

Kinder Downfall 2019

PENNINE FELL RUNNERS

Kinder Downfall runners' information

A big 'thank you', in advance, to **Kinder Mountain Rescue Team** for their support in ensuring the race can go ahead again in 2019. And thank you to *you* for entering the Downfall. We hope you have a good 'un.

Please read the below info thoroughly...

Start: Sunday 28/04/19 at 11.30am
Age limit: 18
Records: Mark Kinch 61.46 (1995)
Sarah Rowell 75.46 (1995)

Registration

- **Registration CLOSSES at 11.10am. Give yourself plenty of time it will be busy.**
- Registration is at Hayfield Scout Hut on Swallow House Lane (GR035873), approximately 10 min walk from the start.
- Please park with due consideration to residents. Competitors should try to lift – share and use the main village car park adjacent to The Sett Valley Trail. Limited parking will be available on hard surface adjacent to the Scout Hut, please don't park on the grass. **Please don't leave your cars there after the race as we need to lock the gates.**
- As always cars are parked at owners' risk and no liability can be accepted for theft or damage.
- Please allow plenty of time for registration.

Route

- 1) **Start** - bridge near Royal Hotel, Hayfield village centre (037869).
- 2) Snake Path (041868).
- 3) Snake Path to foot of William Clough (059887).
- 4) Finger Post (064902). **Number taken and wristband recorded as pass through checkpoint.**
- 5) Kinder Downfall, large Cairn on South side (083889). **Number taken/wristband recorded.**
- 6) Edale Cross (077861). **Number taken/wristband recorded.**
- 7) Stoney Ford, path (073863 – 054867)
- 8) Hayfield Recreation Ground (039868) – **Finish**

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Kinder Downfall 2019

PENNINE FELL RUNNERS

General Comments:

- Look out for cars on the first road section and the final run in. We cannot guarantee that they will stop for you if any are there.
- Runners must follow the Snake Path to William Clough.
- The fence between Sandy Heys and the Downfall must be crossed by the stiles and not climbed at any other points.
- Please follow the marker flags between Kinder Low cairn and the stone slabs leading to Swine's Back. At the request of the Peak Park. Taking short cuts or different lines here will mean you are taking an unfair advantage on your fellow runners – it's mandatory.
- Runners must follow the path from Stoney Ford, which will be flagged. All field boundaries, on this path must be crossed using stiles. Please do not climb gates or jump walls (the local landowners do look out for this). I have agreed that if people are not using stiles, or damage stiles; this will result in disqualification. Also, **it's lambing time** - so don't upset ewes or lambs by running close to them/charging past them. Our permission to continue to run the Downfall depends on the goodwill of local landowners.
- This is a Category BM race. The route does traverse high mountain terrain and weather conditions at this time of year may be bad. Weather is often unpredictable. Competitors should have experience of this type of event and it is **not suitable for novices**. The route is mainly unmarked. Navigational skills are required, especially in mist, and prior knowledge an advantage (it's all open to recceing in advance). **The kit list is mandatory and if you don't have the correct kit (including map and compass) please don't try to take part.**
- **If conditions are difficult on the day and/or you don't feel comfortable or confident in being able to be safe – don't take part.** If it's called off we will review whether we will carry entries over to next year. We won't run a bad weather alternative route.
- Remember to be respectful of other people out on the hill and to look after one another.

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PENNINE FELL RUNNERS

Equipment

Competitors **MUST** carry at least all of the following equipment regardless of the weather on the day:

- a) Waterproof whole-body cover with taped seams, hat and gloves
- b) Compass and map suitable for navigating the course
- c) Whistle
- d) Emergency food

A limited number of Pete Bland Sports race maps should be on sale on the day from the PBS van. Call Pete Bland Sports (01539 731012) or see PBS website (www.peteblandsports.co.uk) if you wish to reserve one or order one before the race.

The route will also be on show on the wall of the scout hut at registration if people want to mark their own maps up.

This is a fell race and the course is not flagged for the majority of the race. YOU ARE RESPONSIBLE FOR YOUR OWN NAVIGATION AROUND THE COURSE. You need to provide your own map (and compass) and be able to navigate by it on your own even in bad visibility or bad weather.

Monitoring of competitors

At registration, you will be allocated a number and an electronic wristband.

IMPORTANT!!!

If you retire at any point, after collecting your number and wristband, you must inform the race organiser and hand in your wristband at THE FINISH FUNNEL – YOURSELF, IN PERSON. This still applies even if you've told someone out on the hill or a marshal out on the course.

If this is not done the mountain rescue (MRT) may have to initiate a missing person search. Do not drop out and tell someone else, thinking they will inform race control or take your wristband back for you. This has happened before and MRT were out looking for someone who was in their friends' car on the way home!

Checkpoints!

Race numbers must be clearly displayed. Points 4 (Top of William Clough - fingerpost), 5 (Large Cairn on edge path South of Downfall), & 6 (Edale Cross) of the route description are **checkpoints**. Race numbers will be taken and runners' have to electronically register their wristband by holding it onto the recording unit as they pass by. The box should emit a 'beep' when the wristband registers. The marshals will be holding the recording units.

Kinder Downfall 2019

PENNINE FELL RUNNERS

Make sure your wristband registers with a unit (beep!) and the marshals have your race number at each checkpoint or you will count as a Did Not Finish (DNF).

Prizes

We have prize categories for 1st to 4th Man and Woman, and M/W's categories of Under 23, V40, and upwards.

Categories go in 10-year increments up to Men's V80 and Women's V70. Good luck.

There will be an extra prize for anyone breaking the Men's or Women's record.

Prize giving will probably be around 2pm in the Scout hut.

Entries

The race is online pre-entry only via the Fabian 4 website - and the limit is 320 runners. We are no longer accepting postal entries, and sorry; you can't enter on the day or take anyone else's place on the day.

...and lastly, have a good run!

Will Meredith - Pennine Fell Runners.

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