



The 30th

# Norman Matthews Winter Hill Fell Race

## Sunday 12th February 2012 at 10:00am

Rules & Condition of Entry. Held under FRA rules.

**United Utilities have requested that no recce runs are done over the course**

**Sections of the course are over private land and your co-operation in conforming to the Fell and Country Code will help ensure the race's future.**

**Registration, Start, Finish and Prizегiving at Rivington Hall Barn (upper barn), Rivington Lane, Horwich. GR 636145.**

**Please do not park in the main car parks, park on the approach to the barn. Note the facilities at Rivington Barn are for patrons of the barn and under no circumstances are they to be used by runners for washing, changing etc.**

**Route:** 11 miles, 2,700 ft of climb. Visiting 9 checkpoints:

- 1) Stream Junction ..... GR 647139
- 2) Shooting Hut ..... GR 671135
- 3) Stile ..... GR 678151
- 4) Stone Post on Path ..... GR 663147
- 5) Knoll Summit at Fence ..... GR 662159
- 6) Trig Point ..... GR 660149
- 7) Bridge (cut-off time 2 hrs 10 mins) ..... GR 645154
- 8) Stream Junction ..... GR 647139
- 9) Path Junction ..... GR 639128

**Parts of the course are marked and must be followed.**

<b>AGE LIMIT</b>	Strictly minimum age limit 18 years old on the day
<b>EQUIPMENT REQUIREMENTS</b>	ALL runners must carry the minimum safety requirements as laid down under FRA rules (see FRA Calendar). You must carry windproof whole body cover appropriate for the weather conditions, map (provided), compass, whistle and emergency food. <b>BRING IT WITH YOU.</b> This is an 11 mile category A race and is unsuitable for novices.
<b>RETIREMENT</b>	Should any runner retire, they must report to an official at the finish. If near a checkpoint, they should also advise the marshal.

### PAIR OF WALSH PB SHOES TO FIRST MAN AND LADY

Collect your number on the day. Teams of 3 to count for men and ladies.

Enter online at [www.ukresults.net](http://www.ukresults.net), or use entry form below, send a cheque for £6 payable to Horwich RMI Harriers to: Colin Jones, 3 Church Street, Horwich, Bolton, BL6 6AH.

Tel: 01204 690013, Email: [colin@vapor-tek.co.uk](mailto:colin@vapor-tek.co.uk).

Pre-entry deadline is 5th February. Entries on the day are £10, subject to race limit of 200

### WINTER HILL FELL RACE 2011 ENTRY FORM

Name ..... M/F ..... Age ..... (on day of race)

Address .....

Club ..... Tel No .....

I understand that this race is held in accordance with both the Rules and Safety Requirements of the FRA. I confirm that I am aware of the organiser's information and requirements in connection with this race. I accept the hazards involved in fell running and acknowledge that I am entering and running this race at my own risk. Other than the organiser's liability for causing death or personal injury by negligence, I confirm that I understand that the organiser accepts no liability to me for any loss or damage of any nature to myself or property arising out of my participation in this race.

Signed ..... Date .....