

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: <https://sticklepathhorsesh.wixsite.com/oursite/the-route>

Please ensure you read the following FRA guidance

- <https://www.fellrunner.org.uk/documents/2022/fra-requirements-for-runners-2022.pdf>
- https://www.fellrunner.org.uk/documents/FRA_Hypothermia.pdf
- https://www.fellrunner.org.uk/documents/2021/hyperthermia_leaflet_2021.pdf

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

Date Saturday 6th August 2022 - Start time 1 pm

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

Entry cost £8.00 in advance or £10.00 on the day and numbers are limited to 50. Pre-entry is recommended. Pre-entry forms must be returned by 1th **August 2022** to:

Gavin Punchard, 24 Horseguards, Exeter Devon EX44UU

Race 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 or ring David on 07766 346299 or Gavin on 07765 113275

FRA NON-MEMBERS SENIOR RACE ENTRY FORM 2022

Race No. _____

Race: Sticklepath Horseshoe Fell Race 2022

Minimum age to enter: 18

Full Name: _____

Club: _____

Date of Birth: _____ Age _____

Email Address (optional): _____

Category (Please circle) For U/21 and U/23 check whether to use age on day or age at 31/December

WOMEN WU21 WU23 WSEN W40 W45 W50 W55 W60 W65 W70 W75

MEN MU21 MU23 MSEN M40 M45 M50 M55 M60 M65 M70 M75

Address: _____

Postcode: _____

Phone No: _____ Vehicle Registration: _____

Emergency Contact Name: _____ Phone No: _____

- I accept the hazards inherent in fell running and acknowledge that I am entering and running 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 FRA "Requirements for Runners", and especially the "absolute no-nos" of fell running.
- 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 consent to publication of my name, club, race category, race number, finishing time and race position in race pre-entry and results lists, and to the sharing of all the above details with trusted partner organisations (e.g. UK Athletics) for disciplinary purposes or otherwise where necessary in the interests of the sport.

Signed: _____ Date _____