

PENDLE CLOUGHS FELL RACE
Saturday 5th May 2012 11:00am
AL 14 miles 4100ft ascent

The Race starts and finishing in the picturesque village of Downham and is an AL category race of 14 miles with an ascent of 4100ft.

It takes in seven Cloughs of Burst Clough, Mearley Clough, Ogden Clough, Deep Clough, Churn Clough, Ashendean Clough, and Boar Clough.

The course will only be partially flagged following Worston lane from Downham to the gate stile at the bottom of Worston moor, and from the road crossing CP 9 to the finish at Downham across the fields.

There will be 9 Checkpoints all unmanned except CP 3 CP 6 & CP 9 CUT OFF TIMES will be IMPLEMENTED at CP3 & 6 each CP must be visited in order, the route taken between being up to the individual, as long as walls and fences are crossed at appropriate points, do not climb walls or fences or cross private land.

A system of Orienteering clippers will be used at each Checkpoint, for those not accustomed to orienteering events competitors will be given a card containing numbered boxes, i.e. arrive at checkpoint 1 use the clipper attached to the marker flag, and **Clearly punch box 1** on the card and so on.

A map showing checkpoints and grid references and cut off times, to a scale of 1:25 000 will be provided

EQUIPMENT

Competitors must carry the minimum safety equipment as stipulated by the FRA

- a) Windproof whole body cover.
- b) Other body cover appropriate for the weather conditions.
- c) Map and compass suitable for navigating the course.
- d) Whistle.
- e) Emergency food.

No GPS equipment allowed

Kit checks will be carried out,

No kit no race.

Anyone retiring from the race must report back to Race Control at the Finish

EXPERIENCE

This is an **A - LONG** category fell race and is **NOT** suitable for **NOVICES, minimum age 18yrs**
ER Experience required **NS Navigational Skills** LK local knowledge an advantage. PM. Course only partially marked, at Start and across fields at Finish.

Please don't drop litter on the course.

There are Toilet facilities and Parking but it can be fairly restricted at times due to the village being popular with tourists, so car sharing is recommended.

GRID REFERENCES

START <u>11:00am</u>	SD 785 440 Downham Village (on road near car park)
CP 1	SD 783 411 Stream crossing bottom of Mearley Clough
CP 2	SD 787 404 Boundary Stone
CP 3 <u>Manned/Closes 12:25pm</u>	SD 809 418 South side of wall corner, Bottom of Big end
CP 4	SD 806 405 Knoll North side of Deep Clough
CP 5	SD 796 384 Between track walls Staincomb
CP 6 <u>Manned/Closes 14:15pm</u>	SD 777 396 Knoll bottom of Ashendean Clough
CP 7	SD 798 398 Top Pendle Way stone marker Boar Clough
CP 8	SD 804 420 Robin Hood or Foxes Well
CP 9 <u>Manned</u>	SD 798 432 Road Crossing
FINISH	SD 786 440 Downham Village (Field by stream)

£5.00 entry on day.

Enquires to Andrew Hirst 29 Darnbrook Rd Barnoldswick Lancashire BB18 5RE
or Contact Andrew Hirst Tel: 01282812701 email andrewhirst05@talktalk.net