

# Witton Trail Relays 2014

## Sunday 2nd February - Witton Park, Blackburn

### Event Information

#### Race Details

11:00

3.65km / 150m per leg - 4 legs per team

1 large lap each

#### Course Details

The race starts on the Show Field in Witton Park and is based around a clockwise loop of approx 3.65km which climbs to the Summit of Billinge Woods before descending back down to Witton Park.

Underfoot is mixed terrain, mainly dirt trails, but with some grass and gravel. Athletes will encounter steps, tree roots and some drainage gutters on the route as well as some short, steep sections of climb and twisty fast descents.

Due to the nature of the venue these races are suitable for **SENIOR** athletes with an endurance background who may be inexperienced or new to fell running. The route is fully off-road with significant climb, but enclosed in a small area, fully marked and extensively marshalled.

However the terrain should not be underestimated. The amount of ascent is at the higher end of the B Category and the race is certainly a test of speed, agility and endurance.

JUNIORS - should have some previous fell experience or be a County Standard Cross Country athlete.

#### Safety

Competitors should be prepared to carry Full Body Waterproof Clothing, Hat, Gloves and a whistle. Footwear choice is going to be an important factor and athletes should be prepared for anything from dry, fast tracks to mud and surface water. Cold conditions could mean we encounter snow, ice and rutted sections.

Athletes will be advised on race day of any kit requirements that the RO deems necessary.

The Race is permitted by the FRA and therefore held under FRA Rules. All competitors should be aware of and adhere to the FRA Rules for Competition which are available in the FRA Calendar and website at <http://www.fellrunner.org.uk/>

#### Parking & Facilities

Witton Park has extensive Car Parking available. It also has changing facilities, toilets and a café.

## **Registration**

Team Managers who have signed the declaration will be responsible for the collection of the Numbers on race day.

Teams with Junior Runners - Team managers will only receive the numbers for Junior Teams on handing in a fully completed parental consent form for all athletes who are under 18 on the day of the race.

REGISTRATION WILL CLOSE 10:40 am

## **The Start and Race**

Leg 1 runners will be called to a holding pen 5 minutes before start for a head count. All other leg runners are expected to be in the holding pen prior to the start of their leg or may not be allowed to run by the race referee.

Athletes must comply with the FRA Rules regarding retirement. It is essential that any retired runners report to race marshalls as soon as possible.