



THE 62nd

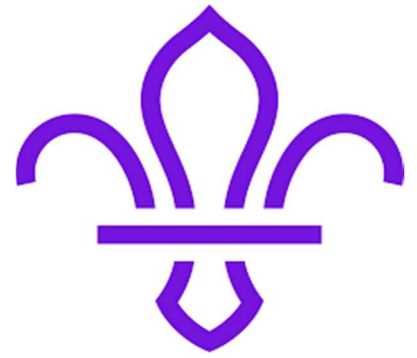
FELLSMAN

25th – 26th April 2026

THE 2nd

FELLSMAN DART





THE 62nd FELLSMAN

AND

THE 2nd FELLSMAN DART

ARE ORGANISED BY
KEIGHLEY SCOUT SERVICE NETWORK

**WE WOULD LIKE TO THANK OUR 2026 SPONSORS FOR THEIR
GENEROUS SUPPORT**





Hello and Welcome



Welcome to the 62nd Fellsman and the 2nd Fellsman Dart. We hope your training is going well and that you're ready to make your way around some of the best scenery the Yorkshire Dales has to offer. Thank you for your continued commitment and support of these events.

This year, the organising committee has faced a number of challenges in delivering the Events to the high standard you have come to expect. The most significant has been negotiating with Natural England to ensure our routes avoid SSSIs (Sites of Special Scientific Interest). The main area of concern is around Blea Moor.

Please ensure you are fully up to date with the mandatory route around this area. Failure to comply could jeopardise the future of the Event, something we are all keen to avoid. Further details can be found on pages 5-8 of this handbook, as well as on our website and social media channels.

Another key change this year, is the introduction of a new route that removes the dreaded road section between Fleet Moss and Cray. We hope you find this change positive and that it enhances your overall race experience. Please ensure your mapping systems and kit requirements reflect this update.

As always, the Events would not be possible without our dedicated organising committee. You can learn more about the team on our website via the new "Meet the Team" page. This group works tirelessly for up to 10 months of the year to ensure all entrants and volunteers are kept safe while out on the Fells.

The Event is organised by Keighley Scout Service Network, and we are proud many of our volunteers are active members of Scouting across the UK, or have strong links to the movement. This spirit of service and community sits at the heart of everything we do.

The Fellsman is a not-for-profit Event. Any surplus money is reinvested directly back into the Event to maintain its high standards and to secure its future for generations of participants.

By taking part, you're not just joining a race, you're supporting a community built on tradition, commitment, teamwork, and the values of Scouting.

Suzanne Carter, James Credland, Jonny Olsson

(2026 Executive Leadership Team)



Fellsman Officials



Executive Leadership Team

Suzanne Carter	Event Team Lead, Event PR / Admin
James Credland	Event Team Lead, Event Logistic and Infrastructure Lead
Jonny Olsson	Event Team Lead, Event Logistic and Infrastructure Lead, Event Admin / Website

Fellsman Team Leads

Phil Shuttleworth	Checkpoint Organiser – (Volunteer Team Lead)
Oliver Stow	Checkpoint Organiser – (Volunteer Team Lead)
Chris Driver	Checkpoint Organiser – (Land Liaison Lead)
Sarah Driver	Checkpoint Organiser – (Checkpoint Admin Lead)
Jonathan Carter	Entrant Kit / Equipment Lead, PR
Bev Dickinson	Sweep Team Liaison Lead
Shona Brunskill	Catering Lead
Alex Thewlis	Event Communication Controller (Cam Houses)
Beth Credland	Event Communication Controller (Threshfield)
Jules Olsson	Registration & Final Check Manager
Phil Hands	Event Logistic and Infrastructure Assistant
Greg Boole	Event Logistic and Infrastructure Assistant
Bob Whitehead	First Aid Co-ordinator / Health and Safety Advisor
Iain Kirk	Race Route Advisor Lead

OTHER FELLSMAN OFFICIALS

Dave Driver	FellTrack Co-ordinator
Juliette Moor	Event Administrator
Jason Metcalfe	Treasurer

If you need help at any point on the weekend, please speak to our committee who will be wearing turquoise committee uniform, volunteers wearing high viz or any of our volunteer helpers



