



2010



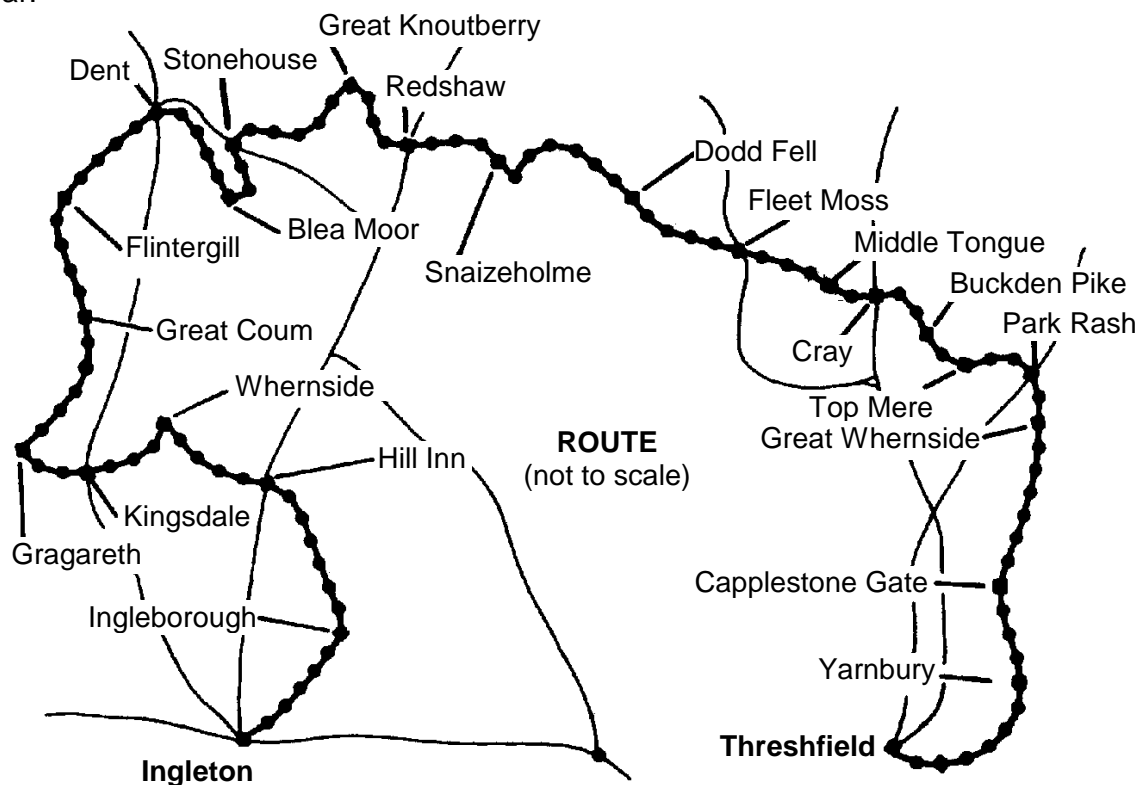
# FORTY-EIGHTH FELLSMAN

8<sup>TH</sup> & 9<sup>TH</sup> MAY

ORGANISED BY  
KEIGHLEY SCOUT SERVICE TEAM

## The Objective

The objective is to complete the Fellsman according to the regulations laid down by the organisers. The Fellsman is a tough endurance test over 60 miles of very hard rugged moorland. All those completing the Fellsman to the satisfaction of the organisers will receive the Fellsman certificate. In addition there are nine trophies, which are held for one year.



The Fellsman, P.O. Box 30, Keighley, West Yorkshire, BD21 3EP  
Email address – [hike@fellsman.org.uk](mailto:hike@fellsman.org.uk)  
Website – <http://www.fellsman.org.uk>

## **RULES**

### **1. ENTRIES**

- a) Entries must be made on official entry forms (photocopies of both sides allowed) and all the information requested must be supplied.
- b) Entry forms must be signed by the competitor and be in the hands of the Event Administrator before the closing date, 1st April 2010. (See important note 4).
- c) Entries from groups may be sent in one envelope.
- d) Cheques and Postal Orders should be crossed and must be made payable to 'The Fellsman'.
- e) The individual winners of last year's trophies will be invited to defend their respective trophies and will be allocated a place on the event on receipt of their completed entry form and fee, prior to the closing date.

