



OLD COUNTY TOPS RACE

Promoted by ACHILLE RATTI CC

Saturday 22nd May 2010

The route is a 37 mile / 10,000ft classic, starting near the New Dungeon Ghyll Hotel, Great Landale and visiting the former county tops of:

WESTMORLAND (Helvellyn), CUMBERLAND (Scafell Pike) and LANCASHIRE (Coniston Old Man), returning to Great Langdale via Blea Tarn.

The race will be run in teams of two, and prizes awarded to:

1st three teams, 1st Ladies team, 1st mixed team, 1st team both vets - combined ages 80-89, 1st team both vets - combined ages 90-99, 1st team both vets - combined ages 100-119, 1st team both vets - combined ages 120+. Also club team prize - 3 teams.

Prizes will be presented as soon as possible after crossing the Finish Line

Light refreshments and drinks will be provided at Wythburn, Angle Tarn, Cockley Beck Bridge, and at the finish.

Registration - New Dungeon Ghyll Car Park 7.15 am onwards

CHECK POINTS

Location	OS grid ref	
New Dungeon Ghyll Car Park	296064	Start 08:00 hrs
1. Path Junction (Head count)	339098	
2. Helvellyn Summit	341151	
3. Wythburn Car Park	324136	
4. Angle Tarn	245078	Closes 13:30 hrs
5. Scafell Pike Summit	215072	
6. Cockley Beck Bridge	247017	Closes 15:45 hrs
7. Coniston Old Man Summit	272978	
8. Three Shire Stone	276027	
9. New Dungeon Ghyll field (Finish)	295064	Closes 20:00 hrs

RULES Competitors MUST

1. Run in teams of two throughout the race
2. Pass through all the checkpoints together
3. Report retirements to check points and at the finish
4. Retire if arriving at check points after their closing time
5. Must wear/carry:
 - Windproof whole body cover
 - Other body cover appropriate for the weather conditions
 - Map and compass suitable for navigating the course
 - Whistle and emergency food

N.B. Mickledore is strictly **OUT OF BOUNDS**. Teams seen heading directly south west towards Mickledore from Scafell Pike will be disqualified.

The race is deemed unsuitable for novices. Navigational skills are **ESSENTIAL** and it is advised that you reconnoitre the course.

Retirements: Report to a CP then return directly to the finish and report to race control. If retiring between CP's report directly to the finish. If completely lost, phone the police!