

Scafell Pike Fell Race

Saturday 25th Sept 2010

- Entry Fees: £5.50 pre-entry by 11th September. Send details and a cheque payable to 'CFRA', fee includes race results. Entry limited to 250 runners. (Please use the [pre-entry form](#) from our website.)
- Entries to: Mr R J Eastman, 2 Maud Syke, Station Road, Drigg, Cumbria CA19 1XQ Tel:(019467) 24263
Mobile 07736045847 e-mail: richard@cfra.co.uk
- Age Limit: 18 and over on the day of the race.
- Start Time: 13.00hrs
- Registration / Start & Finish: East end of Wasdale Head Campsite GR 184 075
- Course: Course has reverted to the pre-FMD route so old records still stand.
- Checkpoints:
1st Summit
2nd Finish.
- Race Records: L Taggart 2007 40:50 m
N Davies 1999 63:24 f
- Prizes: Men: Trophy then Pete Bland Sports voucher prizes for :- Seniors, V40, V45, V50, V55, V60 etc.
Ladies: Trophy & vouchers for LV40, LV45, LV50, LV55 etc.
Teams: 1st Gents (4 to count), 1st Ladies (3 to count).
Jack & Jill: Trophy & vouchers for fastest couples.
King & Queen of the Mountains (Snowdon / Ben Nevis / Scafell Pike combined points score): Trophies & vouchers for the 1st 3 competitors.
- Parking: Use the National Trust car park and remember to pay the parking fee. **DO NOT PARK IN THE CAMPSITE IF YOU ARE NOT CAMPING!**
- Changing: None - use cars. Toilets and showers on the camp site. There is a NT charge for their use which MUST be paid by individuals who choose to use the facilities. **DO NOT USE THE SURROUNDS AS A TOILET!**
- Refreshments: Cold food & orange squash free of charge at the finish.
- General: Please car share if at all able. We are able to race on the fell by the kind permission of the NT and local farmers. Your good conduct is the only guarantee of future races.

EMERGENCY TEL NO: WASDALE (019467) 26220 - (Camp site Booking Office)