

### Entry Forms

No entries will be taken on the day for the Borrowdale Fell Race in 2019.

Potential competitors can apply to enter the race through the SportIdent online entry system. The link will be made available from the 31<sup>st</sup> May 2019, and will be posted on the Borrowdale Fell Runners website. Alternatively, you should be able to search for the online entry to the race on the SportIdent website after 31<sup>st</sup> May.

The Race will be limited to 500 competitors. The first 500 entries received from appropriately experienced runners, will be accepted.

For the avoidance of doubt - **NO ENTRIES WILL BE ACCEPTED ON THE DAY.**

### Queries

Queries about entries or eligibility should be directed to Andrew Schofield (Scoffer) via email to [sharon.schofield123@btinternet.com](mailto:sharon.schofield123@btinternet.com)

### Route

17 miles including 6500 feet of ascent (27km, 2000m) starting and finishing at the Scafell Hotel, Rosthwaite and visiting the following checkpoints:-

Start/Finish	Scafell Hotel Rosthwaite	258148	
1	Bessy Boot summit	258125	
2	Esk Hause shelter	235083	
3	Scafell Pike summit	215072	
4	Styhead stretcher box	219095	(closes 2.20 pm) 5
5	Great Gable summit	211104	
6	Honister Hause	225135	(closes 3.30 pm)
7	Dalehead summit	223154	

The route to Bessy Boot will be through Chapel Farm and up Rottenstone Gill.

The checkpoint at Styhead stretcher box will close at 2.20pm and the Honister Hause checkpoint will close at 3.30 pm.

### Eligibility

To be eligible to compete in Borrowdale Fell Race runners must have previous experience of long, arduous fell races and, if they have not previously completed Borrowdale Fell Race, runners must have completed at least two different category A or B long or two different category A medium fell races (race categories as defined by the Fell Runners Association Ltd) since 1<sup>st</sup> January 2017.

Entry to Borrowdale Fell Race will be refused to any runner who cannot demonstrate such experience.