

- **VERY IMPORTANT** - Read and be fully aware of the Three Peaks Race rules as covered on the website www.threepeaksrace.org.uk under 'Race Information' and also the new 'FRA Requirements for Runners 2017 (the "Runners' Rules")'see over.
- **SAFETY EQUIPMENT** - Make sure you have the required safety equipment with you at all times during the race. You must carry a compass, map of the full route (minimum 1:50,000 scale), whistle, wind and waterproof jacket with hood and waterproof trousers (full body cover), hat, gloves and emergency food (chocolate bar, gel or similar). These will be checked at the start and may be checked at other points on the course. If you are found without any of the required equipment you will be **disqualified**. It is also strongly recommended that you carry a space blanket in cold, wet weather also a mobile phone and any other personal equipment you consider necessary. Please wear your race number on your vest (chest).
- **COMMUNICATION** - RAYNET radio operators with contact to Race Control, as well as marshals will be located around the course. Listen for any special announcements on the PA system on the event field before the start of the race.
- **COURSE** - Competitors should follow the recognised Three Peaks Race route using bridleways and footpaths. On certain sections route changes have been agreed and deviate from the main paths. Please follow the markers. These sections are the Pen-y-Ghent summit loop; ascent of Whernside from Winterscales Beck; Ingleborough summit plateau and the private land and gardens approaching the road crossing to the finish field.
At all other times please keep to rights of way on the traditional Three Peaks route from Horton-in-Ribblesdale. This includes the ascent and descent of Pen-y-Ghent (checkpoint) via the Pennine Way; the path over Whitber Hill to pick up the Pennine Way at Jackdaw Hill, following and then turning-off the Pennine Way to High Birkwith checkpoint, continuing past God's Bridge to Nether Lodge Farm to pick up the track to Lodge Hall and on to the B6479; follow the road to Ribblehead checkpoint, pass on the north side of Ribblehead Viaduct to the railway underpass leading to the Winterscales Beck crossing (in the event of Winterscales Beck being in spate then a diversion may be implemented via Winterscales Farm) and ascend Whernside to the checkpoint, descend via Low Pike, Bruntscar and Philpin Lane to the Hill Inn checkpoint. After the short road section past the pub follow the path over Southercales Pastures, ascending Ingleborough via Humphrey Bottom and Swine Tail to cross the summit plateau to the checkpoint before retracing back across the plateau to descend via Swine Tail but branching towards Fell Beck Head and Sulber Nick to the finish. Some of the course paths are limestone which can be slippery. Please be wary on these sections.
- **ROAD SECTIONS** - On road sections please be aware of traffic and respect the Highway Code. Take particular care on the road section from the track exit from Lodge Hall on to the B6479 to Ribblehead (approximately 1.5km) and keep to the right hand side of the road; also the short section at Chapel-le-Dale past the Hill Inn pub. Road crossings will be marshalled. In the event of difficulty with traffic, the marshals may have to stop competitors for a short time to allow traffic to flow – this will be a last resort - please be patient and understanding.
- **ACCESS** - The special arrangements we have made for the use of certain parts of the route apply only on race day. Otherwise, please keep to recognised Rights of Way. Where the course is not marked you will be responsible for route finding, however you **MUST** always keep to Rights of Way e.g. footpaths and tracks and behave **SAFELY** and responsibly, respect the highway and country code and local communities, use gates and stiles, do not alarm farm animals and **PLEASE TAKE YOUR LITTER HOME**. Please report any damage to a marshal or checkpoint leader. **NB we are allowed to use the private garden just before crossing the road to the finish due to the kindness of the owners - non-competitors and spectators must not venture on to this private property.** No dogs to accompany competitors.
- **CHECKPOINT REGISTER** - You will be required to electronically register at each main checkpoint. As you approach each checkpoint be prepared to insert your 'dibber' in to one of the electronic recording 'bricks' and also be prepared to also show your race number, it is not acceptable to verbally communicate your number! If in any doubt consult a checkpoint marshal!
- **CUT-OFFS** - The cut off times are High Birkwith 12.15pm, Ribblehead 12.40pm and Hill Inn 2pm (or 1h 45m, 2h 10m and 3h 30m respectively after the start), if you are outside these times you will be instructed to retire. Please respect the marshals' decision. In the event of a competitor being assessed unsuitable to continue for medical or other reasons, the competitor will be withdrawn from the event. Competitors who continue after being withdrawn from the event will be disciplined.
- **RETIREMENTS** - You can only retire voluntarily at the main low level checkpoints which are High Birkwith, Ribblehead and Hill Inn, and at the finish. In the event of retiring you **MUST** inform the Checkpoint Leader and wait at the low level checkpoint to be transported back to the finish by the official race minibus – you are strongly advised not to make your own way to the finish. Once at the finish you **MUST** immediately inform race control of your retirement and hand-in your dibber.
- **MEDICAL** - Medical assistance will be available at the start and finish and at the valley checkpoints (Ribblehead and Hill Inn).
- **DRINKS** – Competitors' own drinks will be transported to Ribblehead and Hill Inn checkpoints. Please clearly mark your drink and place in one of the labelled boxes (before 10am) provided near registration. If possible use a throwaway container (they can get lost)! An intermediate drink station will be at High Birkwith (12km) with limited drinks at Sulber Nick (34km).
- **RESULTS** - At the finish you will be given your personal time printout. Only limited full printed results will be available on the day, full results will be available on Saturday evening or Sunday on the SPORTident' website:(www.sportident.co.uk) or soon after on the Three Peaks website (www.threepeaksrace.org.uk).
- **MEALS** - Your meal voucher can be used for a hot drink and/or a hot meal in the main marquee. Tear-off and present the relevant half of your voucher for a hot drink and/or food which will be served in the main marquee between 13.30 and 17.30. NB the vouchers are only valid in the main marquee. Persons without a voucher may purchase drinks and food in the main marquee.
- **PARKING** - At Ribblehead we have made special arrangements for spectator parking on the spare land turning left just after passing under the railway bridge going towards Hill Inn from Ribblehead. At Hill Inn, Chapel-le-Dale there is no parking facility. Please park sensibly without obstructing race competitors, pedestrians or other traffic.
- **TOILETS** - Toilets will be available at Ribblehead and Chapel-le-Dale and on the start/finish field in Horton.
- **LITTER** - PLEASE take any empty wrappers or drink containers with you, do not discard on the route but carry to the next (low level) checkpoint. We are increasingly receiving criticism regarding litter around the course. It is also unfair to ask marshals or spectators to take your litter, so please.....take it with you.

