
The Kate Burge Sea-to-Summit Fell Race

-notes for competitors 2017

The race will be held under FRA rules. These can be viewed on www.fellrunner.org

Kit

Obligatory kit includes:

- Full set of waterproofs (from head to ankles)
- Hat and gloves
- Whistle
- Compass
- Map
- Emergency food

There will be random kit checks. It is for your safety. Those with insufficient kit will not be able to take part.

Toilets

Toilets can be found in the Laxey Sailing Club, on the breakwater and at the far end of the promenade.

Numbers

Numbers will be allocated in numerical order at registration. Numbers should be pinned on your front and kept in view. Pins will be available if you've forgotten to bring some.

Start

The race will start at 1.30pm prompt. The start is towards the far end of the promenade. Please get there in good time. You will be asked to file past a marshal in numerical order whilst a final register is taken.

Minutes Silence

Before the race starts there will be a moment to gather thoughts for Kate and Matt MacSevney.

Control Points and Check Points

The first (unofficial) control point is dipping a hand in the sea. The route thereafter is obligatory until you've reached moorland (after the first stile).

There are 3 Control Points. These will be clearly flagged and may or may not be marshalled. Each has an orienteering stile punch. Use it to STAPLE THE EDGE OF YOUR NUMBER. This is the evidence you have completed the route.

1. Control point 1: SC437 879 Summit Slieau Ouyr. The punch will be located next to the cairn on the eastern side of the summit plateau.
2. Control point 2: SC419 883 Gully below Clagh Ouyr. The punch will be in the sickle shaped gully, where the path coming up from the mine buildings crosses the gully. This path is vague close up, but obvious on the approach.
3. Control point 3: SC414 889 Summit of Clagh Ouyr. The punch will be next to the cairn on the true summit; not the subsidiary summit to the South.

The crossing at Black Hut SC405 885 is a 'Check Point'. This crossing point is obligatory. It will be marshalled and race numbers will be recorded.

Touch the trig point on the top of Snaefell on the way to the finish which will be in the lee of the buildings on the far side (according to which way the wind's blowing). There will be flags directing you from the trig point to the finish.

Road sections & Road crossings

You are responsible for your own road safety. However there will be signage and marshals at all the road junctions, alerting road users to your presence.

Keep to the left going up Minorca Hill; there will be traffic coming down.

Take care crossing Ramsey Road and the Mountain Road. The Mountain Road crossing will have police special constable assistance.

Dogs

As per FRA rules (and at the request of the landowners), dogs will not be allowed to accompany competitors.

Bad Weather Alternative

A decision will be made on the day whether or not to cancel the proposed route in favour of a bad weather alternative. The alternative route misses out the control points, with runners heading directly to Black Hut and onto Snaefell summit, after the end of the obligatory start.

Retirements - IMPORTANT

If you retire from the race at any point after registration, you must let a marshal know, giving them your race number. Alternatively phone the Organiser (Sean McLachlan 07624 493253), whose telephone number will be on the back of your race number. Until you finish or your retirement is known, you will be considered en route and if necessary the subject of a search party!

Injury

Familiarise yourself with the FRA advice on hypothermia:

http://fellrunner.org.uk/pdf/FRA_Hypothermia.pdf

Race cut off

If you have not finished the race by the cut off time of 4.30pm (3 hours), you must contact the organiser or alert a marshal, so that you can be retired from the race.

Transport back to Laxey

There are no trams this year. Runners should make their way to Bungalow. The station will be open and warm. Tea and coffee will be available. The Civil Defence are kindly providing a 4 vehicle shuttle back to Laxey Sailing Club. You shouldn't have to wait long. KEEP WARM.

Refreshments & Presentations

Tea, coffee, cakes and (a limited amount of!) beer will be available back at Laxey Sailing Club. Presentations will occur at 4.30pm to 5pm (before, if everybody is accounted for early). There will be awards for males and females for all age categories and trophies for the winner and 1st Lady.

Post-Race

The Sailing Club will remain open into the evening. The Bar will be open at about 4pm. Matt Kelly (solo guitarist, singer songwriter) will get the evening going, followed by the FECKTONES at about 7pm. Soup and bread will be served at some point. This is free to runners.

Race Photos

Vincent Campbell will be taking photos on the route and will be available on-line.