

## **STICKLEPATH HORSESHOE FELL RACE**

**9.6 miles and 1,700ft ascent**

**A high moorland fell race over rough unmarked terrain, held under the Rules of the Fell Runners Association - FRA. Race Classification BM. Race start 1pm – entries close on the day 12.40pm.**

The race starts in Sticklepath, Devon, in a field close to the National Trust Finch Foundry and The Devonshire Inn.

There are 6 checkpoints which must be visited en route. Runners must ensure race numbers are clearly visible to race marshals to track runners for safety reasons.

<b>Checkpoint</b>	<b>Distance from previous CP</b>	<b>Total climb from last CP</b>	<b>Route comments</b>
Start/Finish <b>SX640939</b>			Cross the River Taw and follow the steep bridlepath through the woods and onto the moor to
CP 1 - Skaigh Warren <b>SX637935</b> (Gate to the moor)	1.3km	120m	Contour west around Cosdon, descend to cross the River Taw at Belstone and climb to
CP 2 - Belstone Seat <b>SX620935</b> (seat on green)	2km	40m	Follow the road South to Birch Lake, through the gate onto the moor and climb to
CP 3 - Belstone Tor <b>SX614921</b>	1.4km	180m	South along the ridge, when level with Steeperton Tor, cross steep valley and climb to
CP 4 - Steeperton Tor <b>SX619888</b>	4km	90m	Descend and contour Little Hound Tor, proceed up the ridge to
CP 5 - Cosdon Beacon <b>SX636915</b>	3.3km	95m	Descend North to gate. <b>Take care not to go too far East</b>
CP 6 - Skaigh Warren <b>SX637935</b>	2.2km		Retrace outward route through the wood to Start/Finish <b>SX640939</b>
Start/Finish <b>SX640939</b>	1.3km		
	15.5km/9.6miles	525m/1,723ft	

The route is not marked and it is the responsibility of all runners to navigate their own way between checkpoints and in accordance with FRA rules GPS devices are not allowed. Runners should have with them a map of the route and a compass and know how to use them.

The weather on Dartmoor can change rapidly and runners should adhere to FRA kit requirements;

- Waterproof whole body cover (taped seams, integrated attached hood)
- Hat and gloves
- Map of the route
- Compass – must be traditional, not electronic
- Whistle
- Emergency food

### **Key points**

- Runners compete under FRA Rules
- Runners must be 18 and over
- Entries limited to 50
- Retirements – if you need to retire from the Race for any reason, please report to the nearest checkpoint and also with the Race Organiser at the Start/Finish
- DO NOT run if you have not registered for the race and received a race number. “Ghost” runners will be reported to the FRA and risk being banned from all FRA races
- Runners are responsible for their own navigation. GPS devices are not allowed
- Please be aware of the risks pertaining to hypothermia and hyperthermia
- No Dogs or other animals should accompany runners
- Please respect the environment, cause no damage, leave no litter
- Adhere to The Countryside Code
- Do not disturb grazing animals/wildlife
- If you see another runner in difficulty you should, of course offer assistance.