

Angus Tait Memorial

# 21<sup>st</sup> Hexhamshire Hobble Fell Race

Allen Valley Striders



**Sunday 7 December 2014**

**Start 11:00am - Anticlockwise route**

Category C Medium - 10.5miles(16.8km) 1250ft (379m) ascent

Registration: Allendale Primary School Sports Hall from 9:30am  
Start and Finish: Allendale Primary School field

**Conditions can be severe on the fells, particularly this time of year.**

The organisers reserve the right to cancel the race in the event of exceptionally inclement weather which could prejudice the safety of the competitors. **NO** dogs allowed.

Awards: Open Male, Open Female, Veteran Male, Veteran Female  
(no runner may claim more than one individual prize)  
First local man & woman (i.e. resident in the Allen Valley)  
Team (4 for men/3 for women) - based on finish time

Parking: Ample parking at Allendale Primary School and in the Village.  
Facilities: Toilets and limited changing facilities

Contact: Graham Fraser ([allenvalleystriders@hotmail.com](mailto:allenvalleystriders@hotmail.com)) or visit [www.allenvalleystriders.co.uk](http://www.allenvalleystriders.co.uk)

FRA safety conditions will apply. Over 18 only. All competitors must carry whistle, compass and map suitable for navigating the course (OS 1:25,000 Explorer OL43 or 1:50,000 Landranger 87) full body waterproof cover (incl hat & gloves), whistle and emergency food. MP3 players, ipods and the like are strictly forbidden and will result in immediate removal from the race and disqualification. Kit checks will be carried out. Failure to comply with kit requirements can result in disqualification and a ban from FRA permitted races. This is not a comprehensive list of equipment. Runners should be suitably prepared for changeable and cold winter conditions. Competitors must be prepared to accept these requirements as a condition of race entry.  
<http://fellrunner.org.uk/>