

RIVINGTON PIKE JUNIOR FELL RACE

The second counter in the 2020 FRA Junior Fell Running Championships!

The Junior Fell Running Championships returns to Rivington Pike. The junior pike race is a scaled down version of the iconic Rivington Pike Fell Race with each age category making their way up the route to various turnaround points. This year the race is also a Greater Manchester Championship Race.

Our sincere thanks to the United Utilities and the landowner for their kind permission to run the event. And a huge thanks to Rivington and Blackrod School for the use of the facilities.

Where: Rivington and Blackrod School, Rivington, Bolton, BL6 7RU.

Organised by: Horwich RMI Harriers. Queries to Peter Ramsdale (p.ramsdale@sky.com)

When: Saturday 11th April 2020

Age Categories	Years of birth for 2020 competition
U9	2012, 2013, 2014 (from day of 6th birthday)
U11	2010, 2011
U13	2008, 2009
U15	2006, 2007
U17	2004, 2005
U19	2002, 2003

Entry fee: Entries are available on line at <https://www.race-results.co.uk> and are also available on the day. Entry cost is £3.00 for all age categories except U19s which forms part of the main race of which the cost is £5.00. We would like to encourage as many athletes as possible to register online to enable the day to run as smoothly as possible.

Registration: Registration will be based at the school hall and will be clearly sign posted. Registration will be open on the day from 10.30am. Online entries will also be collected from this point.

Prizes: Top three in each category (male and female). Presentation will be made in the school hall at the conclusion of all the races.

Routes:

- **U9 – 1 Km with 150 Approx. Feet Climb**
- **U11 – 1.45km with Approx. 210 Feet Climb**
- **U13 – 2.2 Km with Approx. 430 Feet Climb**
- **U15/U17 – 2.92Km with approx. 580 Feet Climb**
- **U19 – 5K with approx. 800 Feet climb**

In the event of bad weather, and to ensure the safety of competitors and marshals on the high and exposed terrain, the race organiser reserves the right to change the route format.

Start and Finish: The Start/Finish line is approx. a 10 Minute walk from the Registration and Car Park Areas. Please note there are no toilet facilities at the Start/Finish area

Start times:

- **U9 – 12.15**
- **U11 – approximately 12.30**
- **U13 – approximately 13.00**
- **U15 and U17 Run Together at approximately 13.30**
- **U19 – 15.00 as part of the senior race.**

No races will start earlier than the advertised time.

Car parking: Fell race parking will be at Rivington and Blackrod School. A £2 charge will be made for parking and please use the designated car parks and follow marshal instructions. **NO PARKING ON THE ROAD.** Toilet facilities available at registration.

Kit: The routes cover high and exposed terrain. All runners in every category will be expected to carry kit that complies with FRA guidelines (U11, 13, 15, 17, 19 age categories expected to carry or wear waterproof top and trousers, hat and gloves; U9 waterproof top, hat and gloves) you will not be allowed to run without it. You will be checked at the start and at the finish. *Anyone found trying to cheat these safety rules will be disqualified and/or prevented from running and the FRA will be informed.* Shoes suitable for fell running expected to be worn. This rule will be at the discretion of the race organiser on the day.

Litter: We have special permission from United Utilities and the local landowners to run the race at this venue. **PLEASE** be responsible for all your own litter and kit.

Dogs: Although dogs are allowed around the race route they must be kept on leads at all times.