Dear *First Name*,

Thank you for joining us this Sunday for the Soyland Moor Fell Race starting at 10am at the **Hinchliffe Arms, Cragg Vale**




Please read carefully the following details to ensure that you know exactly what to do; where to go and what to bring.

## PARKING

Please be aware that car parking is very limited around the Hinchliffe Arms. Please do not park in the car park or around the lanes approaching the pub. Instead, please park on the B6138 main road. Please park respectfully for local residents and car share as much as possible. Last year we had a few upset residents so please, please park considerately. Also take note about the white lines on the bends of the road.

## VENUE

**The Hinchliffe Arms:** Church Bank Ln, Cragg Vale, Hebden Bridge HX7 5TA

## REGISTRATION

Registration will be in the Hinchliffe Arms from 9:00am. You will need to collect your race number and timing chip from here. Please try not to leave bags in the pub as they will be setting up for customers in the afternoon and we will have limited space.

## TIMING

We will be using **TIME MY RACE** once again for timings. You will be given an ankle tag that you must wear around your ankle. Once you finish, please remember to remove the tag and place it in the container at the finish line. Live results will be available using the link below. Please share with friends and family....

**https://timemyrace.co.uk/soyland-moor/**

## KIT REQUIREMENT

Full FRA kit requirement must be carried. Do not scrimp on kit. Carry an extra layer if the weather is bad. You are putting yourself and others at risk if you do not carry the correct gear. Full FRA kit is as followed....

- Waterproof top with taped seams and an attached hood.
- Waterproof bottoms with taped seams
- Physical map of the route, traditional compass and whistle (digital maps and digital compasses are not allowed)
- Hat and gloves
- Spare layer
- Emergency food and water.

If you have pre ordered a map, please collect this from the Merchandise table BEFORE going through kit check. We will have a small supply of A3 size maps on waterproof/tearproof paper for £4.00 if you don't have a map, but its first come, first served if you haven't pre booked.

Once passed kit check, you will be given a token to hand in at registration before getting your race number and tag.



## START AND FINISH

The start will be right outside the Hinchliffe Arms at 10am. Please look out for the CraggRunner flag.

The finish is in the last field along the valley bottom at the end of the route. You will be guided to the finish by marshals and barrier netting. 'Refreshments' will be available at the finish.

## THE ROUTE AND NAVIGATION

The route is not flagged apart from the final run in from the last road crossing. You must be able to navigate yourself around the course. Please keep to the advertised route and do not short cut. There are obvious choices of paths to follow on sections which isn't a problem. All checkpoints must be visited in the correct order. The route is not complicated and participants new to map reading should not find this a difficult event. There will be marshals on the lane at the start and at most checkpoints. Also, checkpoint 3 will have water.

## PRESENTATION

Prize giving will be back at the pub around 1pm. If the weather is fine, we will do it outside.

