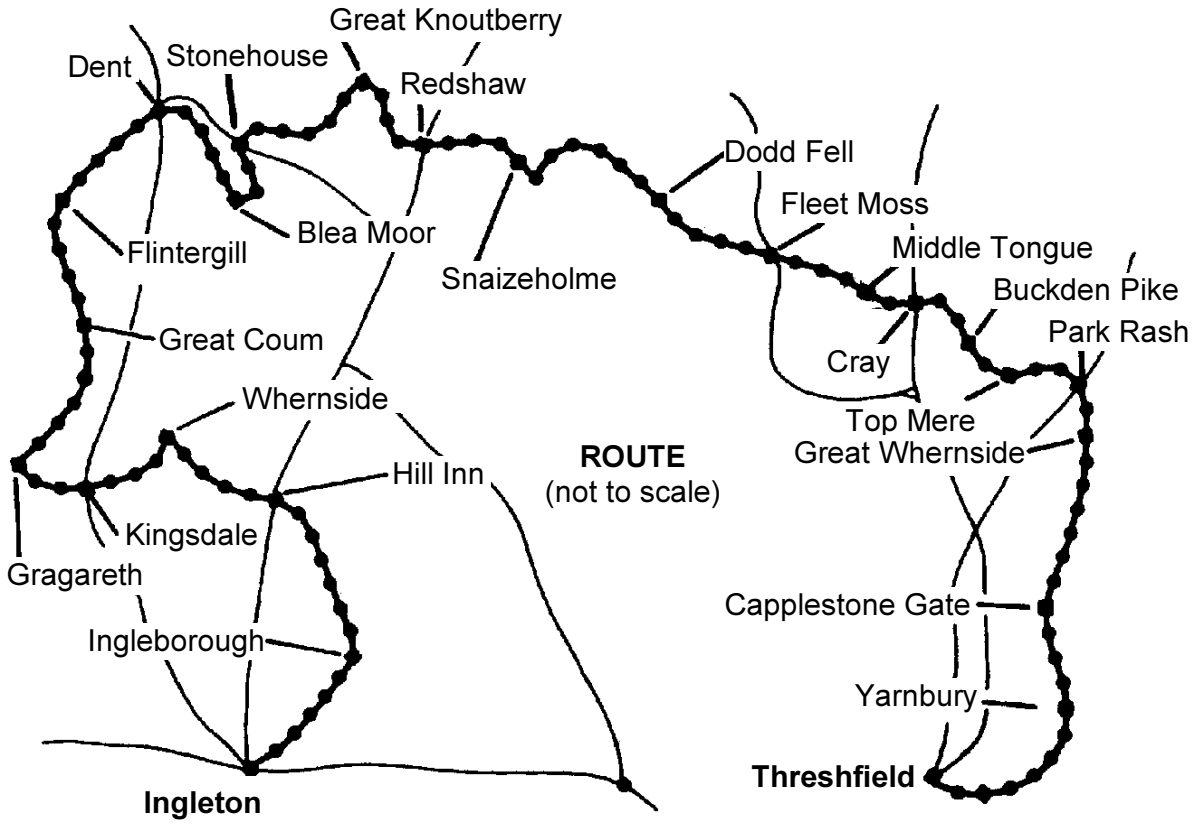
2014 FIFTY-SECOND FELLSMAN

26TH & 27TH APRIL

ORGANISED BY KEIGHLEY SCOUT SERVICE NETWORK

The Objective

The objective is to complete the Fellsman according to the regulations laid down by the organisers. The Fellsman is a tough, self-navigation endurance test covering in excess of 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
Website – http://www.fellsman.org.uk

RULES

1. ENTRIES

a) Entries must be made on official entry forms which can be downloaded from the website or are available on request by email or post. Photocopies of both sides are permitted. Please note, ALL the information requested must be supplied and incomplete forms may be returned.
b) Entry forms must be signed by the entrant and be in the hands of the Event Administrator before the closing date, 14th March 2014. (See important note 4).
c) Cheques and Postal Orders should be crossed and must be made payable to 'The Fellsman'.
d) 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 ENTRANT 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 scanned and clipped at all the checkpoints in the correct order, including the start. Entrants are responsible for ensuring that their tally is scanned and clipped in the correct space;
d) Be aware that, at dusk, they will be formed 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.