### **2. EACH COMPETITOR MUST:**

- a) Be aged 18 or over on the day of the event;
- b) Register at the start before 08.00 hours on the day of the event;
- c) Pass through, be registered and have their tally clipped at all the checkpoints in the correct order, including the start. Competitors are responsible for ensuring that their tally is clipped in the correct space;
- d) At dusk, form into groups (minimum of four) at roadside checkpoints and keep these groups until a roadside Checkpoint Officer splits them. Waiting time is allowed whilst the groups are being formed.

### **3. FOOTWEAR**

This must satisfy the requirements of the Equipment Check Officer. The criteria are as follows:

- a) They are in first class condition. Footwear which is misshapen or worn will not be accepted.
- b) They have been manufactured for the purpose of fell walking, fell running or have an acceptable type of studded sole. Plimsolls, Road Running training shoes, etc. will not be accepted.

### **4. CLOTHING (to be worn or carried)**

- a) Competitors must wear or carry trousers, thermal tights or breeches manufactured for fell walking. Substantial trousers are also acceptable. Trousers, breeches and thermal tights may be made of man-made fibres provided that, they will have a reasonable chance of drying out after becoming wet.
- b) Tracksuit trousers and denim will not be acceptable.
- c) Shorts may be worn, weather permitting, while competitors are not grouped (as in Rule 2d).
- d) Waterproof cagoule, preferably brightly coloured.
- e) Waterproof overtrousers, preferably brightly coloured.
- f) A thick long-sleeved sweater; or two thin long-sleeved sweaters; or a fleece.
- g) A warm hat and gloves or mittens.

### **5. EQUIPMENT TO BE CARRIED**

- a) A personal First-Aid Kit with minimum contents;  
1 crepe bandage, 4 safety pins, 1 wound dressing, 6 adhesive dressings.
- b) A suitable torch with a spare bulb where appropriate and a spare set of alkaline batteries. Pen-lights and miniature torches are not acceptable.
- c) A whistle.
- d) A mug and spoon.

## RULES

### 5. **EQUIPMENT TO BE CARRIED (continued)**

- e) Maps. EITHER Ordnance Survey OS Explorer OL2 and OL30 OR Harvey Outdoor Maps Dales West & South. Details of older maps are available on the website. Strip maps or photocopied/printed map sections alone are not acceptable.
- f) A 'Silva'-type compass and knowledge of how to use it in conjunction with the map.
- g) Emergency rations - energy-giving food of your choice. The minimum required is 300g. These rations are not to be eaten en-route, except in an emergency after which, the hiker will be retired. Additional food is recommended for consumption on the hike as only light refreshments are available.
- h) Survival bag. At least 2 metres x 1 metre of polythene or heat reflective material. The bag must have been manufactured for this purpose.  
**NO OTHER BAG WILL BE ACCEPTABLE.**
- i) All equipment should be in a polythene bag, which in turn should be inside a rucksack or equivalent.

### 6. **COMPETITORS WILL BE DISQUALIFIED FOR:**

- a) Receiving assistance of any kind, including food, drink, pacing and the replacement of equipment;
- b) The transferring of places. In the event of any entrant being unable to compete, the Event Administrator must be informed. Fees will be refunded up to 1st April 2010, less a small administration charge;
- c) Failing to maintain compact groups of competitors after these have been formed. Each member of the group must be within both sight and sound of all members of that group. Failure to maintain groups will result in disqualification of the WHOLE group;
- d) Failing to wear or carry the specified equipment at all times, including footwear;
- e) Losing their tally;
- f) Failing to comply with the rules to the satisfaction of the organisers.