The Fellsman Route



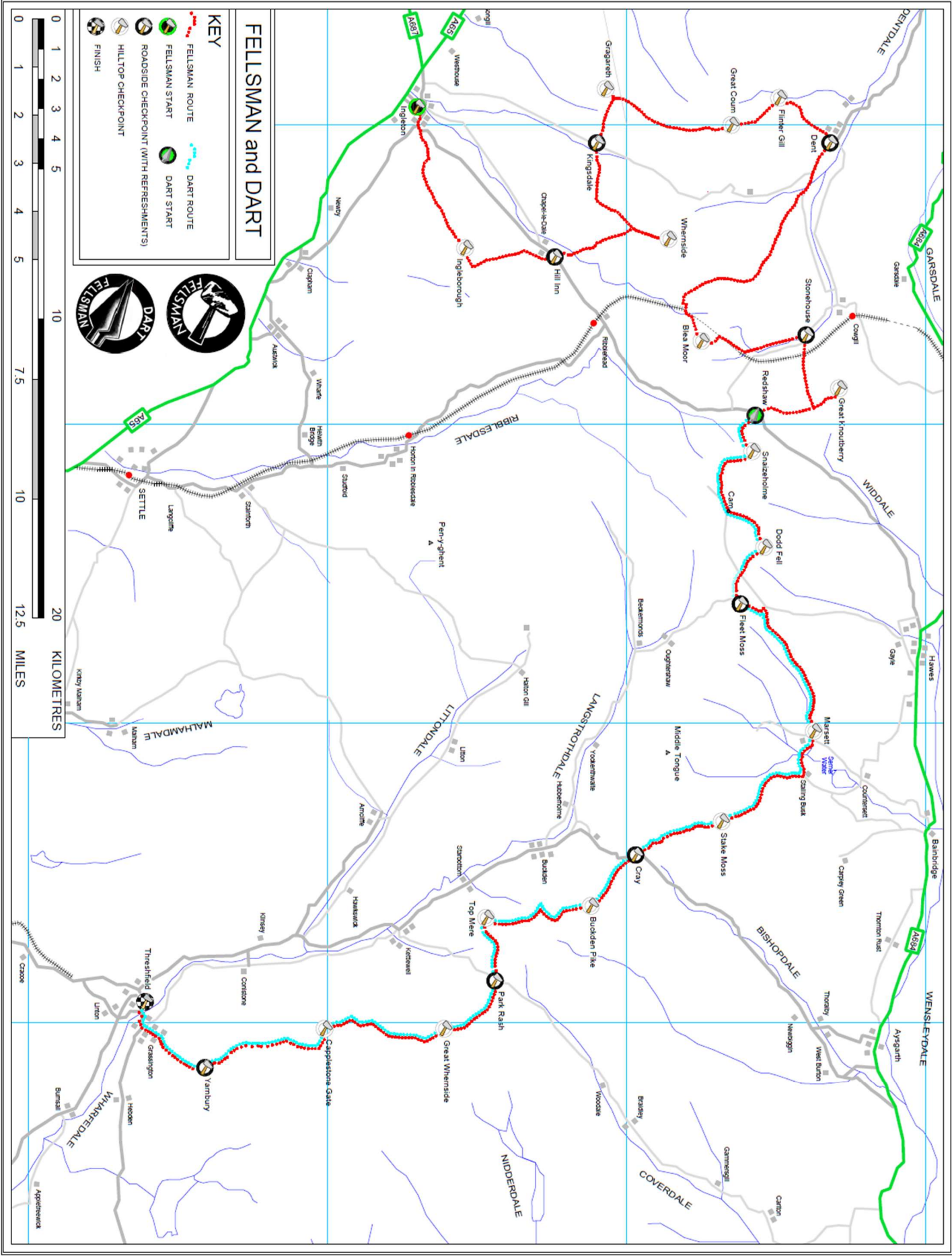
All checkpoints, each of which will be staffed, must be visited in the order shown below. At each checkpoint, entrants must present their tally card so that it can be clipped and registered by checkpoint staff and must also scan their FellTrack tag at the scan boxes. It is the responsibility of each entrant to ensure that their tally card is correctly clipped and that their FellTrack tag is scanned at each checkpoint.

<u>Grid reference</u>	<u>Checkpoint name</u>	<u>Staffed by*</u>
SD 694730	Ingleton (Ing. Community Centre)	Keighley Scout Service Network
SD 741746	Ingleborough	Event Supporters
SD 744776	R Hill Inn	Keighley Explorer Unit
SD 738814	Whernside	Event Supporters
SD 706790	R Kingsdale	5 th & 8 th Kendal Scouts
SD 688793	Gragareth	Event Supporters
SD 700835	Great Coum	Event Supporters
SD 691851	Flinter Gill	Mytholmroyd Scout Group
SD 706868	R Dent	Mytholmroyd Scout Group
SD 772825	Blea Moor	Mytholmroyd Scout Group
SD 770860	R Stonehouse	19 th Keighley (Ingrow) Scout Group
SD 788871	Great Knoutberry	Event Supporters
SD 797843	R Redshaw	Event Supporters
SD 809842	Snaizeholme	Event Supporters
SD 841846	Dodd Fell	Event Supporters
SD 860838	R Fleet Moss	3rd Keighley (Steeton & Silsden) Scout Group
SD 903862	Marsett	Event Supporters
SD 932831	Stake Moss	Event Supporters
SD 944803	R Cray	TS Dolphin Keighley Sea Cadets and Royal Marine Cadets
SD 961788	Buckden Pike	Event Supporters
SD 965753	Top Mere	Event Supporters
SD 986756	R Park Rash	6 th Keighley (Oakworth) Scout Group
SE 002739	Great Whernside	Event Supporters
SE 002699	Capplestone Gate	Event Supporters
SE 015659	R Yarnbury	Keighley Scout Network
SD 993639	R Threshfield (Upper Wharfedale School)	Keighley Scout Service Network and Keighley Scouters

R = Refreshments Provided

EVENT EMERGENCY CONTACT NUMBER

07557 164403





Mandatory Route Information



As much of the Fellsman and the Dart route is on private land, access has to be negotiated annually. Several of the landowners insist, as a condition of the continued use, that entrants follow a particular route on certain parts of their land. Close consultation is also had between the event organisers and the Yorkshire Dales National Park Authority to ensure we have as little an impact on the environment as possible.

