

OLD COUNTY TOPS RACE

Promoted by ACHILLE RATTI CC

Saturday 19th May 2018

Supported by Hangar 18

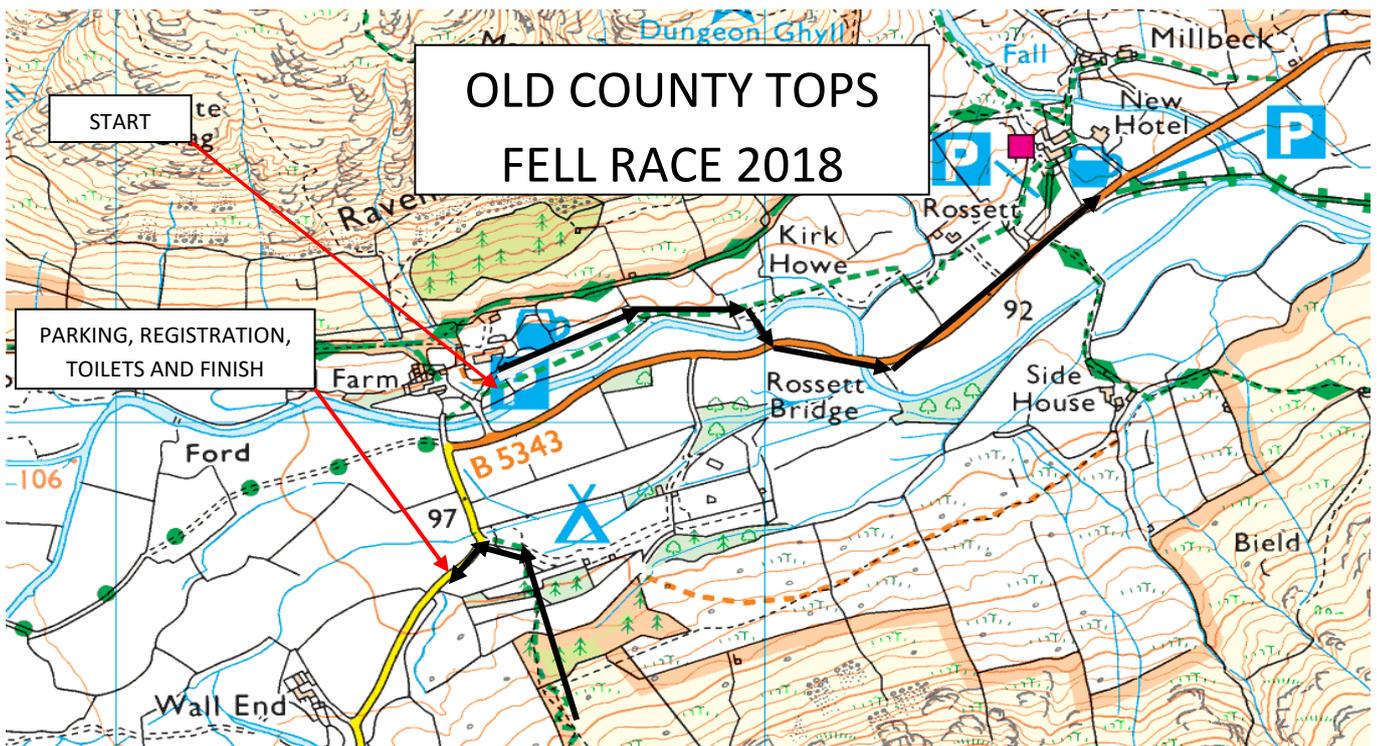
(www.h18orr.com)

Final Information 10th May 2018

This is being written with ten days to go until race day. We have received 158 entries to date, more than ever before. I will accept up to 160 so we are getting very close. Email me asap if you want one of the remaining two places.

