

**OLD COUNTY TOPS RACE**  
**Promoted by ACHILLE RATTI CC**  
**Saturday 20<sup>th</sup> May 2017**  
Supported by Hangar 18  
([www.h18orr.com](http://www.h18orr.com))  
**Final Information 10<sup>th</sup> May 2017**

This is being written with ten days to go until race day. We have received 117 entries to date. I will accept up to 130 so we are getting close. Email me asap if you want one of the remaining entries.

In relation to the event can I please draw your attention to the following:

1. The event HQ will be in the same field as last year – i.e. the field that is on the left just before the right turn to the New Dungeon Ghyll and Stickle Barn, when approaching from Ambleside.
2. Car parking will be available at a cost of £3.00 (please bring correct change if possible) in the field. In the event of wet conditions alternative parking may have to be sought, with the National Trust Stickle Ghyll car park or the National Park car park being the obvious choices. There are charges for parking in both of these (unless you are a NT member).
3. The National Trust have agreed to open the toilets in the Stickle Ghyll car park from 6 am.
4. Kit check and registration will be in the Marque on the event field. A ticket will be issued to all teams on completion of kit check which will need to be handed over at registration before a number can be allocated. Entry forms will be ordered alphabetically using the surname of competitor 1 (as listed in entry list on web site). Knowing who is competitor 1 on your form will help to speed up registration.
5. Kit check and registration will be open from 06:30 hrs and where possible teams are asked to arrive early so we can avoid a last minute rush and a delayed start.
6. **All competitors will be expected to carry at least the minimum kit listed in the rules and regulations. Additional clothing is recommended in the event of poor weather.**
7. There will not be a mandatory cut off at Angle Tarn, but experience shows that teams arriving after 13:30hrs might struggle to make the mandatory cut off at Cockley Beck. Teams arriving after 13:30hrs at Angle Tarn will be advised of this.
8. The cut off at Cockley Beck will be 16:00hrs. All competitors wishing to complete the race must have left Cockley Beck by that time. Whilst every effort will be made to transport teams retiring at Cockley Beck back to the finish, this cannot be guaranteed.

9. In the event of extremely poor weather the following bad weather route will be used:
- Avoid Scafell Pike - from Esk Hause descend the valley down to Great Moss and continue to Cockley Beck along Mosedale (there will be no check point between Angle Tarn and Cockley Beck).
  - Avoid Coniston Old Man – there will be a check point at the col between Grey Friar and Great Carrs (grid reference 266007) and then descend Wet Side Edge to Three Shires Stone.
10. The bad weather route will only be implemented in extreme conditions. It is the responsibility of individual teams to pull out of the event if they consider that the conditions are such that their safety could be at risk.
11. All retiring teams **must** report to the finish and hand their numbers to the race organiser or to personnel in the Raynet control tent.
12. The decision to use the bad weather route may be made prior to the start, but in the event of deteriorating weather during the day a late decision could be made, in which case competitors will be informed of this at the Angle Tarn check point. All competitors must be aware of the alternative route in case it does become necessary to implement it.
13. The race will start in the National Park car park adjacent to the parking/registration field. The race will start at 08:00 hrs prompt. Can all competitors please aim to be close to the start by 07:45 hrs.
14. Please be reminded that competitors must use the footpath from Wythburn car park and not run along the road. Take care when crossing the road. After crossing the road, continue past the farm. Enter the field through the new gate which is the start/finish of the new bike track and head for the far right corner of the field where there is a gate. Follow the fence up Wythburn valley.
15. Two barbed wire fences have been erected and saplings have been planted in the section from Cockley Beck. Care must be taken not to damage any of the saplings and climbing the fences is not an option. Any damage caused on this section could have serious consequences for the future of the event. Any reports of competitors climbing the fences will be treated as a serious breach of the race rules. The following route will allow both fences to be crossed at stiles. Whilst not mandatory, any other chosen route must not involve climbing the fences. Further information in relation to this matter will be given at the briefing before the start.
- Cross the stile at bottom gate.
  - Head across boggy ground to top end of copse of trees to left - there is a gate here which is a struggle to open - care if climbing gate. Alternatively there is a stile across the fence about 200yds from the gate.
  - Head up gully straight ahead.
  - Follow ATV track at top of gully to fence corner - there is a stile approximately 50 metres beyond the fence corner.

- Cross stile and follow Beck upwards.
  - An ATV track crosses the Beck at one point - continue upwards and bear left on flatish plateau area to stile and gate in second fence (approx 100yds below fence corner).
  - Open fell after this – onwards and upwards!
16. The final section of the race must follow designated footpaths/roads. Those choosing the route through Side House Farm to the finish must follow the way markings – short cutting through the farm or across fields is not allowed. Those descending to the National Trust camp site must follow the camp site entrance track and then the road to the finish (care on the road).
17. The following food and drink will be provided on route and at the finish:
- Wythburn: water, squash, tea, jam sandwiches, egg mayo sandwiches, malt loaf, flap jack.
- Cockley Beck: water, squash, tea, egg, tuna mayo, cheese sandwiches, fruit cake, bananas.
- Finish: water, squash, tea, coffee, sandwiches, soup, cake.
18. There should be sufficient water at Wythburn car park and Cockley Beck for competitors to fill up water bottles, but please bear in mind that the water supply at these locations is restricted to what we can carry in the van and there will be others behind you.
19. In the event of hot weather conditions competitors must consume sufficient fluid to remain hydrated throughout the event – for most, this will involve carrying water and the use of an electrolyte product. Some competitors suffered badly during the 2010 event when conditions were very warm.
20. The race finishes in the parking field.
21. Prizes will be awarded at convenient times after sufficient numbers of competitors have finished. The prize giving for the winning teams will be approximately 16:00 hrs. Please come to see me if you have to leave before prizes have been awarded.
22. Can perpetual trophies please be returned to the Achille Ratti hut, Bishopscale, Langdale or hand them in at registration. If possible can last years' winners get engraved name plates added to the trophies. Let me know if you have a perpetual trophy and are unable to get it to us.
23. All finishers will receive a race T-shirt. Only giving T-shirts to finishers is a long standing race rule. If you don't manage to complete please come back next year and try again!
24. Based on the number of entries received, commemorative mugs will be awarded to the following finishers (please note both runners have to be at least 40 to qualify for one of the vet categories).
- Men – positions 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>
- MV80 1<sup>st</sup>, 2<sup>nd</sup>
- MV90 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>

MV100 1<sup>st</sup>, 2<sup>nd</sup>

Ladies 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>

FV80 & FV90 1<sup>st</sup>

FV100 1<sup>st</sup>

Mixed 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>

Mix V80 & Mix V90 1<sup>st</sup>, 2<sup>nd</sup>

Mix V100 & Mix V110 1<sup>st</sup>, 2<sup>nd</sup>

25. Whilst the race organiser will do his best to keep on top of the issuing of mugs to appropriate finishers, this is not easy and on occasion people have been known to leave without their prize. If you believe you have finished in one of the positions listed above please see me before leaving if you haven't been given your mugs.
26. Achille Ratti Climbing Club would like to thank Hangar 18 for their generous support of the event. Hangar 18 produce top quality outdoor clothing which will be on sale on the field during race day. Please have a look at their web site [www.h18orr.com](http://www.h18orr.com).

Please do not hesitate to contact me if you have any queries at this stage ([chris.lloyd731@gmail.com](mailto:chris.lloyd731@gmail.com)).

Chris Lloyd

10<sup>th</sup> May 2017