For the most part, entrants plot their own route from one checkpoint to the next; however, the instructions detailed below **MUST** be adhered to when navigating the relevant sections of the route. Failure to do this may lead to the landowner refusing access to the Event in future years – this has happened in the past.

Although the following information is correct at the time at which the handbook goes to print, the organisers reserve the right to apply additional restrictions as requested by the landowners. Any additional information will be conveyed via our social media pages before the Fellsman and will be announced on the weekend before the start. We advise you to check back regularly for any updates.

PLEASE NOTE - IT HAS BEEN BROUGHT TO OUR ATTENTION THAT ENTRANTS HAVE BEEN WALKING/RUNNING OVER PARTS OF THE ROUTE WHICH CROSS PRIVATE LAND WHILST TRAINING. DOING THIS JEOPARDISES THE EVENT, PLEASE DO NOT DO IT!

THE FELLSMAN

Route specifics which must be adhered to:

When approaching **HILL INN**, do not use the lane that passes the post office near Low Hill. Keep to the right toward the checkpoint, which is situated by the metalled road to the northeast of the Hill Inn public house. On leaving the checkpoint, follow the road in a south-westerly direction and turn first right onto the metalled farm track, which leads toward Whernside.

On leaving the **WHERNSIDE** checkpoint, do not take the direct route down Blackside Pasture, but stay on the east side of the ridge wall (keeping the wall on your right-hand side) until it can be crossed using the stile at NGR SD 724789. Proceed down High Brown Hill Pasture, using the marked gateway at NGR SD 714791. Be careful when using the hole in the wall at NGR SD 713789, there is a length of barbed wire at neck height.

Once through the **KINGSDALE** checkpoint, follow the flagged route to the gate in the top corner of the field. Cross the next large steep pasture diagonally, using the stile in the top left-hand corner to cross the ridge wall.

From **GRAGARETH** checkpoint heading along the ridge to Green Hill and **GREAT COUM** checkpoint, it is best to keep the ridge wall on your right-hand side to avoid problems crossing intersecting wall junctions.

From the checkpoint at **GREAT COUM**, descend in a north-westerly direction to the relocated **FLINTER GILL** checkpoint, in the far corner of the pasture. Note – shortly after leaving **GREAT COUM** checkpoint the ground steepens considerably and there is some difficult ground to negotiate if the optimum route is not found (including scree, tussock grass and drainage gullies). This can be avoided by a descending traverse to the right of the escarpment to meet the stone wall, which can then be followed and used as a navigated “handrail” to **FLINTER GILL** checkpoint.

After the **FLINTER GILL** checkpoint, continue down the track, turning right at the end. Turn left after 400m, into another walled track and follow this into Dent village. Turn right onto the main road, which leads to the checkpoint at Conder Farm.

After leaving **DENT** checkpoint proceed along the lanes of Dentdale to Whernside Manor and pick up the Craven Way.

Due to SSSI restrictions, on leaving/deviating from public rights of way entrants are **NO LONGER** permitted to follow a straight line from the Craven Way to the summit of **BLEA MOOR**. Instead, all competitors must stay on the Dales Highway to Force Gill (entrance to Blea Moor Tunnel), NGR SD 760818 (see Fig 1 on following page). From the entrance of Blea Moor tunnel, pick up the public footpath that follows the line of air shafts, before breaking off towards the summit of **BLEA MOOR** checkpoint.

ANY ENTRANT FOUND TO HAVE ENCROACHED INTO THE SSSI AND NOT PROCEEDED TO THE BLEA MOOR TUNNEL ENTRANCE, WILL BE DISQUALIFIED FROM THE EVENT. OPEN TRACKING SOFTWARE WILL BE USED TO ACTIVELY MONITOR THIS – YOU HAVE BEEN WARNED.

When leaving the **STONE HOUSE** checkpoint, go back over the road bridge and up the walled track which passes under the viaduct. At the end of the walled section, marked by a beacon at NGR SD 794862, turn left and head in a northerly direction to **GREAT KNOUTBERRY**. After visiting the checkpoint, return to the beacon before proceeding to **REDSHAW**. On leaving the beacon the marked Pennine (may be Dales Bridleway) Bridleway at NGR SD 792861 takes a higher route towards Redshaw and avoids some boggy lower ground.

Prior to the **REDSHAW** checkpoint, pass through the gate at NGR SD 794848 which will be marked with a flashing beacon. Cross the field diagonally and use the stile in the opposite corner by the checkpoint.

THE FELLSMAN & THE FELLSMAN DART

Route specifics which must be adhered to:

When leaving the **REDSHAW** checkpoint, follow the south side of the fence to **SNAIZEHOLME**. When leaving **SNAIZEHOLME** checkpoint, follow the fence line (keeping the fence on your left-hand side) for 1 km to join the Ribble Way path. Pass through the gate on your left at Gavel Gap and follow the path contouring around the rim of Grove Head to join the metalled road (Cam Road) past Event Control (this is not a checkpoint, just wave as you pass).

