring, please report to the Finish Line Team. Your race effectively starts when you receive your number & dibber at registration. Please return your dibber to registration promptly. Don't go and get changed first.
2. There are 3 Specific Race Rules unique to this race. See Appendix 1 to 3. Prize winners have lost their prizes and were close to disqualification for not reading rules. Ask if not sure. Read the safety board on the day, please. It helps us all get home safe.
3. To ease start line congestion, Men set off 15 mins after the Ladies
4. To ease start line congestion, position yourself in the crowd in your likely finish position
5. Cockermouth Mechanics Brass Band are back again at the event!
6. I'm sure there are minor typos here. Any comments or offers of help to improve this are appreciated.

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Safety: The main risk is not putting on events like this. The physical and mental health benefits far outweigh any risk, which are significant, including DEATH.

This event brings together like minded people, in a not-for-profit environment, to spend a few hours together while running a race. Charity benefits from the profits from this race too. Humans thrive by spending time together and fulfilling their dreams and this event helps enable this for many of us. Let's not take this away. Look after each other, like you always have done. Let's all go home safe. This is all I ask of you. It makes the hundreds of hours of work by your 50 volunteers worthwhile. As soon as we give you your dibber at registration, **YOU ARE IN THE RACE**. If you retire from the race, inform a marshal AND hand back your dibber to the registration team at the finish ASAP, or get others to do it if you can't. If you don't do this, we will start the search for you and ultimately call police and Mountain Rescue. A ban is likely to follow if inconvenience volunteers. When you complete the race, **YOU MUST PLEASE** return the dibber to the registration team ASAP where you got it from. Numbers to be visible at all check points, at the start and at the finish. They need to be on your chest, not on your shorts please and not folded. You are responsible for determining you are fit to race on the day and you choose to start the race.

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Handing Back Your SPORTident Timing Dibber: After you finish, please proceed directly to the download station where you will hand back your timing dibber and receive a printout. Your result will appear online within a few minutes.

Results The link to results is <https://www.sportident.co.uk/results/FRA-English/2025/Newlands/>

There is a QR Code on the foot of the printout which when scanned, displays the online results on a mobile phone (mobile signal permitting).

Parking: Follow instructions given by parking team. ONLY park in designated parking area as directed/signed for the event (at grid reference NY239215). We try, as much as we can to not to impact others. Please DO NOT park on any of the country lanes in Newlands Valley – these are already congested; inconsiderate parking could jeopardise future events. There will be a £5 CASH ONLY charge for parking which goes to the landowner who kindly provides access to his land. This also gives an incentive to encourage car sharing or cycling. Please follow route through Portinscale shown in appendix 4.

Registration: Is at Newlands Adventure Centre, Stair, Keswick CA12 5UF. Registration opens from 08:30. Sign on at the “Big Green Shed” at the back of Newlands Adventure Centre ([link](#)) for collection of race numbers and dibbers. Bring your full FRA kit to registration for a kit check. Registration will close promptly 30 minutes before the race start. Anyone running the course for the first time may be given a short brief at registration. Allow an extra 5 minutes for this.

Toilets: There is a block on the parking field, 2 downstairs at the Adventure Centre (at side and front of building at the ground floor) and 6 toilets are on the first floor at the adventure centre (enter through the front as you approach the building). All are unisex.

Runners’ Road safety: The race routes use short sections of quiet public roads. Roads will not be closed to the public vehicles for this event or marshalled. It is ***your responsibility*** to use roads safely.

Race Timings:

0830hrs	Registration opens.
30 mins before race starts.	Registration closes
3 mins before race starts	Runner’s brief for ALL runners at the start line
1130hrs	Newlands Memorial Race Starts – Ladies
1145hrs	Newlands Memorial Race Starts – Men
1250hrs	First Finishers due
1300hrs	Food, for those that bought it, is available.
1430hrs	Finish line moved to where prize giving is
1500hrs	Prize Giving outside registration building + Draw for Charity Raffle

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Races will start promptly even if registered runners are absent from the start line. You are entered in the race once you pick your race number and dibber from registration.

