



Borrowdale Fell Race

1st August 2009 at 11.00 am

Borrowdale Fell Race is sponsored by the Scafell Hotel, Rosthwaite and Rathbones of Keswick



Entry Forms

There will be no entries taken on the day for the Borrowdale Fell Race in 2009.

Potential competitors must apply to enter the race by means of the official Borrowdale Fell Race entry form. That form will not be made available nor will any entries be accepted before 31st May 2009.

Please do not try to enter without the official form and please do not ask the Race Organiser for an entry form before 31st May.

From 31st May, entry forms will be available to download from www.borrowdalefellrunners.co.uk Forms will also be available from 31st May by post (please send a stamped self addressed envelope) from the Race Organiser – Andrew Schofield, End Yan, Jenkin Hill, Thornthwaite, Keswick, CA12 5SG.

The Race will be limited to 500 competitors. The first 500 entries received from appropriately experienced runners, will be accepted. No entries received after 7th July will be accepted.

For the avoidance of doubt - **NO ENTRIES WILL BE ACCEPTED ON THE DAY.**

Route

17 miles including 6500 feet of ascent starting and finishing at the Scafell Hotel, Rosthwaite and visiting the following checkpoints:-

1 Bessy Boot summit	258125
2 Esk Hause shelter	235083
3 Scafell Pike summit	215072
4 Great Gable summit	211104
5 Styhead (stretcher box)	219095 *NEW*
6 Honister Hause	225135
7 Dalehead summit	223154

The route to Bessy Boot will be through Chapel Farm and up Rottenstone Gill.

The Honister Hause Checkpoint will close at 3.30 pm.

Eligibility

To be eligible to compete in the Borrowdale Race runners must have previous experience of long, arduous fell races and, if they have not previously completed the Borrowdale Race, runners must have completed at least two different category A or B long or two different category A medium fell races (race categories as defined by the Fellrunners' Association) since 1st January 2007.

Entry to the Borrowdale Fell Race will be refused to any runner who cannot demonstrate such experience.