Between the **DODD FELL** and **FLEET MOSS** checkpoints, use the route through two gates, (at NGR SD 851837 and NGR SD 855836), following the track eastward to the road below **FLEET MOSS**. Alternatively, use the road to the North. **DO NOT 'STRAIGHT LINE' IT BETWEEN NGR SD 852840 & NGR SD 860839 (As shown in Fig. 2 on next page).**

Upon leaving **FLEET MOSS**, head in a northerly direction to the gate at NGR SD 861845, follow this path down Bardale Head, towards Bardale Beck. Keep Bardale Beck on your right-hand side, passing through the stile at NGR SD 892862. Stay on this path, through the wooded area and into **MARSETT**. The **MARSETT** checkpoint is located at NGR SD 903862.

When leaving **MARSETT** checkpoint, cross the road bridge and turn left across the village green. If the track is dry, stay on this track all the way up to the hamlet of Stalling Busk. If the track is flooded, cross the two-foot bridges at NGR SD 908859 & NGR SD 909859 and use the public foot path through the fields up to Stalling Busk, to the start of Bob Lane (NGR SD 917858) to pick up the Pennine Journey route. (see Fig 3 on the next page). **Stay on the Pennine Journey track and DO NOT cut across the fields (Fig 4 on the next page).** The **STAKE MOSS** CP is located at NGR SD 932831.

After the **CRAY** checkpoint, use the gate at NGR SD 947798. Continue South East until you intersect a gritstone path which ascends directly to the checkpoint at **BUCKDEN PIKE**.

When leaving the **BUCKDEN PIKE** checkpoint, stay on the west side of the wall, using the new gritstone path to the Polish Air Memorial crossing to the east side of the ridge wall and follow it to NGR SD 965776 to a hand-gate in the wall. Turn right through this gate and head in a southerly direction toward **TOP MERE**.

On leaving the **CAPPLESTONE GATE** checkpoint, keep the wall on your right-hand side as far as the junction with the green lane, once on the lane then bear left after the gate, following the flags and beacons on the footpath to **YARNBURY**.