FRA Requirements for Runners 2017 (the “Runners’ Rules”) – (section “6 Juniors” omitted)

The following Runners’ Rules apply to runners in FRA-registered races and events and you will be expected to have read them, and to agree to comply with the requirements, as a condition of entry.

1. Know what you are in for -you must be confident you are capable of completing any race you enter.

Races are categorised as A (hardest) to C (milder) on the basis of the amount of climb, and long (L), medium (M) or short (S) on the basis of distance. Races may also be designated ‘experience required’ (ER), or ‘navigation skills required’ (NS).

Most serious incidents (and almost all fatalities) in races have occurred when runners have left the route, so having good navigation skills is essential. Fell runners are expected to be able to find their way round the course, whatever the weather. Most race routes are not flagged except at critical points such as the start and finish and part of the challenge of fell racing is to find the optimum route between the compulsory check-points. If you have any questions about a race route you should consult the Race Organiser for further information. The best way to be confident and safe is to learn good navigation skills, to recce the course and to pre-plan escape routes.

2. Comply with the Race Rules. Enter the race by completing the race entry form. Do not run without having done this. Race Organisers may introduce special requirements to suit their particular race (for example additional equipment, time limits, previous experience criteria) and these must be obeyed.

3. Use appropriate kit for the course and conditions. ‘FRA Mandatory Minimum Kit’ is the mandatory minimum kit for all AL, AM and BL races, and Race Organisers may require it to be carried at other categories of event. They can also require you to carry more kit than this. In any case, you may decide it is prudent to carry more kit than the mandatory minimum. ‘FRA Mandatory Minimum Kit’ comprises: **waterproof whole body cover (with taped seams and integrated attached hood), hat, gloves, map of the route, compass, whistle and emergency food.**

The Race Organiser may check your kit at any time and will disqualify you if you fail to comply with the requirements. Runners often question whether this level of kit is necessary – it may not be needed when you are running strongly or in good weather, but it could be a life-saver if you have to slow down or stop because of injury or tiredness, or if you need to help another runner in difficulty.

4. Race Numbers Wear your race number on your chest and show it to marshals at check-points. The race number is essential, to check that runners don’t skip a checkpoint and to keep track of runners who are lagging behind or have dropped out of the event. Make sure you clearly show your number to marshals at checkpoints, even if it is covered up by a jacket. Wear your number on your chest and don’t fold or cut it down as this makes it more difficult for marshals to read and also conceals the sponsor’s name. Only shout out your number if you are asked to do so.

