

Weaver Hills Fell Races Event Guide

Saturday 15th June 2024

A very warm welcome to the fourth edition of the **Weaver Hills Fell Races**, which this year we're delighted is part of the Junior Championships. Please read the following information thoroughly before the day.

Location & Parking

The race is based at Daltons Dairy at Shawcroft Farm on the edge of the village of Wootton in Staffordshire. The post code is **DE6 2GW**, but please note this is will not take you to the exact location.

The Ordnance Survey Grid Reference is **SK 1045 4522** and the What3Words location is <https://w3w.co/terribly.physical.confining>

Event parking is within the overflow field, which is on the left when you enter the site.

Please DO NOT park in the area on the right near the honesty shop or on the streets in the village.

Event Schedule

10:00 – Registration Opens
12:00 – U9 Race Start
12:20 – U11 Race Start
12:45 – U13 Race Start
13:15 – U15 Race Start
13:45 – U17 Race Start
14:15 – U19 Race Start
15:00 – Senior Race Start

Registration

Registration for both Junior and Senior races will be at the gazebos close to the start/finish area, near the Dalton's Honesty Shop. Please arrive at least 30 minutes prior to your race start time to allow sufficient time to register and get into the start area.

JUNIORS: Please note that the Junior races are pre-entry ONLY. Ensure you have registered for the event by Midnight Thursday 13th June. Once at the event, please check-in at the registration area, if possible wearing your pre-issued bib to make registration as quick as possible.

Please note: All Juniors must carry the following kit during their event; hat, gloves and a waterproof jacket.

SENIORS: You will need to confirm your current emergency contact name and number, and details of any medical conditions we need to be aware of, when collecting your bib and timing chip.

Entries on the day for the Senior race will be taken until the limit of 200 is reached. Please allow time to complete a registration form upon arrival. **EOD Senior Race Fee: £7.50 (+ £2 if not FRA-affiliated)**

Please note: Bring the correct money in CASH for EOD, as we will be unable to provide change. If you haven't got the correct monies and still wish to enter, the difference will be treated as a donation to Peak Running CIC.

NO transfers allowed on the day.

Please wear your number on your front and ensure it is clearly visible to all marshals around the course and officials at the finish line.

Weaver Hills Fell Races Event Guide

Saturday 15th June 2024

Substitutions / Race Number Transfers

Substitutions / transfers for pre-entered runners are permitted but these **must be completed by midnight Thursday 13th June**. Transfers must be done by the **original entrant, via the link in their original entry email**.

Use of somebody else's number, without formal transfer, **will** lead to disqualification and a ban from future events for both parties.

Substitutions involving an FRA member being replaced by a non-member will be subject to a £2 supplement, payable at registration on the day.

Fell Running Rules and Mandatory Kit Requirements

Anyone taking part in a licensed fell race is subject to the Fell Running Association's "Runners Rules", a copy of which can be accessed here: <https://files.fellrunner.org.uk/documents/2022/fra-requirements-for-runners-2022.pdf>

With regards to mandatory kit, we take a pragmatic but cautious approach to what must be carried by race participants.

Juniors MUST carry the following items on all routes; hat, gloves and a waterproof jacket.

Seniors: If the weather is fine and the risk of rain is very low, we may not mandate any specific kit for the Senior Race. Otherwise we will mandate at least a waterproof jacket and reserve the right to specify full FRA mandatory kit if the conditions are (or forecast to be) particularly poor.

Full FRA Mandatory Kit is as follows:

- Waterproof whole-body cover (jacket and trousers) with taped seams and integrated attached hood,
- Hat
- Gloves
- Map of the route
- Compass
- Whistle
- Emergency food.

It's important to note that the decision on minimum kit rests with ourselves, not individual participants. We won't make a **final decision on kit until registration opens on the day**. Therefore, please **come prepared** with all kit. As an organiser we are required to report anyone not wearing/carrying the required kit to the Fell Running Association. This will result in disqualification from the race and a ban from racing.

Toilets

Toilets will be available in the public area near the honesty shop, which is opposite the parking field. Facilities are limited, so we advise that you give yourself plenty of time.

