



Bowline Climbing Club 34th Charnwood Hills Race



10:00am Sunday 6th February 2022 The Martin High School, Link Road, Anstey LE7 7EB

This is a **FELL RACE** under [Fell Runners Association](#) (FRA) rules. The course is approximately 14 miles long and follows public footpaths and open country involving over 1,200 feet of ascent through Bradgate, Broombriggs and Beacon Hill Country Parks. The going underfoot is rough. Please note that (for this year at least) there is a small change to the route in Bradgate Park in order to stick to the public rights of way.

Entries are on a first come first served basis, entries will open at 8pm on Sunday 28th November on EntryCentral. Upon successful entry to the race the entry fee of **£17 will be taken from your debit/credit card**. Note that we will guarantee places for the three fastest women and three fastest men from last year's race (if you are one of these persons please contact us if you are not able to get an entry).

Your race number will be sent to you by e-mail and will be issued on the day. **DO NOT** give it to anyone else unless you have transferred your place online via EntryCentral which you can do up until Sunday 30th January 2022.

In accordance with Fell Runners Association rules, the race categories are:

WU21 WU23 WSEN W40 W45 W50 W55 W60 W65 W70 W75
MU21 MU23 MSEN M40 M45 M50 M55 M60 M65 M70 M75

We would ask all entrants to note the following:

- Ensure you follow the additional guidance in the '**COVID-10 addendum**' (see next page) including any subsequent revisions/additions to this guidance as maybe provided in advance of the race.
- You must comply with the current [FRA requirements for runners](#).
- Dress appropriately for the conditions. You should arrive at the race prepared to carry whole body waterproof covering, hat and gloves. The weather may well be bad.
- You should also bring four **SAFETY PINS** to secure your race number onto your running top.
- Studded or waffle type running shoes with lots of grip are most suitable for the terrain. **Road shoes are not suitable.**
- Take particular care at each of the six road crossings. The marshals are there to warn you of traffic, not to stop it. Keep to the line of the marked course and do not cut corners, especially on the golf course. Remember that you share part of the course with walkers, cyclists and horse riders. **You do not have right of way because you are racing.**
- Please be aware that there is likely to be photography and filming taking place, before, during and after the race.
- Treat the countryside with respect; it is an environmentally sensitive area. Any runner caught cutting corners, climbing fences or walls will be immediately disqualified.
- There are no drinks stations. If you need a drink then carry a bottle. **DO NOT** drop empty gel packets and other litter on the course. **WE** have to pick it up and it is **AGAINST THE LAW**.
- There is a strict **CUT-OFF** on the outbound route at the Beacon Road crossing (grid ref. SK519143). Any runners arriving later than 1h 20m after the start time will not be allowed to continue.
- If you retire then **YOU MUST** return to Martin High School and inform the race director in person. In the event of bad weather, there is the possibility that slow runners at the rear of the field may be asked to turn back. This will be in the interest of safety of both competitors and marshals. **YOU MUST** obey any such request.
- If possible share lifts to the venue as parking is limited. **DO NOT** park on Link Road as it is a bus route. If the car park is full then please park responsibly in side roads.
- The use of earphones is **NOT ALLOWED** and if caught doing so will be **DISQUALIFIED IMMEDIATELY**. Runners need to be able to hear marshal's instructions.
- Runners will be able to have a free hot drink and cake after the race with the presentation of their race number.
- There will be no entries on the day.
- Showers and free refreshments are available after the race.

PRIZES

First 3 women	First Bowline woman
First 3 men	First Bowline man
First women's team (3 to count)	Each age category
First men's team (3 to count)	



The Bowline Climbing Club Limited is a registered society under the Co-operative and Community Benefit Societies Act 2014. Registered under No. 31545R with the Financial Conduct Authority.

Registered Office: Dinorwic Mill Cottage Tai Felin, Brynrefail, Caernarfon, Gwynedd LL55 3NR





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COVID-19 Addendum

Due to the presence of COVID-19 in our society the following additional guidance applies to all entrants.

PLEASE NOTE – This additional guidance is subject to change in the run up to the event as is required to ensure the safety of entrants and to comply with any relevant changes in regulations or changes in guidance from the FRA.

Pre-event:

- Runners are **STRONGLY ADVISED** to take a lateral flow test within 24 hours of the start of the race and **MUST NOT** attend if they receive a positive result or are showing any signs of COVID-19 symptoms.
- Runners **MUST NOT** attend if they have had a positive COVID-19 PCR test in the ten days prior to the race.

On the day:

- Runners are **REQUIRED** to wear a face covering at all times whilst in the school buildings.
- Runners who are exempt from wearing a face covering must contact the race organisers via email (charnwoodhillrace@bowlineclimbingclub.co.uk) in advance to discuss arrangements, no later than 7th January 2022.
- **ONLY** runners are allowed to enter the school buildings. Anyone wishing to spectate may do so along the course outside of the school grounds.
- Runners are requested to take extra care with personal hygiene at all times, including use of 70%+ alcohol hand sanitizer before arriving, at registration, on return and when using toilets.

Post-event:

- If you show any COVID-19 symptoms or receive a positive lateral flow or PCR test within the 72 hours after the race, you **MUST** advise the race organisers via email (charnwoodhillrace@bowlineclimbingclub.co.uk) and complete the UKA Covid-19 Report Form at <https://www.uka.org.uk/governance/health-safety/covid-19-form/> (as per FRA guidance).



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