5. Retirement When you have registered for a race, you must inform the Race Organiser if you don’t start or don’t complete it, for any reason. After you have registered with the race organisation (normally this means completing an entry form and collecting your number before the start) you are officially ‘in the race’. If you don’t start or if you drop out for any reason at any time you **must** report to the Race Organiser **at the finish**. It is not sufficient to announce your retirement to a marshal on the course or to another runner. Keeping track of every runner is one of the primary responsibilities of the Race Organiser and you in turn have a responsibility to help with this. Look out at the start for any specific retirement procedures introduced by the Race Organiser

7. Personal Conduct Behave respectfully to other competitors, race officials and members of the public sharing the same area of countryside. Fell runners should adhere to the Countryside Code, for example the need to shut gates which you opened. Do not climb dry-stone walls or wire fences, which can damage them and may be grounds for disqualification. Respect private property and other users of the fells. If you see another runner in difficulty, you should of course offer assistance.

8. Disciplinary action: the Race Organiser can exclude you and the FRA can ban you if you do not observe race requirements and these “Runners’ Rules”. The FRA may take disciplinary action such as disqualification and/or banning a competitor from future races, and your club may also impose sanctions if your actions reflect badly on them. Absolute ‘no-nos’ are retiring from a race without reporting to the Race Organiser at the finish, running in someone else’s number, or cheating on the kit requirements. Please ‘do your bit’ to make our sport safe and enjoyable for all.

9. Hypothermia You must be aware of the basics of hypothermia, the symptoms, treatments and how to avoid it. Hypothermia is dangerous and has been the cause of several deaths in fell running. If injury or exhaustion causes you to stop or slow down, then body heat will be lost quickly in cold wet or windy weather and the onset of hypothermia can be very rapid unless sufficient clothing can be worn. You may also recognise hypothermia in other runners. You should refer to the [hypothermia section on the FRA web-site](#) (or one of the many other sources of information) to become familiar with the symptoms and the actions to be taken.

HYPOTHERMIA

What can I do to avoid or reduce the problems caused by hypothermia?

- Read the weather forecast – is this run/ race wise in these conditions? It is your decision to enter a race, not that of the Race Organiser.
- Do not attempt a route beyond your physical and technical ability.
- Carry appropriate spare clothing. Rule 3 kit is minimal, and won’t necessarily protect you from hypothermia.
- Carry sweet food, and eat some of it before it’s too late.
- Carry a drink to avoid dehydration.
- Know the route and know the area.
- Plan routes you can use to get you off the hill safely and quickly - if necessary.
- Keep an eye on your fellow runners, and be prepared to stop and help if necessary.
- Know how to summon help - via a marshal, or by phone.
- Know any emergency numbers for contacting the Race Organiser.

Getting help

- Summon help by using your whistle to give the emergency signal – six blasts repeated every minute. Ignore any three blast replies – keep blowing the whistle until help arrives.
- Know your position as accurately as possible, and relay this along with your race number either directly to a marshal, or via another runner (in which case, write it down, if you can – include your phone number, if you have one).
- Remember a text may get through when a call won’t, and it will keep trying after someone loses consciousness.

But, if you do have to summon a Mountain Rescue Team yourself ...

- Dial 112 (preferably) or 999 if that doesn’t work.
- Ask for Police, then ask the Police for Mountain Rescue.
- Tell them where you are, preferably with a full grid reference including the letters – the operator may be miles away!
- Tell them how many casualties and the problems (injuries, hypothermia etc).
- Let them know the numbers of any other phones in your party.
- Keep your phone switched on and stay by it.

What are the symptoms?

The symptoms represent a progressive deterioration as the body’s core temperature decreases. This list is only a representation of what may happen, and in what order. Some symptoms may not occur, and the order can be different. Mild hypothermia ■ Shivering ■ Cold, pale skin, blue lips and pale, white hands and feet ■ Lethargic Moderate hypothermia ■ Violent shivering. ■ Slurs words and lacks co-ordination. Beware the ‘Umbles:- mumbles, fumbles, stumbles, grumbles. ■ Confused ■ Change of personality ■ Difficulty with easy tasks ■ Odd behaviour (e.g. removes clothing) Severe hypothermia ■ Shivering stops ■ Cold, pale skin, blue lips ■ Unconscious, unresponsive ■ Rigid muscles ■ Signs of life (breathing, pulse) may seem absent

What needs to be done for/by a runner suffering from hypothermia?

General principles:- ■ Get help – use your whistle! ■ Eat sweet food, drink warm drinks – but not coffee or alcohol. ■ Don’t feed food to unconscious casualties! ■ Get dressed/insulated. ■ Change wet clothes for dry if at all possible. ■ Get off the hill and seek shelter. ■ Notify the Race Organiser or a marshal. ■ Try to stay awake. ■ Most importantly, do not put your self at risk to save another (one casualty is better than two). What is actually possible depends upon the state of the casualty. Notification/getting help is essential, as is insulation from the cold. Do not try to evacuate any unconscious or partly conscious casualty yourself. Try to keep the casualty sheltered and as warm as possible, and wait for a rescue team.