



**WHARFEDALE HARRIERS Presents:
UK Athletics Fell and Hill Relay 2024
Saturday 19th October 2024 11am**

The event will be held in Appletreewick a small village in a comparatively quiet backwater in one of the most beautiful parts of Wharfedale within the Yorkshire Dales. The village sits 5 miles north of Bolton Abbey and 2 miles from Burnsall the home of the Burnsall Classic Fell race one of the oldest fell races in the history books.

Essential Information

- Recces are permitted prior to the event day, please follow the maps provided as these avoid private land that will be used on the day.
- All flagged sections on race day for legs 1, 2, 3 and 4 are recommended routes. Failure to follow the correct wall crossings will result in team disqualification.
- Team Declaration closes on SiEntries at 12:00 midday on Friday 18th October.
- Parental Consent Forms are required for all under 18s running leg 1 and 4 [link to form](#).
- Team Captains must obtain emergency contact details for each competitor on the form provided here and bring this to registration. No form, no entry. [Link to form](#)
- Parking for competitor and supporters is on the edge of Appletreewick village opposite the Village Hall, approximately 800m from the Event Field. Please allow 10 minutes to walk from the car park to the Event Field by the well-marked route. Please lift share where possible.
- Minibus and marshal parking will be located opposite the New Inn PH within the village.
- Event parking is £5 per car, minibus £10, camping is not allowed within the parking field.
- Dogs are allowed on the Event Field but not out on the race route.
- On-the-day Registration is open to Team Captains from 8.00am to 10.30am
- Competitors should enter kit check and the holding pen in plenty of time for their leg
- The 2024 UK athletics fell and hill relay rules and guidelines and the FRA requirements for runners 2024 will apply.
- Minimum FRA kit requirements for AM races will apply to all legs irrespective of weather: waterproof whole-body cover (with taped seams and integrated attached hood), hat, gloves, map of the route, compass, whistle and emergency food. Please remember to bring your own safety pins.
- For the safety of our hill marshals there will be a mandatory cut off on Leg 3 at Checkpoint 5 of 16:15. All teams that have not reached checkpoint 5 by this time will be timed out (and the team will be recorded as 'DNF') and instructed to proceed straight to Race HQ following marshals' instructions.
- All competitors will receive a free meal and hot drink.
- Food and drinks are available to buy on site. Drinking water is available on site.
- There are 2 pubs within Appletreewick Village, The Craven Arms and the New Inn.
- For any other queries not answered in this document, please contact:
fellrelays@wharfedaleharriersco.uk

Event Timetable

7:30am Car park opens at Appletreewick.

8:00am Registration opens at the Farm for Team Captains.

10:30am Kit check opens for Leg 1 runners who then wait/warm up in the Holding Pen.

10:30am Registration closes.

11:00am Race Starts!

11:37am Leg 1 Men's leaders expected at finish.

11:41am Leg 1 Women's leaders expected at finish.

12:30pm Leg 2 Mass Start.

12:53pm Leg 2 Men's leaders expected at finish.

1:05pm Leg 2 Women's leaders expected at finish.

2:30pm Leg 3 Mass Start.

1:54pm Leg 3 Men's leaders expected at finish.

2:12pm Leg 3 Women's leaders expected at finish.

2:30pm Men's winner expected at finish.

2:51pm Women's winner expected at finish.

3:30pm Leg 4 Mass Start.

4:00pm Prize giving commences.

4:15pm Leg 3 cutoff at CP5.

5:00pm RACE COURSE CLOSES.

Arrival and Parking Instructions

Car Parking: All competitor and visitor parking will be within the farmers' field opposite the Village Hall, Main Road, Appletreewick, Skipton BD23 6DA (What 3 Words /// banquets.join.steam). Note there are toilets available within the Village Hall.

Mini Bus and marshal parking will be within the farmers' fields opposite the New Inn PH.

Note there will be no provision for Coach parking within Appletreewick, coaches can drop off but must park in a suitable place outside of the village, Burnsall, Grimwith Reservoir or Grassington.

The car park will be open from 7.30 am on the day of the event.

If you are arriving from the north of Appletreewick please enter the village from the east via the B6265 along New Road, Hazler Lane onto Main Road.

Arriving from the south of Appletreewick please enter the village from Barden Tower Slings Lane if possible.

There is **STRICTLY NO PARKING** on Main Road and around the event area, this is required to keep access available for locals and Emergency Vehicles. You will be moved on if you attempt to park here on Friday evening or Saturday. There is no parking in Appletreewick Village. Please help us to maintain good relationships with the locals by keeping to this agreement.