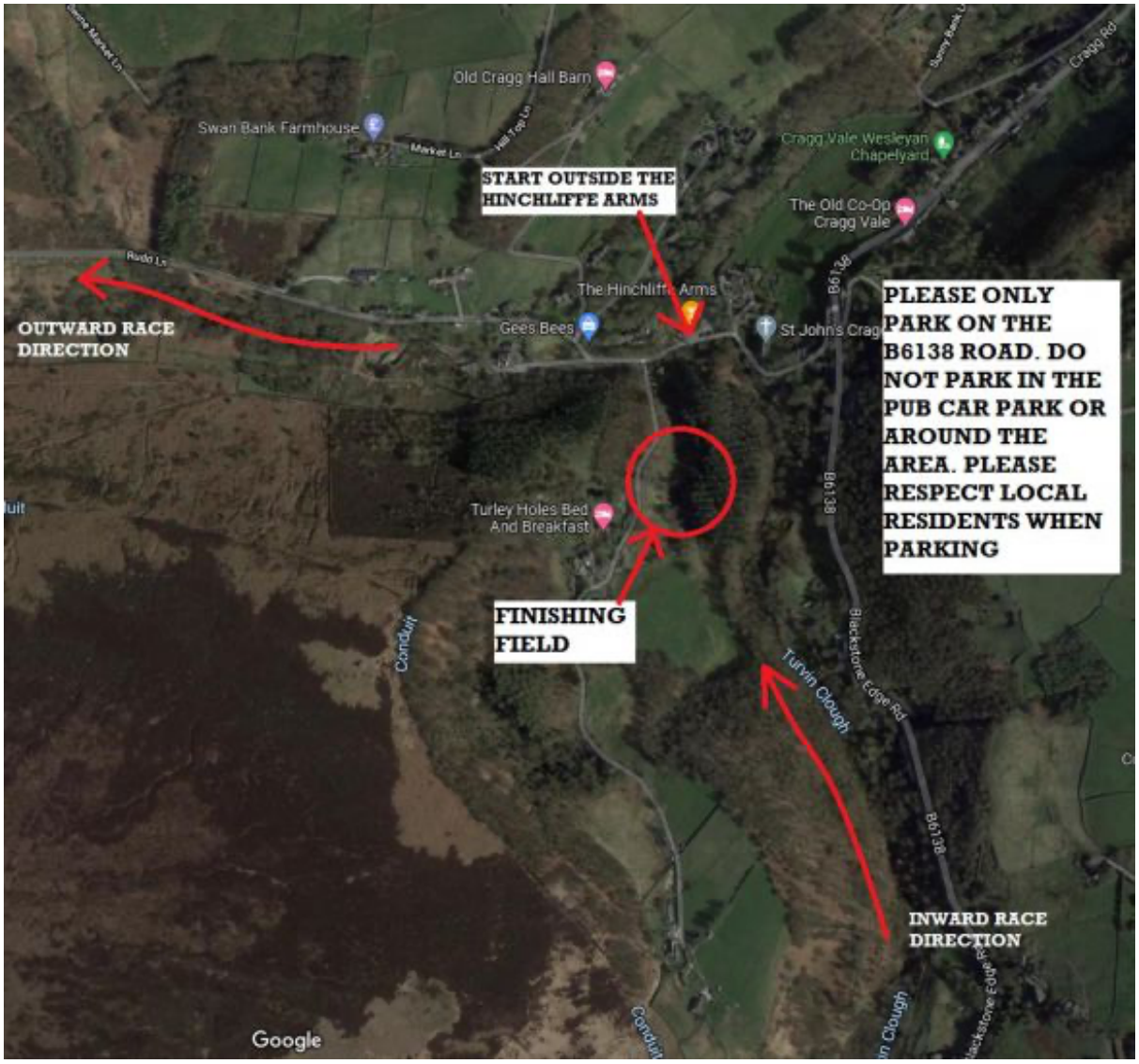
As always, I try to encourage runners to come back to the pub after the run. They will be laying on hot sandwiches for a fiver.

Please see below a screenshot of the race start area to help you understand the set up.

Thats is! Have a safe journey and enjoy the day.

See you Sunday

Darren and the Craggrunner team


Old Cragg Hall Barn
Swan Bank Farmhouse
Market Ln
Hall Top Ln
Cragg Rd
Cragg Vale Wesleyan Chapelyard
START OUTSIDE THE HINCHLIFFE ARMS
The Old Co-Op Cragg Vale
B6138
Rudd Ln
The Hinchliffe Arms
Gees Bees
St John's Crag
OUTWARD RACE DIRECTION
PLEASE ONLY PARK ON THE B6138 ROAD. DO NOT PARK IN THE PUB CAR PARK OR AROUND THE AREA. PLEASE RESPECT LOCAL RESIDENTS WHEN PARKING
Turley Holes Bed And Breakfast
FINISHING FIELD
Conduit
Blackstone Edge Rd
Turvin Clough
INWARD RACE DIRECTION
Google


CraggRunner
GET OUT THERE