

Trigger Fell Race – 12th March 2014

Safety Notices and New Rules

1) Course - Runners need to be aware that (dependant on their route choice) there could be ...

- a) Steep rocky ascents and descents with possible loose rocks.
- b) The paved pathway to Black Hill crosses streams and there are gaps in the paving slabs.
- c) The paving slabs are likely to be slippery when wet, icy or snowy.
- d) There are deep bogs.
- e) There are road crossings and it is the competitors responsibility to cross safely.

2) Rules - The Competitor must ...

- 1) Wear their number unfolded on their chest and show it at all the Checkpoints.
- 2) Carry the required kit which is Full Waterproofs (with taped seams and hood), hat, gloves, map, compass, whistle, food.
- 3) Register, pass through all the Checkpoints and the finish, or Retire as per Rule 4
- 4) If they retire report to a Road Crossing point. They are not allowed to leave until told they can do so by a WMRT Marshall who will remove their number.

3) CP Closing Times

- 1) Crowden Checkpoint – 12.00 hours
- 2) Snake Top Checkpoint – 14.30 hours