Times may be subject to changes due to unplanned events on the day. We will email last minute information via SIEntries if they occur.

Updates [here](#). on The CFR Facebook Page or The Newlands Valley Fell Race Page.

Marshals, flags, signs: Some parts of the route are marked to protect the landowner's property, without whose permission these races cannot take place. Please obey ALL flags and taped sections. Please leave gates in the condition you find them. There are Flags at Littleton and The descent from Catbells. Details in appendix 1 & 2.

First Aid: Marshals will carry a first aid kit and you may ask for it if needed. Please help yourself and help a fellow competitor if you feel able.

Prize-giving: Prize-giving will take place outside The Big Green Shed where you went for registration at 3pm. The finish line will move at 1430hrs to be closer to the registration building so we can all cheer the last few finishers in.

Catering: Fetch some money for the cake/coffee/tea stall and we should have a raffle too. **If you can offer cake/tray bake donations/buns**, please bring them on the day, ideally with a list of allergens. The cake stall will be open at registration and at the finish. It is located next to registration. Charity donations please for the food and drink. A card machine should be available. At the finish line there will be free water/juice, and at the bar there is a free half pint of beer/or soft drink for each competitor. At the finish, there are free hot drinks at the cake stall if you need them. Food that has been pre-ordered will also be available 30 metres from registration at the back of the Adventure centre, near the bar.

Environmental Considerations:

- a) Please car share where possible.
- b) We have bought compostable cups. Please reuse your cup for water and juice at the finish. Or bring your own.
- c) Fetch your old unwanted Safety Pins if you can, we'll try to use them.

Landowners request: Dogs under close control always and clean up dog mess. I love dogs. Don't be the 1% of owners that spoil it for everyone else.

Permit: The National Trust and local landowners have kindly granted permission for this race to go ahead on their land. Please help future permits being granted by respecting the area that local people live and work in.

Yours in Sport,

Les Barker

07929047535, Race Organiser for Newlands Memorial Race, Teenager with Altitude, Newlands Valley
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www.c-f-r.org.uk www.facebook.com/cumberlandfellrunners

