

# Grisedale Horseshoe 2024 Final Details

## **Parking**

Race parking is available at King George V playing fields – approximately 15 minutes' walk from the race centre.

GR NY390161 Nearest Postcode CA11 0PJ WTW [///junction.hops.rules](http://junction.hops.rules)

## **Kit Check and Registration**

Registration will take place at Glenridding Village Hall. Please bring all your kit for the mandatory full kit check which will take place before you can receive your race number and Racetek wristband. FRA mandatory kit is:

- Hat & gloves
- Map, compass and whistle.
- Fully taped waterproof top (with an integral hood)
- Fully taped waterproof trousers
- Emergency food

It must be in good useable condition. You are strongly advised to take a spare long-sleeved top.

## **Race Start**

From the village hall at 11.00am

## **Fabian4 Racetek Timing**

Please wear your Racetek (timing chip) like a watch and slip it onto your wrist as soon as you are given it. You will 'tag' your band at each checkpoint and the finish

The checkpoints are:

- Catstye Cam summit 347158
- Helvellyn (Top of Swiral Edge not summit) 340152
- Grisedale Tarn Outlet 352123
- St Sunday Crag summit 369134
- Barn (Grisedale) 370149
- Wall Stile Birkhouse Moor 373160
- Finish Glenridding Village Hall

After you finish or if you retire, you must proceed directly to download in the village hall and hand in your Racetek wristband. Unless you do this you will not appear in the results and we will assume you are still on the fells. Failure to hand in your wristband could trigger an MRT call out and you will be excluded from future events.

There is a charge of £30 if you lose or fail to return your wristband.

### **Results**

There will be screens with live results in the village hall. Post race the results can be found at <https://www.fabian4.co.uk> and will be uploaded soon after you hand in your SI-Card

### **Post Race**

Our volunteers will provide you with soup sandwiches and cake in the village hall after the race

Further details available at [https://achille-ratti-climbing-club.co.uk/?page\\_id=71](https://achille-ratti-climbing-club.co.uk/?page_id=71)

### **Finally**

This is a traditional AL fell race- **poles are not allowed**. Garmin (or similar) watches can only be used for recording and not navigation. Anyone ignoring this will be disqualified.

Have a good Race!

Tony and Team

SUPPORTED BY:

