

Kinder Downfall 2023

Supported by Pennine Fell Runners and KMRT

Kinder Downfall runners' information

A big 'thank you', in advance, to **Kinder Mountain Rescue Team** and **Pennine Fell Runners** for their support in ensuring the race can go ahead again in 2023. And thank you to *you* for entering the Downfall. We hope you have a good'n.

Please read the below info thoroughly...

Entry

The race is £8 plus £1 online entry fee. Via the Events 360 website
<https://entries.events360.co.uk/events>

No entries or subs on the day

Start

Start: Sunday **23/04/23 at 11.30am** bridge by The Royal Hotel, Hayfield
Age limit: 18yrs
Records: Mark Kinch 61.46 (1995)
Sarah Rowell 75.46 (1995)

Registration

- **Registration opens 9.30am and 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 car 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 the gates will be locked**
- As always cars are parked at owners' risk and no liability can be accepted for theft or damage. The same applies to anything left in the Scout Hut

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Route

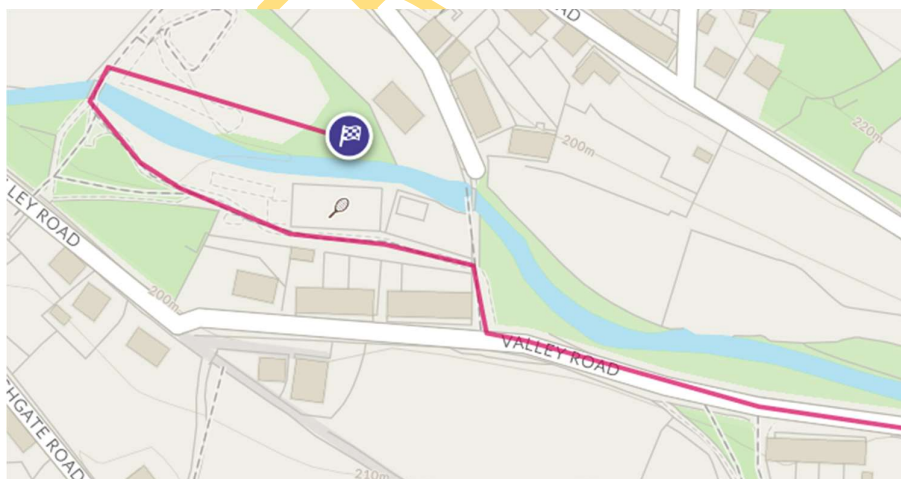
- **Start** - bridge near Royal Hotel, Hayfield village centre (037869).
- Snake Path (041868).
- Snake Path to foot of William Clough (059887).
- **CHECKPOINT 1:**
Finger Post (064902) top of William Clough. **NUMBER TAKEN by MRT**
- Kinder Downfall, large cairn S side (083889).
- **CHECKPOINT 2:**
Edale Cross (077861). **NUMBER TAKEN by MRT**
- Stoney Ford, path (073863 – 054867)
- Hayfield Recreation Ground (039868) – **Finish**

Checkpoints:

Race numbers must be clearly displayed.

Race numbers will be taken and runners have to ensure marshals are able to record their race numbers at checkpoints 1 and 2.

Finish is Hayfield Rec off Valley Rd. Look out for the R hand turn when coming back into Hayfield:



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General Comments

- **Look out for cars** on the first road section and the final run in.
- Runners must follow the Snake Path to William Clough.
- The fence between Sandy Heys and the Downfall must be crossed by the stiles/gate 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 – see note and map at <https://www.t42.org.uk/hayfield/>
- 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).
- **It's lambing time** - so don't upset ewes or lambs by running close to them/charging past them.
- 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. **Runners must have experience of this type of event.** 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.**
- **Please read the Downfall Assessment Matrix**, and recommended route map at <https://www.t42.org.uk/hayfield/>
- Remember to be respectful of other people out on the hill and to look after one another. The race is on the same weekend as the Kinder Trespass celebration event – look out for walkers of all ages and abilities and respect their right of way.

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Equipment - FULL FRA KIT REQUIRED

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
- b) Hat and gloves
- c) Compass and map suitable for navigating the course
- d) Whistle
- e) Emergency food

Map

Pete Bland Sports weatherproof race maps are available to buy beforehand from www.peteblandsports.co.uk

There is also a map on the Hayfield Fell Races website at:
<https://www.t42.org.uk/hayfield/>

This is a fell race and the course is not flagged for the majority of the race.
YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY AND 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.

IMPORTANT!!!

If you retire at any point, after collecting your number you must inform the race organiser 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 (this has happened before, and the MRT were out looking for someone who was in their friends' car on the way home).

Prizes

Categories of M/W Teams (first 3 M/W club) U23, M/W, and Vets cats in 10yr increments; V40, V50, V60 etc.

...and lastly, have a good run!

Will Meredith

race organiser

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