

OLD COUNTY TOPS RACE
Promoted by ACHILLE RATTI CC
Saturday 19th May 2012
Supported by Lakes Runner
(www.lakesrunner.com)

Information, Rules and Regulations

1. The Old County Tops is organised by the Achille Ratti Climbing Club (ARCC). The race is run under FRA rules. Non-compliance with the race rules or with any specific requirements of the organisers will lead to disqualification and a ban from future races.
2. The race is a circular route of approximately 37 miles with 10000 ft of ascent which starts and finishes close to the New Dungeon Ghyll Hotel, Great Langdale. The route visits the three high points of the old counties of Cumberland, Westmorland and Lancashire, these being Helvellyn, Scafell Pike and Coniston Old Man respectively.
3. The race is run in pairs who must stay together throughout the race. If a competitor has to retire his/her partner is expected to remain with the retiree. All retiring pairs **MUST** report to the finish.
4. Entry forms will be available on the Achille Ratti Climbing Club web site (www.achille-ratti-climbing-club.co.uk) from early 2012. A maximum of 120 teams will be accepted on a first come first served basis. All entries should be with the organiser by 5th May 2012. Late entries may be accepted, at the discretion of the organiser, if the maximum of 120 teams has not been reached. A list of accepted entries will be published on the ARCC web site.
5. All entrants must be 18yrs or older and one member of each pair must be 21yrs or older.
6. The event will start at 08:00 hrs and competitors are asked to gather at the start at 07:45 hrs. Registration will take place in the field adjacent to the New Dungeon Ghyll Hotel from 06:30 hrs.
7. The race is deemed unsuitable for novices. All competitors must have completed three Class A Long fell races in the three year period preceding the event and **MUST** have experience of navigating in the British mountains. Due to the demanding nature of the event it is recommended that all competitors who have no previous experience of the event spend time reconnoitring the course.

8. Runners are expected to pass through the following checkpoints:

Checkpoint	Location	Grid Reference	Cut off time
	New Dungeon Ghyll Car Park	296064	Start 08:00 hrs
1	Path Junction	339098	Head Count Only
2	Helvellyn Summit	341151	
3	Wythburn Car park	324136	
4	Angle Tarn	245078	13:00 hrs
5	Scafell Pike Summit	215072	
6	Cockley Beck	247017	15:45 hrs
7	Coniston Old Man Summit	272978	
8	Three Shires Stone	277027	
	New Dungeon Ghyll field	295064	Finish 20:00 hrs

9. The cut-off time at Cockley Beck is the time that the last competitors will be allowed to leave that location and **not** the last arrival time.
10. It is the responsibility of the competitors to ensure that their race number is recorded by the marshals at all checkpoints except checkpoint 1. Checkpoint 1 will involve a headcount only and race numbers will not be recorded at that location.
11. Route choice is largely at the discretion of the competitors except for the following:
- Competitors will not be permitted to run along the main road between Wythburn car park and the road junction at the end of Thirlmere. Competitors will be directed along the footpath that runs parallel to the road.
 - Mickledore is strictly out of bounds and therefore descending Scafell Pike via this route is not allowed. Teams seen heading south west towards Mickledore will be disqualified. Particular care is required on the descent of Scafell Pike and it is recommended that those who have not reconnoitred the direct descent should descend via Little Narrow Cove.
12. The organisers consider that the use of electronic navigational aids is against the spirit of this type of event and therefore request that competitors refrain from using GPS as a navigational aid during the event. A GPS unit may be carried by competitors for use in emergency situations.
13. The option of introducing a shortened course avoiding the summits of Scafell Pike and Coniston Old Man will be considered in the event of extremely poor weather. The decision to implement the shortened course will be made by the race organiser.
14. Food and drink will be provided at Wythburn car park, Cockley Beck and the finish. Due to the length of the event it is likely that most competitors will need to eat and drink before, between and after these check points. Competitors are expected to carry sufficient supplies to cover their needs. This should include some isotonic fluid to prevent dehydration (especially important on a hot day). There is very little water along the route; there **may** be the opportunity to fill water bottles at Wythburn and Cockley Beck, but this will depend upon demand and the amount of water that can be transported to those locations.

15. Competitors must carry full waterproof body cover, hat, gloves, map, compass, whistle and emergency food. There will be kit checks before the start and anyone not carrying this minimum requirement of kit will not be allowed to start the race.
16. The kit listed above is the minimum requirement and competitors are advised to carry additional clothing in poor weather conditions. A survival bag or mountain safety blanket is recommended.
17. Prizes will be awarded to the first three teams, and to the first team in the following categories: Ladies, Mixed, V80-89, V90-99, V100-119 and V120+ (the veteran age is the combined age of both competitors on the day of the race; both competitors must be over 40 to qualify). A club team prize will also be awarded.
18. A T-shirt will be awarded to all **finishers** who enter the event by the 5th May 2012. Whilst every effort will be made to give T-shirts to late entrants, this cannot be guaranteed.
19. Results will be published on the Achille Ratti web site as soon as possible after the event.
20. All entrants are expected to check the Achille Ratti web site after 5th May 2012 for final instructions. These will be posted to any entries that include a SAE with their entry form.
21. Please note that Achille Ratti Climbing Club is also holding The New Dungeon Ghyll Fell Race (3.5 mls, 2100 ft) on 19th May 2012, which starts and finishes at the same place as the Old County Tops. This is one of the classic short fell races in the calendar but unfortunately it has only attracted a small entry over recent years (though it was improved last year which was the first year for both events to be held on the same day). Please encourage any friends who might like to watch you complete the Old County Tops to have a go at the New Dungeon Ghyll Fell Race whilst they are waiting. For details contact Bill Mitton – 01274 564951, bill.mitton@tiscali.co.uk.
22. Achille Ratti Climbing Club would like to thank Lakes Runner for their continued support of this event. Lakes Runner is a specialist fell running and climbing shop in Ambleside. Please look at their web site and/or pay them a visit if you need any gear for the event. It is because of their support that we manage to keep the entry fee at a reasonable amount and they would appreciate any custom from competitors in return.