On entering the parking field, please follow the marshals' instructions. **Car Parking fee of £5 per car/van** will be collected once the vehicle is parked, this is to reduce the risk of queueing outside the field. Please bring £5 in cash. Car sharing is recommended.

On exiting the car park all traffic is to turn right out of the village towards the B6265.

Camping (including campervans) is not allowed within the car parking field details of local campsites and accommodation are provided below.

Masons Campsite which is adjacent the event centre is in an ideal location, the site also has a kitchen offering freshly baked pastries, quality barista coffee and handmade sourdough pizzas.

Please quote fell10 when booking to receive a discount.

<https://masonscampsite.co.uk>

<https://www.howgill-lodge.co.uk>

There is also a wide range of accommodation in the surrounding villages of Burnsall, Hebden, Barden, Bolton Abbey and Grassington with Skipton within 20 minutes driving distance to Appletreewick.

Access to the Event Field: The car park is approximately a 10-minute walk to the Event Field. The route will be fully flagged from car parking to the event centre.

Dogs: Please do not bring your dog to the event if possible. However, we appreciate this is not always possible, therefore dogs are allowed in the parking field and the events field. Please keep your dog supervised and clean up after them. Please do not leave dogs in a car on the parking field. There are strictly **NO DOGS ALLOWED ON THE RACE ROUTE.**

Take litter away: Please respect the landowners who have given us permission to run the event and take away all your litter.

Club tents: Unfortunately, there is no provision to drop club tents off - these will need to be carried from the event parking.

Bikes: An area within the farm yard will be made available for bike storage. This won't be a secure store and responsibility for security remains with the owner of the bike.

Disabled Access: Please contact the event organisers if disabled access is required to the event arena and this can be arranged.

Team Declaration: Friday 18th October 12:00pm

By midday on Friday 18th October you must complete your team declarations on the SiEntries website.

Please do so earlier if you can - you will still be able to make last minute changes until 12:00 midday.

Thereafter, any changes will need to be made at Registration on race day. **We will assume that any team failing to fully declare online by the cut-off time will not be turning up.**

All such teams will be removed from the start list.

Team categories cannot be changed by the team, this can only be done by emailing

fellrelays@wharfedaleharriers.co.uk

Registration: Saturday 19th October 08:00am – 10:30am

In order to complete registration and get your team envelope you must have:

- A complete Team Emergency Contact Details form with details for each of the six runners – available here: [Link to form](#) (please ensure you retain a copy of these details).
- A Parental Consent Form for any junior runners (aged 16 to 18) who intend to compete on Leg 1 or leg 4, available here: [Link to Form](#)
- In addition, team captains will need to sign a team declaration sheet confirming the names of their runners, this will be provided at registration.

Team envelopes will contain:

- Six race numbers as follows: one green number for Leg 1; two yellow numbers for Leg 2; two red numbers for Leg 3; one blue number for Leg 4.
- Maps: one for Leg 1, two for Leg 2, and one for Leg 4. Note: Two maps for Leg 3 (navigation leg), will be issued 350-400 metres after competitors leave the changeover area.
- Four 'dibbers' for electronic punching, with wrist attachments marked with team number and leg, e.g. wristbands for team number one will be labelled A1 (for Team 1, A2 for Team 2 etc.) for Leg 1, B1 for Leg 2, C1 for Leg 3, etc.
- Meal Tickets are printed on the bottom of numbers so remember to keep your number!
- Please note, safety pins are **NOT** provided – please bring your own!

Team Captain Instructions

Team Captains need to:

- Ensure that Team Members have read the Final Details!
- Issue the **Correct number, Map (Legs 1, 2 and 4 only) and dibber (SI card) to the Correct Runner(s) as the timing and results will only work correctly if each Leg uses the correct dibber.** Please remember to bring your own safety pins for the numbers.
- The Leg and Team number are written on each wrist-strap (e.g. Team 45 leg 1 card will have 'A45' written on the tyvek wrist-strap, 'B45' for leg 2, 'C45' for leg 3 and 'D45' for leg 4. There is only one dibber for each Leg.)
- **If, having registered, your team withdraws from the race for any reason you must report to the download tent to report your retirement from the race.**

Competitor Instructions

Competitors need to:

