



Bowline Climbing Club 36th Charnwood Hills Race



10:00am Sunday 4th February 2024 The Martin High School, Link Road, Anstey LE7 7EB

This is a **FELL RACE** under [Fell Runners Association](#) (FRA) rules. The course is approximately 14.5 miles long and follows public footpaths and open country involving over 1,500 feet of ascent through Bradgate, Broombriggs and Beacon Hill Country Parks. The going underfoot is rough. Please note that (for this year) 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 12th November on EntryCentral. Upon successful entry to the race the entry fee of £18 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 28th January 2024.

In accordance with Fell Runners Association rules, the race categories are as follows. Please note the minimum age for entry is 18 years old on the day of the race:

WU19	WU23	WSEN	W40	W45	W50	W55	W60	W65	W70	W75
MU19	MU23	MSEN	M40	M45	M50	M55	M60	M65	M70	M75

We would ask all entrants to note the following:

- 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/headphones (including bone conductors) is **NOT ALLOWED** and anyone caught using these will be **DISQUALIFIED IMMEDIATELY**. Runners need to be able to hear marshal's instructions.
- Runners can get a **free hot drink and cake after the race** with the presentation of their race number.
- Refreshments will be available to purchase for spectators
- Showers are available after the race.
- There will be no entries on the day.

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)	



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