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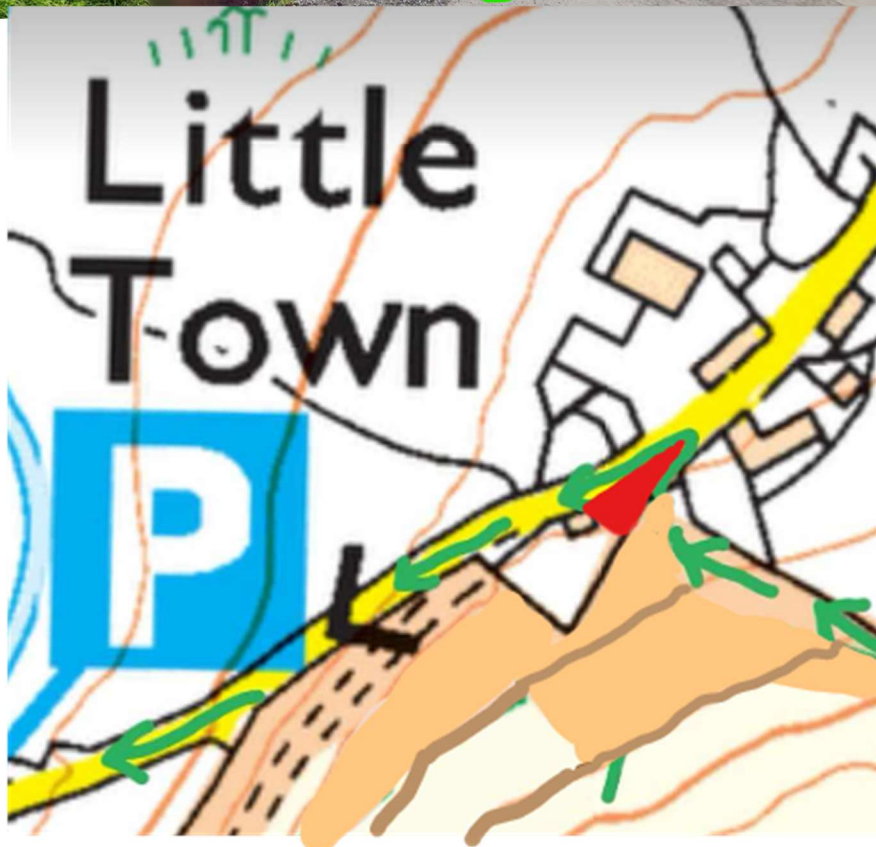
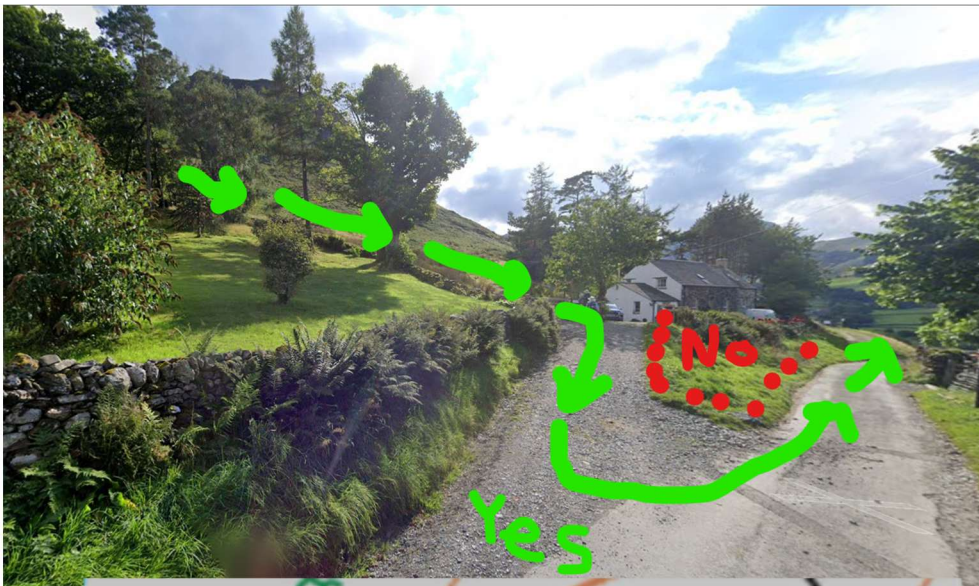
Please help us by reading and understanding this as much as possible

Appendix 1: Mandatory Flagging at Littletown

SPECIFIC RACE RULE 1

MANDATORY FL AGS TO BE FOLLOWED at Little Town

A resident has flowers on the grass bank.



Keep
on The
Track

Avoid
grass
bank.

Follow
flags.