- Double-check you have the correct dibber before you strap it on a wrist! – it should match your number.
- Report to kit check in plenty of time to enter the holding pen in the Event Field. Please ensure you are there in good time to have your kit checked. There is space to warm up in the pen and toilets for the nervous! Kit check will remain open all day, with extra 'staffing' at peak times. It will be possible to get kit checked early and then come back to enter the holding pen near the time, so there is no excuse to leave it to the last minute!
- Report to kit check carrying the minimum FRA kit requirements for AM races which will apply irrespective of weather conditions: **waterproof whole body cover (with taped seams and integrated attached hood), hat, gloves, map of the route, compass, whistle and emergency food.**
- Once you are in the holding pen you are 'live' in the race and must not pass back out this area.
- Each team is responsible for dibbing (punching) the Sport Ident (SI) unit at each control point. Once you have dibbed your SI Card in the control unit, you must hold it there until you have seen one flash and heard one beep. Removing the dibber too quickly will result in a missed punch and could result in team disqualification. Be aware that other control units at the same control site will also be beeping as they are punched. Any attempt to deliberately miss a checkpoint (e.g. not stopping to dib) will result in disqualification.
- Lost Dibber: (Sport Ident Card) – If you do not have a dibber (SI Card), you cannot demonstrate you have visited the necessary control points – losing your dibber disqualifies you from the competition. There is a £30 charge for each lost dibber (SI Card) and £15 if you break your SI Card. We recommend attaching the appropriate dibber (SI Card) to the runners wrist with the provided Tyvek wrist bands prior to entering the holding pen.
- At the end of the event, all SI Cards **MUST** be handed in to the organising team **AT THE FINISH.**
- Results are live and available immediately after finishing by scanning the QR code on your results printout, or via this link [Link to results](#)
- There will also be results screens available on site.
- **Retirement: If you retire then you must report to the FINISH.** Telling a checkpoint marshal isn't sufficient. Reporting to the Finish is an essential safety requirement of the event and avoids an unnecessary search and a potential ban by the FRA from future events.

Course Notes

Please see Harvey maps for recce purposes for Legs 1, 2 and 4. Final maps will be substituted closer to the race date.

The 'team envelope' issued to the team captains at registration will include:

Harvey maps of leg 1, leg 2, and leg 4.

1x Leg 1 A4 map (1:20,000) showing the fully flagged race route,

2x Leg 2 A4 map (1:20,000) showing the partially flagged and recommended route

1x Leg 4 A4 map (1:20,000) showing the fully flagged route.

For Leg 3, the navigation leg, each competitor (i.e. both of the pair) will be given an A4 map (1:20,000) approximately 300-400 metres from the start.

Start/finish arrangements:

Start - All legs will leave the start field via the start pen and up the hill to the NE corner gate in the wall. Flagging for most routes will continue beyond the gate to set runners off in the correct direction.

Finish - All routes will return via Kail Gate Laithe through the fields to the gate in the NW corner at Banks Top and then drop down the steep start/finish field. This should allow competitors to see their teammates approaching and have time to ready themselves. To aid with this there will be a **live 'alerting checkpoint'** which automatically informs commentary who is approaching. Dibbing here is **mandatory**.

Changeover arrangements:

- All legs start from the holding pen in the start/finish field. Please ensure you are there in good time to have your kit checked. There is space to warm up in the pen and toilets for the nervous! Once you are in the holding pen you are 'live' in the race and must not pass back out this area.
- If having registered, you withdraw from the race for any reason you must report to the download tent to report your retirement from the race.
- You will only be allowed to enter the start pen from the holding pen by marshals when your previous leg runner(s) are seen approaching the finish down the ridge and up the fence line. **When finishing a leg the approach is TAG.....DIB.....DOWNLOAD.**
- Outgoing runners must physically tag the incoming runner to start their leg.
- There will be a **separate lane for leg 4 runners** to prevent fastest dibber winning!

All road sections and crossings will be fully marshalled,

Leg 1: Solo, 8.4k (5.2 mile) 509m (1670ft) climbing

Checkpoint 1 Burnsall Fell

Checkpoint 2 Final gate checkpoint

Note the route is fully flagged, juniors are allowed on this leg.

A steep uphill start out of the main event arena leads to a left turn at the barns to follow a track down to High Woodhouse Road, cross the road to pick up a track that leads to a path through the fields along the river Wharfe to Burnsall.

From Burnsall take the classic Burnsall fell race route through the village with a steep ascent through farmers fields onto Burnsall fell Checkpoint 1.

A gnarly descent off the moor back into the fields down to Burnsall following the same route back to Checkpoint 2 with a steep descent back into the main event arena to handover to Leg 2 runners.

