

BUTTERMERE SAILBECK FINAL RACE INSTRUCTIONS

Dear competitor,

Thank you for entering the Buttermere Sailbeck race 2026 edition. This short document provides pre-race final instructions from the organiser. Race well and enjoy it!

Transport and Parking

Parking field opens between 08:30-09:00

Please car share, use a bike or public transport. Buttermere and the small roads leading to it get crazy busy in the summer! The car park field is only available on the day of the race as it is being used for other purposes. Please do not park anywhere else!

At Buttermere, turn off main road into road on LEFT side of Bridge Hotel. To park, follow the small road past RIGHT of The Buttermere Court Hotel (formerly the Fish). Continue to the end of the tarmac car park then enter the farmer's field as signed.

Pay your £5 per vehicle (***exact money please in cash***)

Park as directed in the field

Pre-entry, Kit-check and Registration

Kit-check and registration open at 09:30

Kit check, registration & bike parking are behind **CROFT HOUSE FARM CAFÉ** on the LEFT who are kindly subsidising post-race refreshments and allowing us to use their field for registration and results.

All competitors **MUST** carry full FRA kit. This is a serious mountain race. The race organiser decision on kit requirements will be finalised and made known on the day at registration. This could include mandatory long-sleeve top in addition to fully waterproof top (with taped seams and hood), fully waterproof (taped) trousers, hat (not buff unless you carry two – one to sweat in and one as a dry hat in an emergency), gloves, map & compass (and the ability to read and understand them!), whistle, emergency food, suitable fell running shoes.

At time of writing the forecast was dry, south-westerly winds 10mph in the valley and up to 30mph on Crag Hill, with dense cloud cover on Crag Hill. Make sure you know how to use your map and compass and avoid descending the wrong way! You may use GPS only in an emergency and are expected to self-declare non-competitive if so.

Race numbers are kindly provided by **KONG ADVENTURE**. Pin your number to your front, keep it visible especially when approaching checkpoints and the finish line.

BUTTERMERE SAILBECK FINAL RACE INSTRUCTIONS

Race times, check points and other safety matters

The race will start from the field opposite the Bridge Hotel car park entrance at 11:00. Once you have collected your race number, it is assumed you will start the race.

You MUST inform registration if you take a number but then do not start the race.

All runners MUST pass each of the following 5 check points in order, after leaving the start line and before returning to the same line to finish.

1. Ard Crag NY207197
2. Rigg Beck (bottom of Causey Climb) NY 228202 (CUT OFF TIME 12:45)
3. Causey Pike summit NY218208 (FIRST AIDER STEVE (also joining sweepers))
4. Crag Hill Summit NY193203
5. Whiteless Pike Summit NY180189 (FIRST AIDER JIM)

Checkpoint marshals will have a radio, emergency shelter and first aid kit.

Two or more marshals at each checkpoint will record your number for safety.

*****you MUST ensure your number has been recorded before passing checkpoints*****

The route is entirely unmarked and crosses two rivers. Runners must be able to competently navigate with map and compass.

Only deviate from the route in an emergency or if retiring, and if you are absolutely certain that you can proceed safely. There are some very steep sided sections to the sides of the route, that are difficult to descend. In many cases the safest choice will be continuing the race route among other competitors who can help you if needed. Two sweepers will follow the last runner.

If you see a fellow competitor struggling it is your duty to stop and help them, thank you. Anyone doing so will get free entry to next year's race if they withdraw to support someone who's unable to continue racing. Anyone stopping to help but continuing the race may have their result time adjusted favourably at the organiser's discretion.

If you withdraw from the race, to avoid us calling out mountain rescue, you MUST:

inform a race marshal AND report back to race HQ in person.

Race-specific hazards

On top of the usual hazards inherent in all fell races (uneven/steep ground, weather, etc), please be aware of the following specific hazards in this race and address them appropriately. If you have any doubt in your ability to cope safely, do not start the race.

- o Two river crossings – Sail Beck and Rigg Beck.
- o Rocky scramble at Causey Pike summit – might need your hands

BUTTERMERE SAILBECK FINAL RACE INSTRUCTIONS

- o Narrow ridges between Sail and Crag Hill and just before Whiteless Pike
- o High potential to descend in wrong direction between Crag Hill and Whiteless Pike in the expected low dense cloud, with strong south-westerly winds.
- o Rocky sections on the descent of Whiteless Pike
- o The main road through Buttermere will NOT be closed to traffic so take extra care moving between the start/finish field and the registration/parking area.
- o High chance of encountering ticks.
- o There is a pile of fencing materials in the start/finish field which is easily avoided so just don't forget about it on your sprint as you hurtle down to the finish line!

Environment

The race is held on land mostly owned by the National Trust who have kindly granted us permission, as has the farmer who owns the start / finish field and parking field. Please respect the landowners and other users of these beautiful surroundings. No littering!

There is one gate at the start and finish which you must pass through and not climb the wall if the start is busy. Other than that, there are no walls or fences to cross.

Refreshments

There will be cold drinks on the finish line. Each runner (including retirees) will be given a raffle ticket on the finish line. Please take this to the Croft House café where it can be exchanged for a free hot drink and tray bake. Please respect that the café is also open to the public and is a small business dependent on other customers.

Toilets and changing

There are public toilets in Buttermere on the road to the car park field which charge 50p. Payment can be made with contactless. Please only use the toilets in pubs or cafes if you are also a paying customer (please help these local businesses survive!).

There are no changing facilities.

Prizes

There is a generous set of prizes sponsored by **KONG ADVENTURE** for 1st, 2nd and 3rd female and male in each age category. Prize giving will take place by the registration tent when the results have been processed. We will also try to compute results quickly enough to give team prizes for highest scoring team, of 3 females from the same club, and the highest scoring team of 3 males from the same club.

Most importantly of all – enjoy yourselves and STAY SAFE!



BUTTERMERE SAILBECK FINAL RACE INSTRUCTIONS

Thank you for supporting this iconic race.

Thank you also to the following, without whom this race would not happen:

All volunteers helping with marshalling, parking directions, refreshments, first aid, timing, results, registration, kit check, prize giving, event set up, event take-down

**Croft House Café
Kong Adventure
Eddie Beard and Derek Tunstall
Fell Runners Association
Keswick Athletic Club
The National Trust
Sport-Ident (SI Entries)**