

Wasdale Fell Race 11am Saturday 9th July 2016 21miles/9000ft

The Wasdale is without doubt one of the best in the book, not only is it arguably the hardest it is also the most scenic - the view as you drive up to Wasdale Head is worth the entry fee alone. I think it was Wordsworth who said that every fellrunner should do at least one Wasdale in their careers, something like that anyhow.

Pre entry only - £12.00 by 25th June - limited number of entries on the day are £15. Over 18. Limit of 250. Don't leave it too late....

Wasdale Fell Race registration is in a tent just beyond the National Trust car park in the field on the left just after you cross the bridge on the track towards Brackenclose G.R.184074.

Parking is permitted in the same field made available by a Wasdale Head farmer. We normally charge £3 per car. Do NOT park on the campsite or on the valley road. This is most important as the numbers may cause congestion if too many cars attempt to arrive too close to the start time.

Start is within the Coffin Track path just past the field beyond the Brackenclose climbing hut G.R.184066; the finish is by the tent that you registered in. Toilets and showers are available in the Wasdale Head Campsite - river very close by. Free! to all runners & helpers tea sandwiches and cakes at finish - possibly some cooked food will also be on sale.

Course: Map - Special PBS/Harveys race map from PBS £3: OS Outdoor Leisure 6 South Western and 4 North Western or Harveys Lakeland West. Harveys also has Ennerdale, Borrowdale, Langdale, Sailbeck and many others on the same map.

Start: Field past	184066	Closing times
Brackenclose		
CP1 Whin Rigg	151035	12.00
CP2 Seatallan	139084	13.25
CP3 Pillar	171121	14.25
CP4 Gt.Gable	211103	15.30
CP5 Esk Hause Shelter	235083	-
CP6 Scafell Pike	215072	-
CP7 Wall on Lingmell Nose	193075	-
Finish	184074	-

Records: Billy Bland	3.25.21 (awesome!)	1982
Janet McIver/Jackie Lee	4.12.17	2008

Wasdale course;

The race starts with a gentle climb up onto Illgill Head on the south side of Wastwater followed by a fast grassy run along the top of the 'Screes' to the the 1st CP Whin Rigg. From here it is a grassy descent that gets steeper and steeper as you reach the valley bottom and the first of the flags that you must follow through to the bridge at Greendale GR 143056. A word of warning here! Many a soul has gone too fast from Whin Rigg to Greendale and paid for it later on - you have been WARNED! There then follows a long slog up to the 2nd CP Seatallan first on a good path then knee deep grass. If your legs are tired here you are not

in for a pleasant rest of the race! From Seatallan it is onto the 3rd CP Pillar on a clear day it's a doddle, just drop into Pots of Ashness and head for the col between Red Pike and Scoat Fell. There is even a little trot most of the way - once its in the col it's the reverse of the Ennerdale route up onto Pillar. But....in the mist though it can be a nightmare - bearings and local knowledge useful - recceying needed! One year back in the twenties in a championship race even Billy Bland managed to get himself on the wrong side of Haycock losing over 10 minutes - he did still win by over 10 minutes though.

Off Pillar to Black Sail it is straightforward. You then start to contour round Kirkfell, downhill at first but then it starts to climb upwards and before too long you'll be looking at the imposing sight of the 3rd CP Great Gable. This is where the race really starts - it's hands on knees up Gable, not even Jebby will be running up Gable. Off Gable down the pitch path to Styhead - the reverse of what you slog up in the Borrowdale.

From Styhead to the finish is in my opinion what makes Wasdale the hardest of the Longs. In the Ennerdale the last six miles is mostly downhill on grass and if you were doing the Borrowdale or Duddon you would be finished by now but at Wasdale it's uphill for what seems like an age followed by a leg wobbling descent to the finish.

Styhead to the 5th CP Esk Hause (make sure you visit the crossed walls shelter - easy on a misty day to cut the corner...) is straight forward on a good path and from Esk Hause up to the highest point in England the 6th CP Scafell Pike just follow the crowds of folk either coming or going from the Pike.

It's all downhill now but care has to be taken in the mist as many a hope has been dashed by going down into Mickledore or down the main Brown Tongue path. The idea is to drop into Lingmell col then descending gradually contour under the rocks of Lingmell summit and hit the wide grassy path that takes you first to the sharp drop over the 'Nose' then a knee jarring descent to the stile on the wall at the last 7th CP. It is then just half a mile of - still steep! - grassy downhill to the finish in the tent you registered in.

And that's the Wasdale. Good luck! Oh and pray for a cool clear day, cloud base at about 4000ft. If it's boiling hot though the one good thing is you do go through plenty of becks and streams.

Scoffer (with a few mods from RJE).

Prizegiving is usually about 4 o'clock by the tent. Usual categories but have been unusual in the past! No organised post race bash but many people who camp end up in the Wasdale Head.

Accommodation:

There is a campsite right next to the start - please use the link :-

<http://www.nationaltrust.org.uk/holidays/camping/camping-in-the-lake-district/wasdale/>

or by phoning on 019467 26220 (am).

Campsites also at Nether Wasdale close to The Screes.

Wide range available locally.

There are many B&B's - Gosforth and Seascale are close and worth considering as options to the valley itself.

Youth Hostels at Wasdale Hall and Eskdale (Lake District Booking Service 01539431117).

Tourist Information Offices :-

Egremont 01946 820693

Workington 01900 606699

Websites: www.golakes.co.uk

www.cfra.co.uk

Email: richard@cfra.co.uk