In relation to the event can I please draw your attention to the following:

1. Unfortunately we were beaten to the field at the New Dungeon Ghyll this year, as a result of which we have had to seek an alternative venue to start and finish the race. The parking, registration and finish field will be at NGR NY285057 as shown on the map below. We would like to thank Wall End Farm for allowing us to use this field. The race will start in the field in front of the Old Dungeon Ghyll Hotel, NGR NY286061. The arrowed lines on the map below show this year's start which leads into the original start, and the way to the finish which will be down the zig zag path, through the campsite and then a left turn out of the campsite onto the road (similar to Langdale horseshoe finish). The consequence of this will be a longer run out and a shorter run to the finish so it will make very little difference to the overall race time.



2. Car parking will be available at a cost of £3.00 (please bring correct change if possible) on the field. In the event of wet conditions you may have to seek alternative parking, with the 2 National Trust car parks in the valley being the obvious choices. There are charges for parking in both of these (unless you are a NT member) and they are some distance from the event field.
3. Please note that parking isn't limitless even if the weather is good and we much prefer to see full cars arrive rather than half empty ones. If car sharing is an option then please do so. This goes a long way towards keeping the carbon footprint of our event to a minimum.
4. Portaloos will be located on the event field.
5. Kit check and registration will be in the marquee on the event field. Competitors must kit check and register in their pairs. An OCT/Hangar 18 wrist band will be issued to all competitors on completion of kit check which will need to be shown at registration before a number can be allocated. Entry forms will be ordered alphabetically using the surname of competitor 1 (as listed in entry list on web site). Knowing who is competitor 1 on your entry form will help to speed up registration.
6. Kit check and registration will be open from 06:30 hrs. Competitors are asked to arrive early so we can avoid a last minute rush and a delayed start.
7. **All competitors will be expected to carry at least the minimum kit listed in the rules and regulations. Additional clothing is recommended in the event of poor weather. A number of runners got caught out by the very bad conditions on Scafell Pike last year, to the point that they got too cold and had to withdraw from the race. Entry to the event is restricted to those with mountain experience. Please use that experience to decide what clothing you should be carrying on the day and to make sure that extra clothing is put on at an appropriate time if conditions do deteriorate - once you have got cold it may be too late.**
8. The race will start at 08:00 hrs prompt. Can all competitors please aim to be close to the start by 07:50 hrs. Remember it is a few minutes walk from the field to the start.
9. Given the slightly longer run out at the start the advisory cut off at Angle Tarn and the mandatory cut off at Cockley Beck will be extended by 15 minutes (see sections 9 and 10).
10. Given reasonable weather conditions, there will not be a mandatory cut off at Angle Tarn, but experience shows that teams arriving after 13:45hrs may struggle to make the mandatory cut off at Cockley Beck. Teams arriving after 13:45hrs at Angle Tarn will be advised of this and it will be their decision whether or not they continue. If weather conditions are very poor the decision on whether or not a team arriving at Angle Tarn at or after 13:45hrs can continue will be made Race Marshalls. Under these circumstances all teams are expected to abide by the decision of the Race

Marshalls and if asked to withdraw from the race they should return to the event field.

11. The cut off at Cockley Beck will be 16:15hrs. All competitors wishing to complete the race must have left Cockley Beck by that time. Whilst every effort will be made to transport teams retiring at Cockley Beck back to the finish, this cannot be guaranteed.
12. In the event of extremely poor weather the following bad weather route will be used:
 - Avoid Scafell Pike - from Esk Hause descend the valley down to Great Moss and continue to Cockley Beck along Mosedale (there will be no check point between Angle Tarn and Cockley Beck).
 - Avoid Coniston Old Man – there will be a check point at the col between Grey Friar and Great Carrs (grid reference 266007) and then descend Wet Side Edge to Three Shires Stone.
13. The bad weather route will only be implemented in extreme conditions. **It is the responsibility of individual teams to pull out of the event if they consider that the conditions are such that their safety could be at risk.**
14. All retiring teams **must** report to the finish and hand their numbers to the race organiser or to personnel in the Raynet control tent.
15. The decision to use the bad weather route may be made prior to the start, but in the event of deteriorating weather during the day a late decision could be made, in which case competitors will be informed of this at the Angle Tarn check point. All competitors must be aware of the alternative route in case it does become necessary to implement it.
16. Please be reminded that competitors must use the footpath from Wythburn car park and not run along the road. Take care when crossing the road. After crossing the road, continue past the farm. Enter the field through the new gate which is the start/finish of the new bike track and head for the far right corner of the field where there is a gate. Follow the fence up Wythburn valley.
17. Two barbed wire fences have been erected and saplings have been planted in the section from Cockley Beck. Care must be taken not to damage any of the saplings and climbing the fences is not an option. Any damage caused on this section could have serious consequences for the future of the event. Any reports of competitors climbing the fences will be treated as a serious breach of the race rules. The following route will allow both fences to be crossed at stiles. Whilst not mandatory, any other chosen route must not involve climbing the fences.
 - Cross the stile at bottom gate.
 - Head across boggy ground to top end of copse of trees to left - there is a gate here which is a struggle to open - care if climbing gate – or there is a stile approx. 50 yds to the right of the gate which is the preferred option.
 - Head up gully straight ahead.