### 7. **GENERAL**

- a) Competitors who wish to retire must do so at a roadside checkpoint, be booked in and relinquish their tally.
- b) Competitors will be required to retire, if in the opinion of a Checkpoint Officer or other official, they are unfit to continue the hike, thus endangering themselves and others.
- c) Competitors will be required to retire if they arrive at a checkpoint after the official time limit for that checkpoint.

### **IMPORTANT NOTES**

1. THE ORGANISERS DECISION IS FINAL AND NO RESPONSIBILITY FOR ANY MISHAP OR INJURY SUSTAINED DURING THE EVENT CAN BE ACCEPTED.
2. THE RIGHT TO INCORPORATE ADDITIONAL RULES AS DEEMED NECESSARY IS RETAINED. THESE WILL BE ON DISPLAY AT THE START.
3. IT IS A LEGAL REQUIREMENT THAT YOU SUPPLY YOUR AGE ON THE ENTRY FORM.
4. **WARNING** – FAILURE TO ENTER BEFORE 1<sup>ST</sup> APRIL 2010 COULD JEOPARDISE THE EVENT. INSUFFICIENT ENTRIES RECEIVED BEFORE THIS DATE WILL RESULT IN THE EVENT BEING CANCELLED. PLEASE HELP US BY ENTERING AS SOON AS POSSIBLE.

## NOTES

**THE ENTRY SYSTEM:** Places will be allocated on a first come first served basis. Entries arriving prior to 1<sup>st</sup> April 2010 will be charged a DISCOUNTED entry fee of £23.00. After this date the STANDARD entry fee of £32 will be charged. DO NOT send any stamps or stamped addressed envelopes with your entry form. The entry fee includes Handbook, all postage, checkpoint and finish catering, accommodation, transport for retiring participants and parking at Threshfield. Late entries will be allowed @ £32.00 provided that the event is not over subscribed. Unsuccessful applicants will have their fees returned.

**THE START:** The start is from Ingleborough Community Centre, Ingleton at 09:00 hours on the 8<sup>th</sup> May 2010.

**ACCOMMODATION:** Floor space for Friday night accommodation is available at Threshfield for hikers who should arrive between 19:00 hours and midnight. Hiker supper on Friday evening only will be available until 22:30 hours and breakfast will be served at 05:00 hours on Saturday morning. Both meals must be ordered and paid for with your entry.

**CAMPING:** There are no facilities for camping at either the start or the finish premises. There are, however, camping sites in the vicinity of Ingleton and Threshfield.

**CARS:** Competitors who wish to bring their cars should take them to the competitors' car park at Threshfield. There are no facilities for parking any other vehicle in the vicinity of the school. Any competitors' vehicles arriving at Ingleton cannot be taken to Threshfield by any of the Fellsman Staff. Please Note: Car parking at Ingleton is limited Pay and Display parking only.

**TRANSPORT:** Coaches will leave Threshfield for the start at 06:00 hours prompt on Saturday. The fare is £5.00 payable with your entry fee. Seats must be reserved. Transport is not provided from Threshfield to Ingleton on the Sunday.

**EXTRA EQUIPMENT:** All competitors must bring their own sleeping bags, spare clothing, soap, towel etc. These will be taken to the finish and will be available on your arrival, where there are toilets and showers available. To help in packing and transportation, this equipment should be in holdalls, NOT framed rucksacks.

**EVENT CATERING:** Vegetarian options are available and vegetarian refreshment options are available around the route. Locations will be indicated in the handbook. Vegetarian meals must be ordered in advance. Please check vegetarian option (V) on the entry form if required.

**TALLIES:** The tally is your personal check card and will be marked at each checkpoint around the route.

**INSURANCE:** The organisers do not arrange insurance cover. Competitors are advised to take out their own personal accident insurance cover.