Each individual and team is responsible for being properly equipped for the duration of the event in exposed terrain at the end of April. The list specified in rules 3 to 5 below should be seen as a minimum requirement only. Check the weather forecast, and use your previous experience and sound judgement to determine the kit you should be wearing and carrying. The organisers reserve the right to disqualify any competitors who, in their opinion, do not have the necessary kit to survive in an emergency situation. Cotton clothing is not suitable, so jeans, T-shirts, sweatshirts, etc... are not permitted!

3. FOOTWEAR

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

a) Must be in first class condition. Footwear which is misshapen or excessively worn will not be accepted.
b) Must have been manufactured for the purpose of fell walking, fell or trail running. Plimsolls, road running training shoes, etc. will not be accepted.

4. CLOTHING (to be worn or carried)

a) Entrants must wear or carry legwear manufactured for fell walking or fell/trail running. Substantial trousers are also acceptable. These are additional to the waterproof trousers stated in rule 4e.
b) Tracksuit trousers and denim will not be acceptable.
c) Shorts/three-quarter length legwear may be worn providing full-length legwear is also carried. This is in addition to the waterproof trousers stated in rule 4e.
d) Waterproof shell or jacket with hood, preferably brightly coloured.
e) Waterproof overtrousers, preferably brightly coloured.
f) Base layer.
g) A minimum of three long sleeved tops (not cotton) to allow a layering system.
h) 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 traditional torch or LED head torch. Pen-lights and miniature torches are not acceptable.
c) A full spare set of alkaline batteries and a spare bulb where appropriate for above torch.
d) A whistle.
e) A mug and spoon/spork.
f) Maps. EITHER Ordnance Survey OS Explorer OL2 and OL30 OR Harvey Outdoor Maps Dales West & South OR 50th Anniversary Fellsman map. Details of older maps are available on the website.
Strip maps or photocopied/printed map sections alone are not acceptable.
g) A 'Silva'-type compass and knowledge of how to use it in conjunction with the map. Whilst GPS may be used, a compass MUST be carried.
h) 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 entrant will be retired.
i) Survival bag. This must have been manufactured for this purpose.
SURVIVAL BLANKETS OR SHEETS WILL NOT BE ACCEPTED.
j) All equipment should be contained in a rucksack or equivalent.

6. ENTRANTS WILL BE DISQUALIFIED FOR:

a) Receiving outside assistance of any kind, including food, drink, pacing and the replacement of equipment by any means;
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 14th March 2014, less a small administration charge. After this date no refunds will be given;
c) Failing to maintain compact groups of entrants after these have been formed as per rule 2d. *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 or damaging the RFID chip so that it is rendered unusable;
f) Failing to comply with the rules to the satisfaction of the organising committee.

7. GENERAL

a) Entrants who wish to retire can only do so at a roadside checkpoint. They MUST be checked in prior to relinquishing their tally to the Checkpoint Officer.
b) Entrants will be required to retire, if in the opinion of a Checkpoint Officer or other official, they are unfit to continue the event, thus endangering themselves and others.
c) Entrants will be required to retire if they arrive at a checkpoint after the official time limit for that checkpoint.

IMPORTANT NOTES

1. The organising committee's 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 date of birth on the entry form. Failure to do so will result in your entry being returned.
4. **WARNING** – Failure to enter before 14th March 2014 could jeopardise the event. Insufficient entries received before this date may result in cancellation of the event.

THE ENTRY SYSTEM: Places will be allocated on a first come first served basis. Entries arriving prior to 14th March 2014 will be charged a DISCOUNTED entry fee of £28.00. After this date the STANDARD entry fee of £38 will be charged. Please DO NOT send any stamps or stamped addressed envelopes with your entry form. The entry fee includes a copy of the handbook, all postage, checkpoint and finish catering, accommodation, transport for retiring participants and parking at Threshfield. Late entries will be allowed @ £38.00 provided that the event is not over subscribed. Unsuccessful applicants will have their fees returned.