Leg 2: Paired, 14k (8.7 mile), 914m (3000ft) climbing

Checkpoint 1 Simons seat.

Checkpoint 2 Trollers Gill

A tough test of all-round fell running ability, runners should have suitable prior experience before setting off on this one!

A steep uphill start out of the main event field with a right turn at the barns to head through farmers fields down to Main Road/Stangs Lane, descending down to the river Wharfe to follow a path to Stangs Lane crossing, note route is fully marked to this point.

Follow the track up to Howgill continuing on the track through the woods and onto the open moor to Simons Seat CP1.

Take a left turn to descend a steep path down to Dalehead Farm.

The route is flagged from Dalehead farm across fields along Skyreholme Beck through Trollers Gill to CP2.

From CP2 the route is flagged to CP3 across the moors descending into Dibb Well, note route takes you through a tunnel under a wall as used on the Runners and Rider race.

From CP3 the route ascends out of Dibb Well and is flagged back to CP4 final gate down to changeover with leg 3 runners.

Leg 3: Navigational, paired. 11.3k (7 mile) 533m (1750ft) climbing approx...

Cutoff at checkpoint 5 at 16:15.

Leg 3 is the navigational leg where runners will not have any knowledge of the route until they collect maps shortly after starting.

There will be a cutoff at checkpoint 5 at 16:15 to ensure we can get all competitors back to HQ before 5pm, course closure.

Competitors will be required to follow the flagged routes (yellow/blue flags) All wall crossings to be adhered to as indicated on the map, any attempt to deliberately miss a crossing will result in disqualification.

Leg 4: Solo, 8.4k (5.2 mile), 503m (1650ft) climbing

Checkpoint 1 Trollers Gill

Note the route is fully flagged, juniors are allowed on this leg.

A steep uphill start out of the main event field with a right turn at the barns to head through farmers fields across New Road to Skyreholme Beck leading to Trollers Gill at CP1.

From CP1 follow the flags across the moors and under the wall down to CP2 at Dibb Well.

From Dibb Well ascend following the flags back to CP3 final gate before the final descent to the finish line.

The last checkpoint for all legs is Final Gate or Banks top.

The Event Field/Farm facilities

- Main Barn: Contains tables and chairs for eating your meal. Please give up your seat when you have finished eating.
- Changing barn:
- Toilets: There are toilets at the car park and Event Field. Please do not relieve yourself anywhere else!
- Bike parking: Storage for bikes will be available. Please bring your own lock.
- Pete Bland Sports Van
- Burnsall school Bacon sandwiches/BBQ
- Manorlands Hospice cakes stall
- Browns Catering
- Wharfedale tea and coffee
- Hot drinks/food available from Masons campsite
- Young farmers Drinks for those who fancy a pint!
- Area for Club Tents
- Water for competitors but please bring your own.
- Results screens within the main race start finish arena
- Evening bar till late

<https://www.sportident.co.uk/results/Wharfedale/2024/BritishFellRelay/>

A meal of Meat or vegetarian Chilli with Pitta bread, tea/coffee (lactose free option) will be available after the race for all runners between noon until 5pm. You will need to show your race number to receive your meal. If you are a late runner and don't expect to have finished until after 4.30pm, you may choose to eat before you run. Race food is only for competitors. Non-competitors or very hungry competitors can purchase food from one of the additional caterers, who will be selling hot and cold drinks and snacks. They accept cash and card payments.

Whilst water is available at the Event Field, please bring what you will need on the day.

Medal ceremony and prizegiving

Prize giving will take place from approximately 16.00 in the bar area once the top three teams in each category have completed the course.

All are welcome as there will be an alternative prize giving after the main categories have received their prizes.

UKA medals and sponsor prizes will be awarded to the first three teams in each of the following classes:

- Men's Open
- Women's Open
- Men's V40
- Women's V40

There will also be prizes for the first three teams in the following classes:

- Men's V50
- Women's V50
- V60 (Open/Mixed)

There will also be prizes for the fastest legs.

Impact

We aim to lower the impact of our event. As such, we have some small requests:

- Bring your own water bottle and mug/flask for a hot drink.
- Use public transport where possible, travel by bike or in full cars or minibuses.
- Pick up your rubbish and take it away with you. Please note the parking is on farm land so it is essential to keep it free of rubbish.

Event Rules: This event will be run in line with the Rules and Guidelines for the UK Athletics Fell and Hill Relay Championships which can be found here: [Link to Rules](#)

Maps, forms and other information about the event is on the event website.