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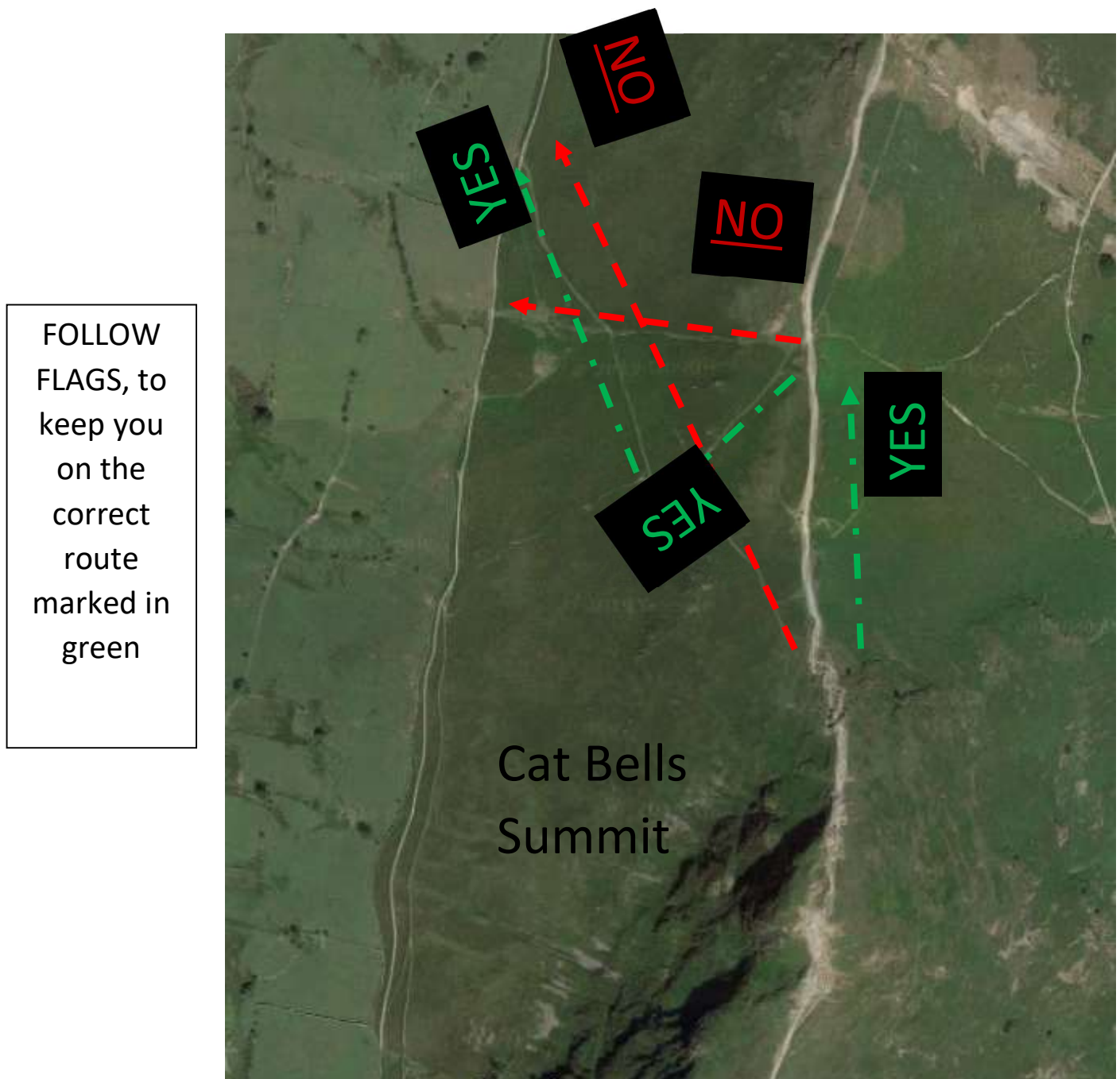


Please help us by reading and understanding this as much as possible

Appendix 2: Mandatory Flagging on the Cat Bells Descent

SPECIFIC RACE RULE 2

MANDATORY YELLOW FLAGS TO BE FOLLOWED OFF CATBELLS.



FOLLOW
FLAGS, to
keep you
on the
correct
route
marked in
green

This is for Erosion Prevention on the West Side of Cat Bells.

Run the zigzags off Cat Bells.

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Appendix 3: Don't Use the BG Trod coming down Robinson to prevent erosion

SPECIFIC RACE RULE 3

Don't Use the BG Trod while descending Robinson to prevent erosion.

If you don't know where that is, ask a fellow competitor. It is nice to talk.

The National Trust have requested this. Let's support this, please. It puts our good relationship and permission at risk.

We will disqualify anyone reported on The BG Trod, or not following flagging.

This was the reason we moved the checkpoint from the summit of Robinson, as too many people took the short cut, rather than not running within 1m of the path. This trod follows the fall line of the descent, so particularly vulnerable to accelerated erosion,

Too many of you still find yourselves back on the BG Trod. We have timed it. It is no faster that taking the direct line as you are covering extra distance.

We appreciate the ascent to Hindscarth looks worse, but the NT are not concerned as the water running down that path that does not follow the fall line has more chance of being reabsorbed

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Appendix 4: Driving to the event

The Entrance to the parking field is [here](#) (left) .

To minimise disruption, please drive from Portinscale direction, turning off the A66 [here](#) (right)