It's important to be respectful of the local area. So please ensure any 'wild wees' are discrete and not within view of others or any properties.

The Routes

Weaver Hills Fell Races Event Guide

Saturday 15th June 2024

The routes for the Junior races and Senior race are available via the Weaver Hills webpage; <https://www.peakrunning.co.uk/weaverhillsfellrace>

Refreshments

There will be no water on the course. Water will be available near to the finish but, in line with our environmental policy, the event is **plastic free** with no cups provided. Therefore, please **bring your own bottle or cup** which you can fill up with water.

Daltons Dairy shop will also be open, from which ice cream and other goods will be available and there will be hot food vendors on site, organised by Daltons Dairy; <https://daltonsdairy.co.uk>

Important Safety Information

Underfoot conditions:	As is the nature of an off-road race, you can expect to encounter a variety of underfoot conditions and hazards such as uneven surfaces, tree roots, rocks and mud, as well as steep gradients. While negotiating these hazards is very much part of the fun, please take care not to trip or slip, particularly if surfaces are wet, and adjust your speed accordingly.
Ear phones / music players:	Ear phones, including bone conducting ones, are not permitted during the race.
Other trail users:	Be aware of, and be courteous to, other trail users. If you approach them from behind it is advisable to warn them of your presence and your intention to pass, and give them a wide berth
Designated Route:	You must follow the designated race route and not take any short cuts. If you stray from the route you are likely to be trespassing and will not be easily found in the event of injury or illness. Please observe any route markings and listen to marshals' instructions.
Hot / humid conditions:	Being in late June, there is a possibility of hot and/or humid weather. Please be aware of the risks of dehydration, heatstroke and sunburn, and use common sense, e.g. carry some water with you, wear sunscreen and adjust your pace.
Retiring:	If for any reason you are not able to complete the race after registering on the day, please inform the nearest marshal and report back to a race official at the start/finish area. DO NOT leave the event without personally informing a race official. Failure to do this would lead to an unnecessary search party being mobilised.
Assisting Others:	If you encounter another competitor who is injured, ill or in distress, please find out the nature of the problem, make a note of their race number and ensure the matter is reported as quickly as possible to the nearest marshal, either by yourself or another runner. This will enable us to arrange first aid treatment or other assistance as quickly as possible.

First Aid

Trained first aiders will be at the race, situated near the start / finish area. If you or anyone else requires their assistance, approach them directly or request assistance via the nearest marshal.

Prizes

Weaver Hills Fell Races Event Guide

Saturday 15th June 2024

Junior Race prizes are sponsored by Pete Bland Sports.

Senior Race prizes (organised by Peak Running) will be awarded to 1st, 2nd & 3rd male and female and 1st male and female in each veteran category represented (V40, V50, V60, V70, V80).

Prizes will be awarded as soon as possible after the race is finished, near to the honesty shop.

Results

Results will be published on the event website (<http://www.peakrunning.co.uk/weaverhillsfellrace>). We hope to have these published within 24 hours.

Litter

It should go without saying, but there is a strict 'no litter' policy at the event. Please place any litter in a bin or take it home with you to dispose of.

Photographs

We plan to have a photographer at the event to take official photographs of participants during the event. A link to the images captured will be shared on social media as soon as they are available.

Questions & Feedback

If you have any questions prior to race day, please get in touch. We are also keen to get your feedback after the event so we know which things worked well and anything that we can improve upon in future. You can do this verbally on the day or by dropping us an email afterwards.

Email: info@peakrunning.co.uk Tel: 07508 342297

And Finally

Like many other races, our event is only possible because of the volunteers who have given up their time for free to help organise things, and to be there on the day marshalling and carrying out many other tasks. They are all really keen that you have a great experience and we're sure they would really appreciate your smiles and words of appreciation as you pass.

We look forward to seeing you in Wootton and hope you have a great evening.

Chris & Dani, Peak Running Race Directors

Emergency Contact Numbers: 075083 42297 or 07739 037890

To be used on the day only if not in the vicinity of a race marshal.