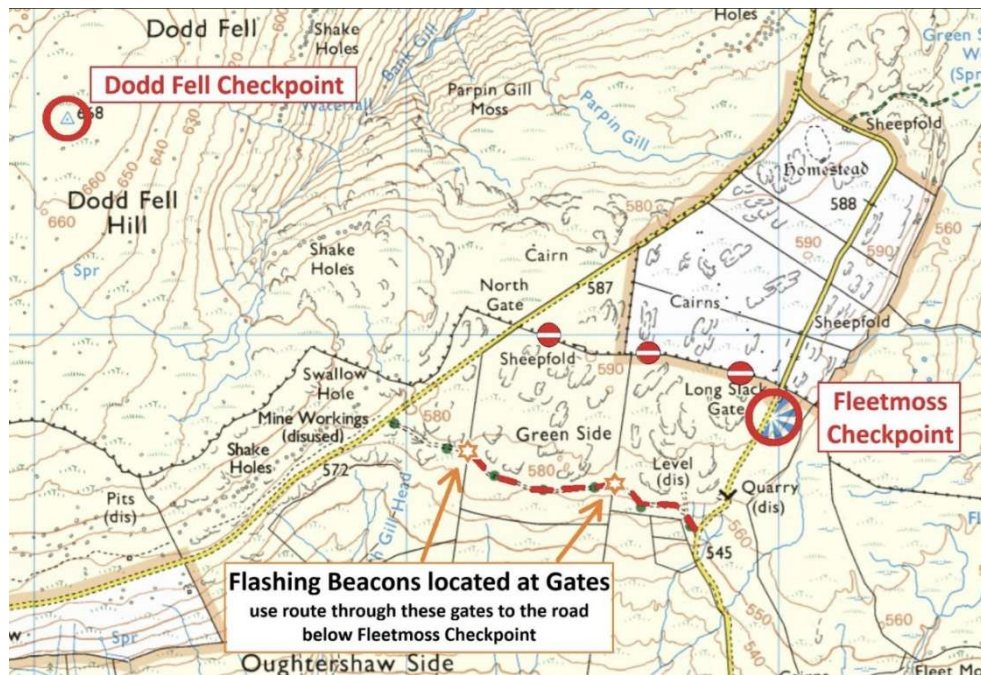


Fig. 2
Do not straight line it to the Fleet Moss checkpoint

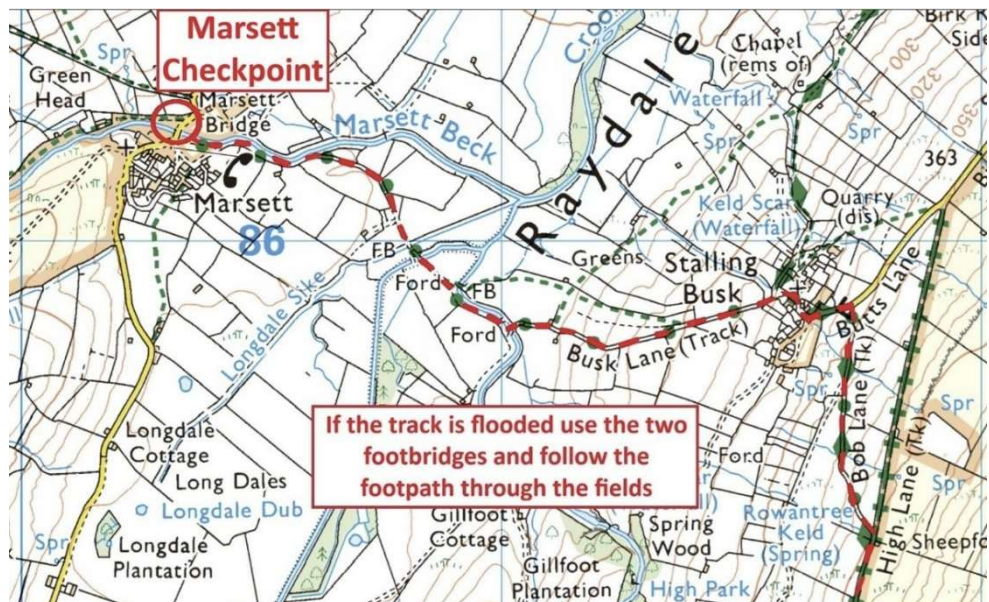


Fig. 3
 Route between Marsett & Stalling Busk

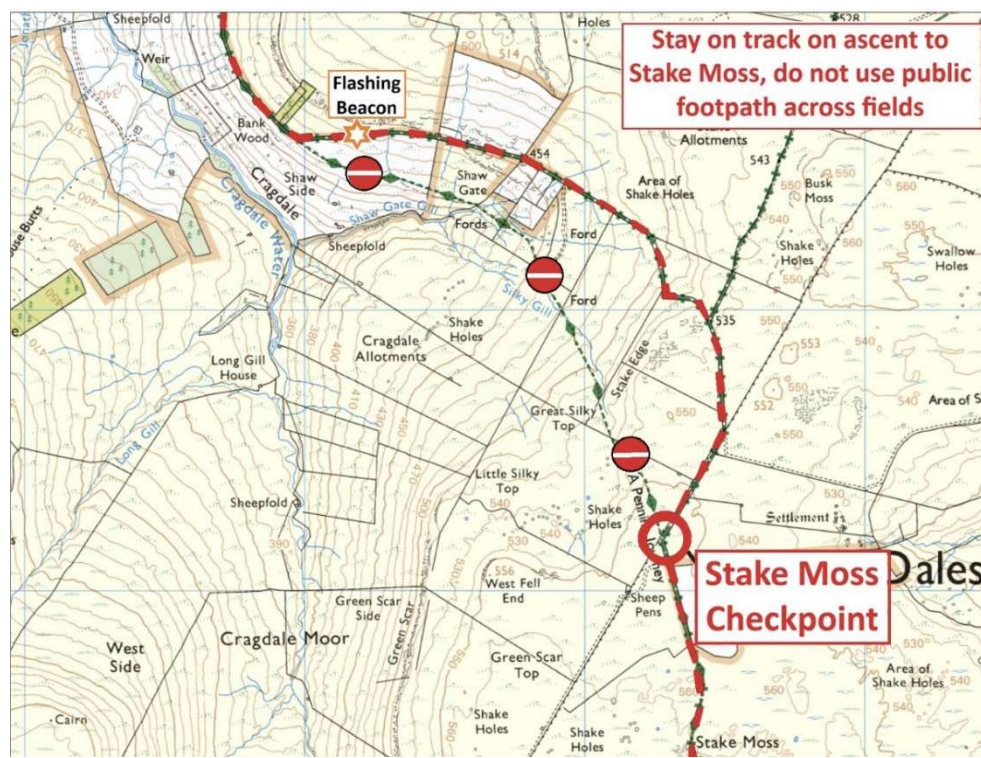


Fig. 4
 Route between Stalling Busk & Stake Moss



General Entrant Information



ARRIVAL AT EVENT HQ / FINISH (THRESHFIELD):

- The committee are not permitted entry to the school in Threshfield (Event HQ / Finish) until 16:00 on the Friday night and it takes at least two hours to turn it from a school into the layout required for the Event.
- PLEASE NOTE THERE CAN BE NO ACCESS FOR ENTRANTS TO THE SCHOOL BUILDING BEFORE 19:00.
- Please be assured that all our volunteers will be working as hard as possible to ensure everything is up and running as soon as possible. Thank you.

THE START:

- The Fellsman start is **08:30** on Saturday 25th April 2026 from Ingleton Community Centre.
- The Fellsman Dart start is **13:00** on Saturday 25th April 2026 from Redshaw Checkpoint (after a coach trip from the event start at Ingleton Community Centre).

VEHICLES AND PARKING:

- There is no vehicle access to the school or campsite for any entrants.
- All parking at Threshfield is in our Quarry car park – please follow the signs. There is a shuttle bus provided to transfer you to the school and the camping area.
- PLEASE DO NOT PARK ON STREETS OR VERGES AROUND THRESHFIELD – this jeopardises the future of the Event
- Car parking at Ingleton has limited space and is Pay & Display
- Entrants' vehicles parked at the start (Ingleton) cannot be transferred to Event HQ / Finish (Threshfield) by any of the Fellsman staff.