- Follow ATV track at top of gully to fence corner - there is a stile approximately 50 metres beyond the fence corner.
 - Cross stile and follow beck upwards.
 - An ATV track crosses the Beck at one point - continue upwards and bear left on flatish plateau area to stile and gate in second fence (approx 100yds below fence corner).
 - Open fell after this – onwards and upwards!
18. The following food and drink will be provided en route and at the finish:
- Wythburn: water, squash, tea, jam sandwiches, egg mayo sandwiches, malt loaf, flap jack.
- Cockley Beck: water, squash, tea, egg, tuna mayo, and cheese sandwiches, fruit cake, bananas.
- Finish: water, squash, tea, coffee, sandwiches, soup, cake.
19. There should be sufficient water at Wythburn car park and Cockley Beck for competitors to fill up water bottles, but please bear in mind that the water supply at these locations is restricted to what we can carry in the van and there will be others behind you.
20. In the event of hot weather conditions competitors must consume sufficient fluid to remain hydrated throughout the event – for most, this will involve carrying water and the use of an electrolyte product. Some competitors suffered badly during the 2010 event when conditions were very warm.
21. The race finishes in the parking field.
22. Prizes will be awarded at convenient times after sufficient numbers of competitors have finished. The prize giving for the winning teams will be approximately 16:00 hrs. Please come to see me if you have to leave before prizes have been awarded.
23. Can perpetual trophies please be returned to the Achille Ratti hut, Bishopscale, Langdale or hand them in at registration. If possible can last years' winners get engraved name plates added to the trophies. Let me know if you have a perpetual trophy and are unable to get it to us.
24. All competitors will receive a 30yr commemorative Old County Tops buff and a 1:40000 Harvey's Map of the course at registration. Unfortunately the maps were printed last year so they show last year's start and finish not this years – be warned!
25. All finishers will receive a race T-shirt. Only giving T-shirts to finishers is a long standing race rule. If you don't manage to complete please come back next year and try again!
26. Based on the number of entries received, commemorative mugs will be awarded to the following finishers (please note both runners have to be at least 40 to qualify for one of the vet categories).
- Men – positions 1st, 2nd, 3rd, 4th, 5th, 6th
- MV80 1st, 2nd, 3rd
- MV90 1st, 2nd, 3rd, 4th

MV100 1st, 2nd, 3rd

MV110 1st, 2nd

MV130 1st

Ladies 1st, 2nd, 3rd

LV90 1st, 2nd

Mixed 1st, 2nd, 3rd

Mix V80 1st

Mix V90 1st, 2nd

Mix V100 1st

27. Whilst the race organiser will do his best to keep on top of the issuing of mugs to appropriate finishers, this is not easy and on occasion people have been known to leave without their prize. If you believe you have finished in one of the positions listed above please see me before leaving if you haven't been given your mugs. All results are posted on a board by the marquee.
28. A club prize will be awarded to the club with the lowest aggregate time for three teams.
29. Achille Ratti Climbing Club would like to thank Hangar 18 for their generous support of the event. Hangar 18 produce top quality outdoor clothing which will be on sale on the field during race day. Please have a look at their web site www.h18orr.com.

Please do not hesitate to contact me if you have any queries at this stage (chris.lloyd731@gmail.com).

Chris Lloyd

10th May 2018