

OLD COUNTY TOPS RACE
Promoted by ACHILLE RATTI CC
Saturday 20th May 2023
Supported by Hangar 18
(www.h18orr.com)
Final Information 10th May 2023

Thanks to everyone who has entered this year. Entry numbers are down slightly on last year so there is space for some last minute entries – email me asap at chris.lloyd731@gmail.com if you or someone you know is interested.

It is important that all runners take note of race rules and regulations and the following:

1. The race headquarters is the field at the other side of the road from the turning into the New Dungeon Ghyll Hotel and Stickle Barn.
2. Car parking will be available at a cost of £5.00 (please bring correct change if possible) on the field. This money goes to the New Dungeon Ghyll Hotel who let us use the field.
3. The Hotel will not allow campervans/motorhomes overnight in the field – please make alternative arrangements. There is a small amount of space on Achille Ratti land next to the hut for anyone who is struggling – contact me.
4. Please note that parking isn't limitless even if the weather is good and we much prefer to see full cars arrive rather than half empty ones. If car sharing is an option then please do so – this will keep parking costs down and it goes a long way towards keeping the carbon footprint of our event to a minimum.
5. There will be Portaloos on the event field and there are public toilets in the Stickle Ghyll car park across the road.
6. Kit check and registration will be in the marquee on the event field and it will be open from 06:30 hrs. **Competitors are asked to arrive early** so we can avoid a last minute rush and a delayed start.
7. **Competitors must kit check and register in their pairs.** All competitors will be hand stamped on completion of kit check and this will need to be shown at registration before a number can be allocated.
8. Entry forms will be ordered alphabetically using the surname of competitor 1 (as listed in entry list on website). Knowing who is competitor 1 on your entry form will allow you to go into the correct queue and help to speed up registration.
9. After number issue competitors will be issued with a Harvey's 1:40000 map of the course.

10. The race will start in the Lake District National Park Authority car park adjacent to the event field. We will aim to start the race at 08:00hrs prompt. Can all runners gather at the start by 07:55hrs for a short pre-race briefing.
11. **All competitors will be expected to carry at least the minimum kit listed in the rules and regulations i.e. full waterproof body cover (as stipulated in FRA rules – i.e taped seams, jacket with hood), hat, gloves, map, compass, whistle, emergency food and a survival bag or mountain safety blanket.** A map will not have to be shown at kit check if you are intending to use the 1:40000 Harveys map which will be issued after number collection.
12. **Additional clothing is recommended in the event of poor weather. A number of runners got caught out by the very bad conditions on Scafell Pike in 2017, to the point that they got too cold and had to withdraw from the race. Entry to the event is restricted to those with mountain experience. Please use that experience to decide what clothing you should be carrying on the day and to make sure that extra clothing is put on at an appropriate time if conditions do deteriorate - once you have got cold it may be too late.**
13. Given reasonable weather conditions, there will not be a mandatory cut off at Angle Tarn, but experience has shown that teams arriving after 13:30hrs (5hrs 30mins after start) might not make the mandatory cut off at Cockley Beck. Teams arriving after 13:30hrs at Angle Tarn will be advised of this and with the agreement of a race marshall they might be allowed to continue. If weather conditions are very poor any team arriving at Angle Tarn at or after 13:30hrs will be asked to withdraw from the race. Under these circumstances all teams are expected to abide by the decision of the Race Marshalls and if asked to withdraw from the race they should return to the event field.
14. The cut off at Cockley Beck will be 16:15hrs. This is a depart time not an arrival time. **All competitors wishing to complete the race must have left Cockley Beck by 16:15hrs.** Whilst every effort will be made to transport teams retiring at Cockley Beck back to the finish, this cannot be guaranteed.
15. 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 Conistoun 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.
16. 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.**

17. The decision to use the bad weather route may be made prior to the start, but if the weather deteriorates during the morning 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.
- 18. Teams that retire at Wythburn or Cockley Beck road crossings can hand numbers into the marshals at those locations. Whether or not they then report to the finish is their decision.**
- 19. All teams retiring at any other point on the course must report to the finish and hand their numbers to the finish marshal or race organiser or to personnel in the Raynet control tent if you arrive at the finish before 13:00hrs.**
20. Please be aware that a new fence has been erected on the approach to Wythburn Church carpark which means it is no longer possible to approach the carpark through the woods below Middle Tongue. You must head for main Helvellyn path before you come to the woods.
21. Competitors must use the footpath from Wythburn car park and not run along the road. Take care when crossing the road – please follow instructions from race marshall who will be present. 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. **At the request of the farmer the section across the first field will be waymarked.** Please follow these markings.
22. Two barbed wire fences have been erected and trees have been planted in the section from Cockley Beck. Care must be taken not to damage any of the trees 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.
- 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 – or there is a stile approx. 50 yds to the right of the gate which is the preferred option.
 - 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!

23. 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 mayo, tuna mayo, and cheese n pickle sandwiches, fruit cake, bananas.
- Finish: water, squash, tea, coffee, sandwiches, soup, cake.
24. 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.
25. 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. In the past some competitors have suffered badly during when conditions were very warm.
26. The race finishes in the parking field.
27. 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.
28. 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.
29. All competitors will receive an Old County Tops buff and a 1:40000 Harvey's Map of the course at registration. Extra buffs will be on sale at the finish at a bargain price of £3 each.
30. **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!
31. Commemorative mugs will be awarded to the overall winners and to the winners of age categories. The number of prizes awarded to each category will depend on the number of runners in that category – a list will be posted in the registration tent.
32. 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 as qualifying for a prize please see me before leaving if you haven't been given your mugs. All results are posted on a board by the marquee.
33. A club prize will be awarded to the club with the lowest aggregate time for three teams.
34. Achille Ratti Climbing Club would like to thank Hangar 18 for their support of the event. Gary Dickinson will be at the event and will be selling all current stock at a discounted rate in preparation for the arrival of new gear in the autumn/winter,

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

Chris Lloyd

9th May 2023