



Bowels of Fleetwith Fell race – Saturday 20th July 2019

Sponsored by:



Here are a few final details about the day which you must adhere to.

Parking

Parking is £5 per car if booked in advance, on the gate it is £7.50 per car.

Car parking is limited so please car share where possible, alternative parking is available in Seatoller with a 20-minute walk up the pass to the mine.

Honister is on the Stagecoach bus route 77/77A and buses pass us frequently on Saturdays as well as stopping at Seatoller.

Stagecoach will be running an additional evening bus facility from Honister to Keswick so you don't have to bring your car up the pass.

Local taxi/ Minibus companies will also travel to our site.

Overnight Campervan parking is available for people attending the Slate Shindig at a charge of £15 per vehicle. This must be pre-booked and is **not** available on the day. No campfires, tents, gazebos or awnings allowed, please take away everything you bring.

Registration and kit check

Registration for the race will open at 2pm and close at 3.45pm at Honister Mine Car park, Honister Pass, Borrowdale, Keswick, Cumbria. CA125XN.

Registration will be in the main marquee.

You must bring with you to registration the following items for kit check:

1. Full waterproofs
2. Hat and gloves
3. Compass and whistle

4. Working named headtorch with full battery

The race runs over mountainous terrain and climbs a total of nearly 3,00ft, you will be given a race map but please familiarise yourself with the route before the day. The route will be partially flagged from the top of the mine section to Fleetwith Pike, across to Greyknotts and down to the finish. The section up to Dalehead and back will not be flagged. We recommend studded footwear suitable for mountain running.

After registration, you will be asked to attach your headtorch to the helmet corresponding to your race number.

If you would like to use your own helmet, please bring it to registration and ensure that it is clearly named. Please email this address : lou@kongadevntyure.com to let us know that you will be bringing your own helmet.

These will be then taken to the start of the mine section for you to put on before you enter the mine.

The race will begin at 4pm.

Underground mine section

All runners will be directed to attach their helmets and attach the strap correctly before entering the mine by our marshals. All helmets will be numbered and will match your race number. You will not be allowed to enter the mine without a helmet and headtorch.

Once in the mine, all of the route will be fully flagged and marshalled. Any routes that are not part of the race will be clearly taped out of bounds. Some of the tunnels have low ceilings so please be aware of this when running through the passages. You will also be climbing one section of steep steps – please take care, there will be frequent marshals in this section to help you. Once you have exited the mine, you will be shown where to place your helmet and headtorch before carrying on the next part of the race. Flags will lead you from here to the summit of Fleetwith Pike.

Your helmet and headtorch will be transported back to the race finish by our marshals.

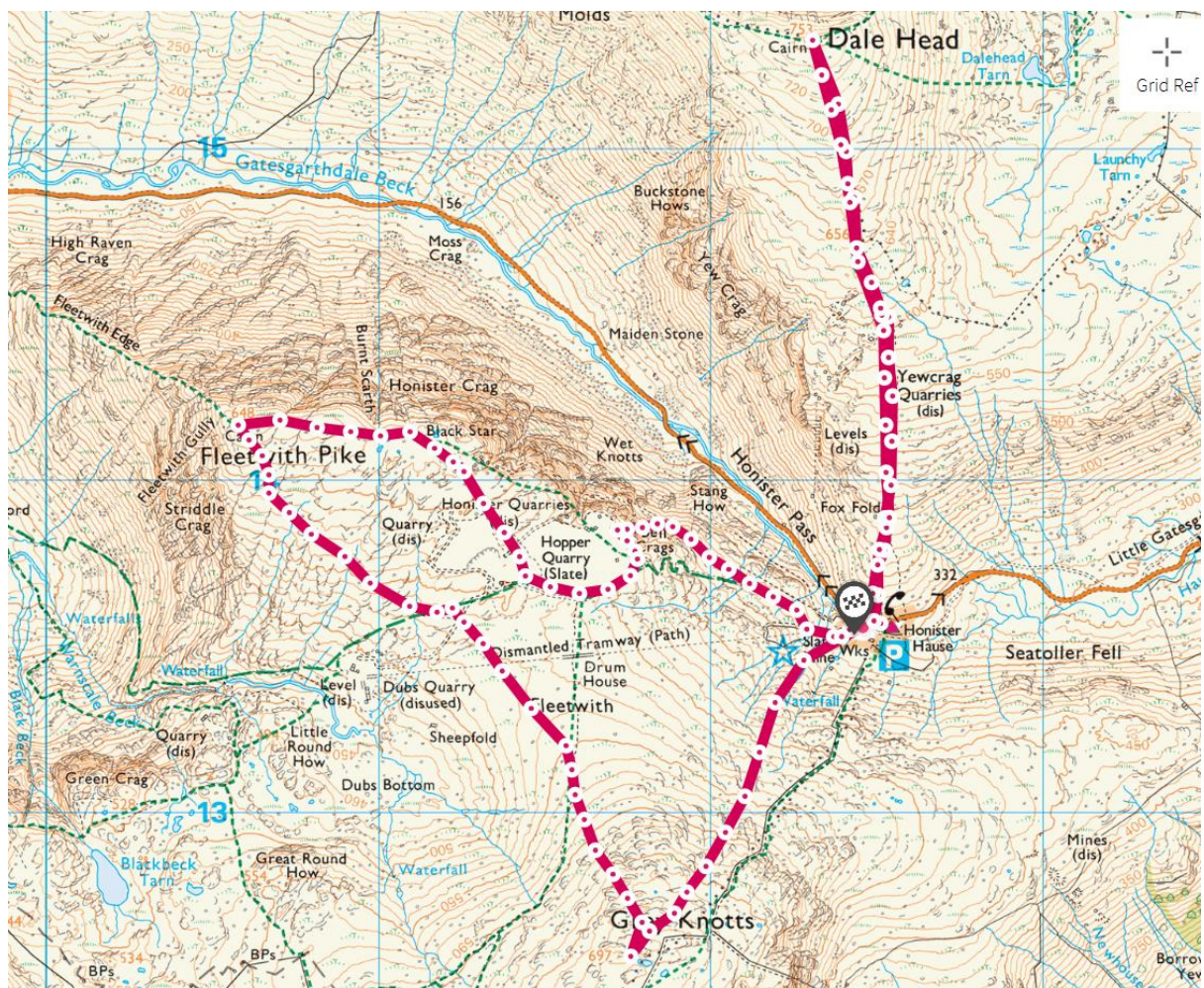
Race Finish

On finishing the race, you will receive a free drink from Honister Mines and gift from Kendal Mint Ltd. We hope that you enjoy these!

Prizes

The overall male and female winner will receive a prize kindly donated by Scott running and the first male and female to Dalehead summit will receive a prize kindly donated by Kendal Mint. (In the event of this being the same person, the second placed runner to Dalehead will receive the Kendal Mint prize) All other prizes will be provided by Kong Adventure.

Race Map





KONG

RUNNING

Kong Adventure – Climbing Centre

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