KIT CHECK: In order to speed up checking in at the start it is advised that entrants have their kit checked prior to the event where possible. Kit check will be available at Threshfield from 19:00 until 22:00 hours on the Friday night. For those unable to attend this session kit checks will be made at the start on Saturday morning between 06:00 and 08:00 hours. Entrants are advised to leave plenty of time as the start will be very busy.

THE START: The start is from Ingleton Community Centre at **08:30** hours on the 26th April 2014. Tea/coffee/biscuits, etc. are available for purchase. ***Please note the earlier start time. Latecomers will not be permitted to start.***

ACCOMMODATION: Floor space for Friday night accommodation is available at Threshfield for entrants who should arrive between 19:00 hours and midnight. Entrant supper on Friday evening only will be available from 21:00 to 22:00 hours and breakfast will be served from 04:45 hours on Saturday morning. Both meals must be ordered and paid for with your entry.

CAMPING: There are no facilities for camping at the start and only limited places at the finish premises available on a first-come, first-served basis. Please email for details. There are, however, camping sites in the vicinity of Ingleton and Threshfield.

CARS: Entrant who wish to bring their cars should take them to the entrants' car park at Threshfield. There are no facilities for parking any other vehicle in the vicinity of the school. Any entrants' 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 periodically from 5:30am prompt on Saturday. The fare is £9 payable with your entry fee. Upon booking/check-in on Friday

night at Threshfield, you will be notified of your allocated time slot. Seats must be reserved. Transport is not provided from Threshfield to Ingleton on the Sunday.

EXTRA EQUIPMENT: All entrants 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.

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 the vegetarian option box on the entry form if required. If you have a special dietary requirement and need further information about the food provided please get in touch as soon as possible and we will do what we can to accommodate it.

TALLIES: The tally is your personal and safety check card and will be marked and scanned at each checkpoint around the route. Tallies must not be bent as this may damage the electronic chip which, if rendered unusable, will result in disqualification (see rule 6e).

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

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.

2014 Entry Form

Personal Details PLEASE PRINT CLEARLY AS THIS INFORMATION WILL BE USED FOR YOUR CERTIFICATE. ALL SECTIONS MUST BE COMPLETED

Title :_____ Forename : _____ Surname : _____

Address : _____

_____

Post Code : _____ Telephone : _____ Mobile : _____

Date of Birth : ___/___/____ Male : ☐ Female : ☐ Occupation: _____

Email: _____

Known Medical Conditions

Do you have any known 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, or ask us to contact you to discuss further:

_____

_____

Please give details of any medication you are taking.

_____

_____

Do you have any disabilities which emergency services need to be aware of?

_____

_____

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)

Do you intend to carry a mobile phone (switched on) on the event? Yes: ☐ No: ☐
Please give details of the number. _____

In the event we need to contact a member of your family, please give details.
Name and relationship: _____

Address (if different from your own): _____

_____

_____

Tel : _____ Mobile : _____

Additional Information

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 Event

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

Mail Shot : ☐ Poster : ☐ Strider Magazine : ☐ Own Walking Club : ☐

Other ☐ (please state) _____

Requirements		**NO**	**YES**	
Accommodation (Friday Night)	£0.00	☐	☐	£0.00
High Carbohydrate Supper (Friday Night)	£3.00	☐	☐	£
High Carbohydrate Breakfast (Saturday)	£4.00	☐	☐	£
Transport (Threshfield to Ingleton)	£9.00	☐	☐	£
DISCOUNT ENTRY FEE (up to 14th March 2014)	£28.00		☐	£
STANDARD ENTRY FEE (after 14th March 2014)	£38.00		☐	£
		TOTAL AMOUNT		£ _____

I require a vegetarian meal option ☐

Notes - The entry fee includes all P&P, car parking at Threshfield and a hot meal on your return to Threshfield. It also includes a £1 donation to the Friends of the Three Peaks Campaign. After 14th March 2014 and on the day of the event the entry fee will be £38.00. **Please note that the start time is now 08:30 on Saturday 26th April. Latecomers will not be permitted to start.**

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 _____

PLEASE ENSURE THAT ALL SECTIONS HAVE BEEN COMPLETED BEFORE SUBMITTING. INCOMPLETE ENTRY FORMS WILL NOT BE PROCESSED.