

## Sticklepath Horseshoe Fell Run

This is a classic, beautiful but tough fell run from Sticklepath Village on the Northern edge of Dartmoor.

The course is 9.6 miles and involves a 1700 ft ascent over high moor land crossing rough unmarked terrain. It is held under the rules of the Fell Runners Association, race classification BM. ***There are a number of checkpoints but self navigation is required and all runners should be prepared for this.*** We recommend that all runners view the following website which provides full route details prior to the run: [phil.haygarth.googlepages.com/dartmoorfellraces](http://phil.haygarth.googlepages.com/dartmoorfellraces)

**[Please ensure you read the FRA runners guidance – see link below:](#)**

<http://www.fellrunner.org.uk/pdf/committee/15/FRA%20Requirements%20for%20Runners%202015.pdf>

All runners must have a map of the area and full weather cover and be prepared to carry them.

**Date Saturday 13<sup>th</sup> August 2016 - Start time 1 pm**

Entry's close on the day of race at 12.40 pm

Entry cost £8.00 in advance or £9.00 on the day and numbers are limited to 60. Pre-entry is recommended Pre-entry forms must be returned by **4<sup>th</sup> August 2016** to:

Gavin Punchard, 24 Horseguards Exeter Devon EX44UU

*Numbers to be collected on the day, monies will not be refunded. Cheques made payable to Sticklepath Horseshoe Fell Race*

For further information email [SticklepathHorseshoe@hotmail.co.uk](mailto:SticklepathHorseshoe@hotmail.co.uk) or ring David on 07766 346299 or Gavin on 07765 113275

## The Fell Runners Association Ltd RACE ENTRY FORM

Race No.

Race: Sticklepath Horseshoe Fell Run

Minimum age to enter: 18

Full Name: \_\_\_\_\_

Club: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Email Address (optional not mandatory): \_\_\_\_\_

### Category (Please circle below as appropriate)

\* **WOMEN:** WU23 WSEN W40 W45 W50 W55 W60 W65 W70

\* **MEN:** MU23 MSEN M40 M45 M50 M55 M60 M65 M70

(\* Optional 5 or 10 year age categories)

Address: \_\_\_\_\_ Postcode \_\_\_\_\_

Phone No. \_\_\_\_\_ Vehicle Registration \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone No: \_\_\_\_\_

**I accept the hazards inherent in fell running and acknowledge that I am entering this race at my own risk.**

**I confirm that I am aware of the rules imposed on me by the Race Organiser and that I will comply with them.**

**I confirm that I have read and will comply with the "Fell Running – Requirements for Runners".**

**I acknowledge and agree that I am responsible for determining whether I have the skills, equipment and fitness to participate in this event.**

**I accept that neither the Race Organiser nor the Fell Runners Association shall be liable to me for any injury, loss or damage of any nature to me or my property arising out of my participation in this race (other than in respect of death or personal injury as a result of their negligence)**

**I accept that the Race Organiser may use photographic or video equipment for the purpose of monitoring the race.**

**This must be signed and dated by the entrant before allowing entry into the event.**

Signed: \_\_\_\_\_ Date \_\_\_\_\_

Competitor