**ENQUIRIES:** Any further postal correspondence should include a stamped addressed envelope if a reply is required.



# 2010 ENTRY FORM



## Personal Details

PLEASE PRINT CLEARLY

Title : \_\_\_\_\_ Forename : \_\_\_\_\_ Surname : \_\_\_\_\_

Address : \_\_\_\_\_  
\_\_\_\_\_

Post Code : \_\_\_\_\_ Telephone : \_\_\_\_\_ Mobile : \_\_\_\_\_

Age : \_\_\_\_\_ Male :  Female :  Email: \_\_\_\_\_

Are you a member of The Scout Association? Yes  No

Scout Group & District: \_\_\_\_\_

Is this your first time on this Event? Yes  No

If not, please indicate, including this Event, how many years entered: \_\_\_\_\_

Team Entry Forms will be available on the morning of the Hike

## Requirements

		NO	YES (Vegetarian)	
Accommodation (Friday Night)	£0.00	<input type="checkbox"/>	<input type="checkbox"/>	£0.00
Pie & Pea Supper (Friday Night)	£2.50	<input type="checkbox"/>	<input type="checkbox"/> ( <input type="checkbox"/> )	£
Full English Breakfast (Saturday)	£4.00	<input type="checkbox"/>	<input type="checkbox"/> ( <input type="checkbox"/> )	£
Transport (Threshfield to Ingleton)	£5.00	<input type="checkbox"/>	<input type="checkbox"/>	£
DISCOUNT ENTRY FEE (up to 1 <sup>st</sup> April 2010)	£23.00		<input type="checkbox"/> ( <input type="checkbox"/> )	£
STANDARD ENTRY FEE (after 1 <sup>st</sup> April 2010)	£32.00		<input type="checkbox"/> ( <input type="checkbox"/> )	£
TOTAL AMOUNT			£	_____

Notes - The entry fee includes all P&P, free car parking at Threshfield and a hiker meal on your return to Threshfield. After 1<sup>st</sup> April 2010 and on the day of the event the entry fee will be £32.00

I enclose a crossed cheque/postal order made payable to THE FELLSMAN for the total amount. I understand that I am taking part in this event at my own risk and agree to abide by the rules of the event. I accept the organisers' decision as final.

SIGNED \_\_\_\_\_

**Existing Medical Conditions (optional)**

Do you have any existing medical conditions which the emergency services may need to be aware of in the event of an incident (e.g. diabetes, epilepsy, allergies)? Yes:  No:   
If Yes, please give details:

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This information will be kept in strict confidence and only accessed by the Fellsman Administrator in the event of an emergency. No data will be stored electronically and the paper copy will be securely destroyed following the event.

**Emergency Contact Details (required)**

Name and Address : \_\_\_\_\_

Tel : \_\_\_\_\_ Mobile : \_\_\_\_\_

**Where did you find out about the Fellsman:** (please tick)

Mail Shot :  Poster :  Strider Magazine :  Own Walking Club :   
Other  (please state) \_\_\_\_\_

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**TROPHIES**

The following trophies are awarded to competitors in the event who meet the qualifying criteria listed below:

**FELLSMAN AXE:** The competitor with the lowest individual time.

**TREGONING CUP:** The novice with the lowest individual time.

**JIM NELSON TROPHY:** The lady with the lowest individual time.

**LEVY TROPHY:** The Scout with the lowest individual time.

**COUNTY COMMISSIONER'S TANKARD:** The competitor aged 50 or over with the lowest individual time.

**GREAT KNOUTBERRY TROPHY:** The competitor aged 60 or over with the lowest individual time.

**FELLSMAN SHIELD:** The Scout team with the first three to finish having the lowest total walking time.

**SERVICE TROPHY:** The team with the first three to finish having the lowest total walking time.

**LUMBUTTS MILL TROPHY:** The first team of three aged 50 years or over to finish having the lowest total walking time.

**PRESENTATION**

Winners are expected to attend the presentation which will be held at the finish headquarters, Threshfield, at 10:00 hours on the Sunday.