ACCOMMODATION:

We offer three options for accommodation at Event HQ / Finish (Threshfield) and these all need to be booked with your entry to the Event:

- **Indoor** (floor in school sports hall)
- **Camping** (school sports field). Shuttle buses from the quarry to the camping field will commence from 17:30 on Friday night.
- **Motorhome / campervan** (non-electric space in the Quarry car park).

KIT CHECK:

- **ALL ENTRANTS MUST PASS KIT CHECK.** It is advised that entrants have their kit checked where possible on Friday evening. This allows the Saturday morning registration to flow more smoothly.

Kit check will be available:

- **Friday Evening - 19:00** until **22:00** at Event HQ / Finish (Threshfield)
- **Saturday morning - 06:00** until **08:00** at the start (Ingleton)
- Entrants are advised to leave plenty of time, as the start is very busy.
- **Dart Saturday Kit Check – 10:00** until **11:30** at the start (Ingleton)

TRANSPORT TO THE START (Ingleton) and (Redshaw):

- Coach transfers must be booked in advance and a seat reserved on your chosen coach during **Friday registration.**
- All seats are allocated on a first come, first served basis.
- **Transport is not provided from Threshfield to Ingleton on the Sunday.**

The Fellsman:

- Coaches will leave Threshfield periodically between **05:45** and **06:30** on Saturday bound for the start (Ingleton)
- Entrants for 'The Fellsman' who are arriving Saturday morning for the coach, **MUST BE THERE FOR THE FIRST BUS AT 05:45**, as the later buses will be for those who have already had their kit checked on the Friday evening.
- The coach seats are allocated on **first come first served** basis all entrants must collect a seat ticket from registration before heading to the coaches.

The Fellsman Dart:

- The coach will leave Threshfield **09:30** on Saturday bound for the start (Ingleton)
- The coaches for the Dart start (Redshaw) will depart from Ingleton (start) at **12:00.**

ADDITIONAL EQUIPMENT:

- All entrants must bring their own kit.
- A Bag Drop facility is in place at Event HQ / Finish (Threshfield) for entrants to store any equipment not required while running / walking.
- Kit can be transferred from the start (Ingleton) to the finish (Threshfield). All equipment should be in holdalls, clearly labelled with your entrant number. Limited supplies of bags and labels will be available for this purpose.
- Please note kit cannot be transferred from the Dart start (Redshaw) to the Finish (Threshfield) so please leave any kit you do not need with the bag drop team at the Start (Ingleton)

TOILETS & SHOWERS:

- There are toilets and showers available at the Finish / Event HQ (Threshfield).
- As the Finish is in a school building, the temperature of the water is not designed to be hot for prolonged periods of time. Should you find the water is not warm enough, please do not adjust the thermostat, speak with a member of the Event team who will do their best to help.
- There are toilets available around the route at all roadside checkpoints.
- Emergency sanitary products are available around the route at all roadside checkpoints.

TALLIES, TRACKERS & RACE NUMBERS:

- **Race numbers** must be visible at all times, either on the front or rear of your rucksack. White numbers are for full Fellsman entrants; yellow numbers are for Dart entrants.
- **The tally** is your personal safety and check card. It must be presented at each checkpoint along the route for hole-punching. Tallies are provided with an attached string. The committee does **not** recommend wearing the tally around your neck, as this presents a choking hazard. The string is intended to attach the tally to a zip pull or rucksack strap so that it is easily accessible for punching at checkpoints.
- **Open Tracking (live tracking)** - Open Tracking provides full live GPS tracking for the Event. This is used for Event safety and also allows spectators to "dot watch" entrants' progress around the

route. The Open Tracking team will provide a GPS tracker, which should be attached to your shoulder strap.

Open Tracking links are as follows:

The Fellsman - <https://live.opentracking.co.uk/fellsman26/>

The Dart - <https://live.opentracking.co.uk/dart26/>

- **FellTrack (official timing & results)** - FellTrack is a bespoke system created by one of our team. It was designed to reduce paperwork on the Event and to assist with managing Event transport and logistics around the route.

FellTrack is the **official Event timing system** and is the system used for **all results, placings, and finish times** published on the results pages.

Entrants are provided with bespoke FellTrack tags, which must be scanned at scanboxes at each checkpoint to record progress around the route. A successful scan will make a "whee" sound.

The FellTrack login for both the Fellsman and the Fellsman Dart is:

FellTrack Login- <https://felltrack.com/fellsman2026/>



Main Event Sets off 2025

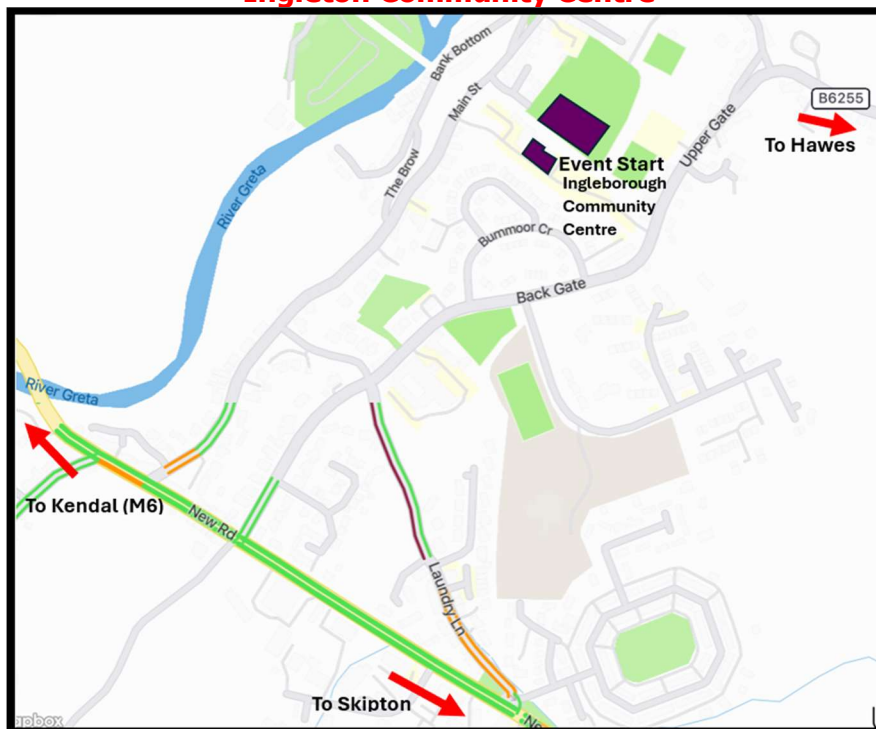
Photo: Suzanne Carter

EVENT HQ / FINISH Upper Wharfedale School, Threshfield



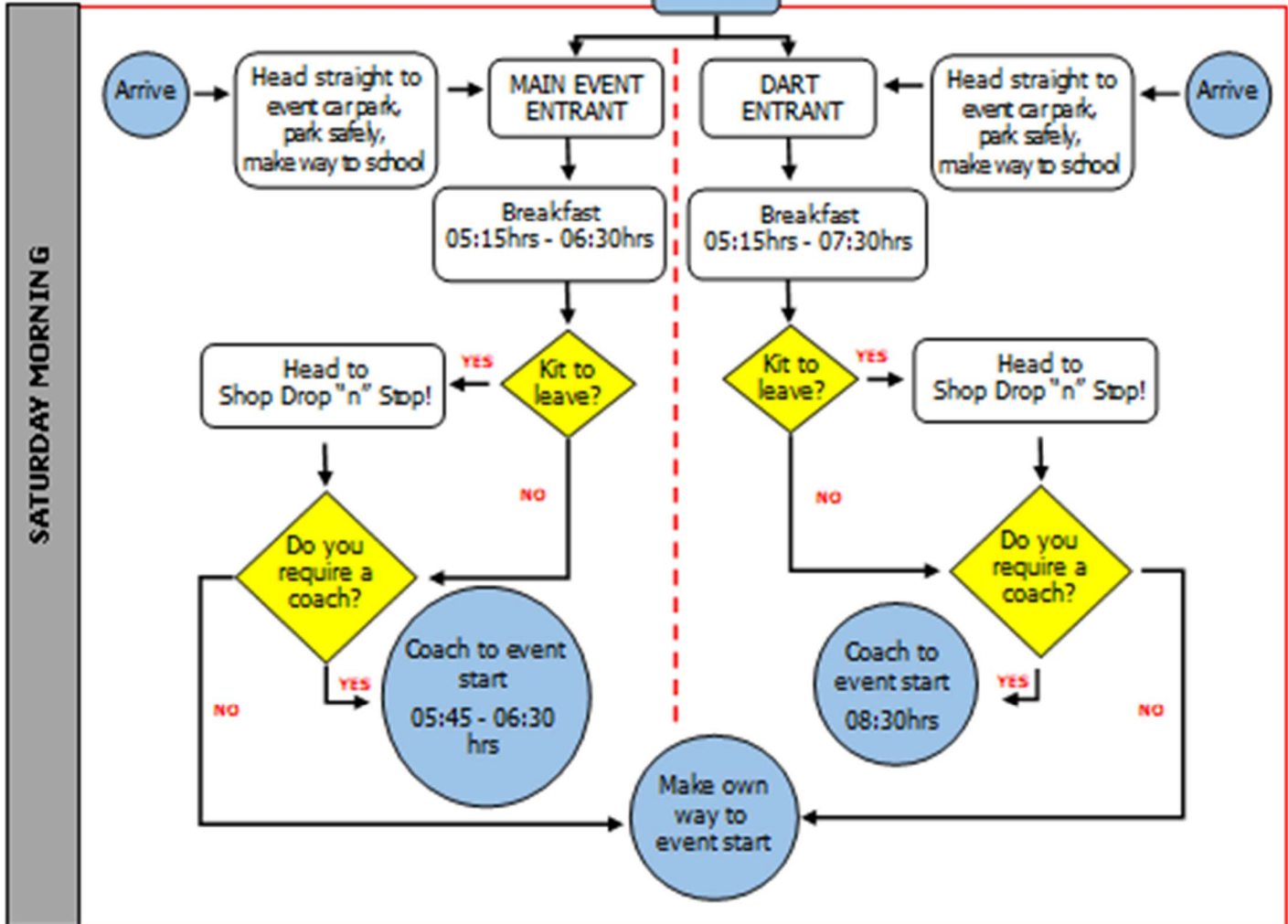
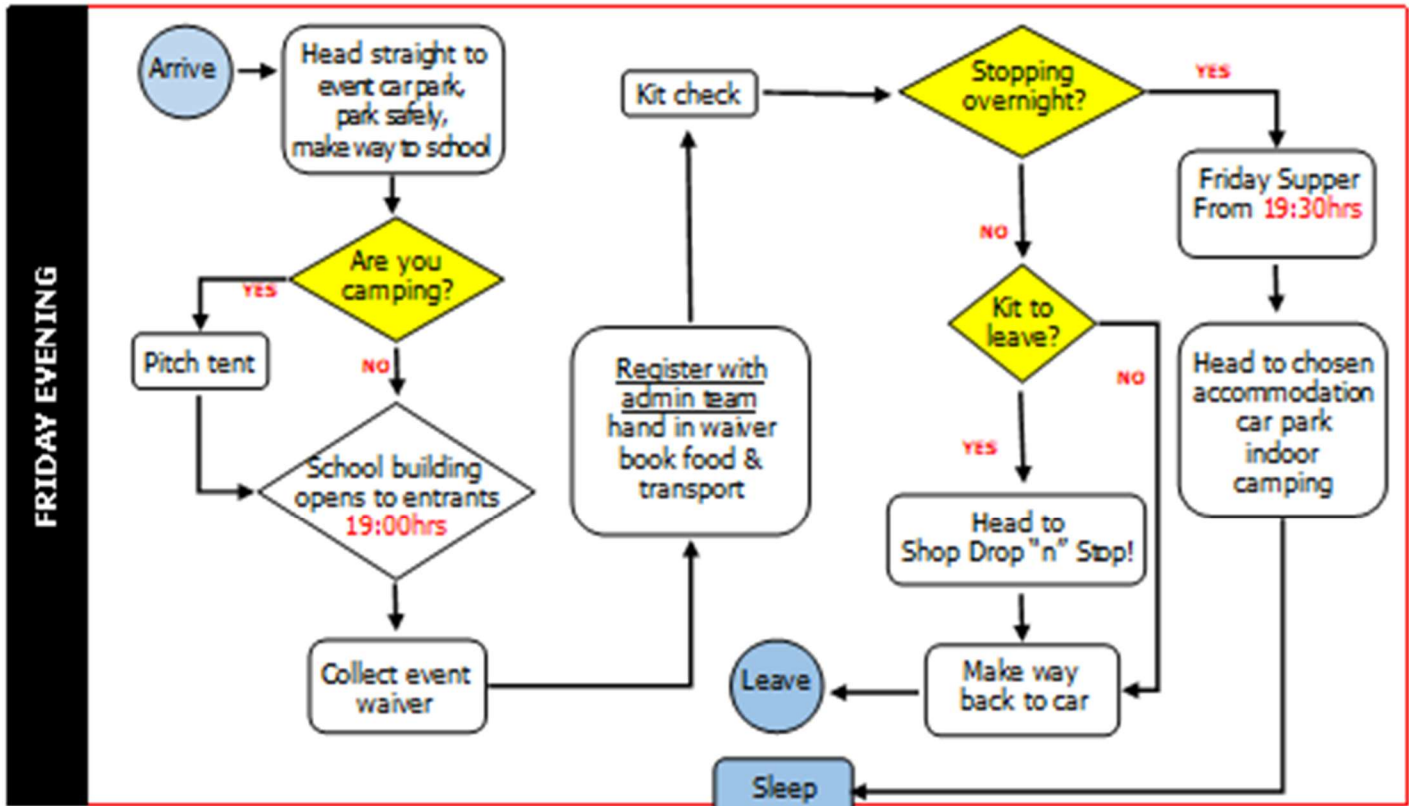
Upper Wharfedale School, Wharfeside Avenue, Threshfield, Skipton, North Yorkshire, BD23 5BS
W3W: ///solution.digestion.spending

EVENT START Ingleton Community Centre



Ingleborough Community Centre, Main St., Ingleton, North Yorkshire, LA6 3HG
W3W: ///incur.horn.revisit

To reduce lengthy explanations of what entrants should do upon arrival at Event HQ / the Finish (Threshfield) on Friday night or Saturday morning, or when travelling directly to the start and arriving at Ingleton, please refer to the following flowcharts.





Car Parking & Transport



- Once again, we are offering free car park at **Skirethorns Quarry**, off Skirethorns Lane.
- There will be road signs with the Fellsmán Logo on, to help you find the car park.
(W3W: ///rental.circus.gloves)
- **Entrants must not park on roadsides, outside houses or verges around the village.** The future of the Event relies heavily on the good relationships that we have established with the residents and the Parish Council of Threshfield. We have, in previous years, had complaints over access around the village due to parked cars. We ask that you take advantage of the free parking on offer at the quarry, and please do not park on the roadside towards Grassington or around the school.
- The Quarry car park offers hard standing for parking with adequate space for all entrant vehicles.
THERE IS STRICTLY NO PARKING OR VEHICLE ACCESS TO THE SCHOOL OR CAMPSITE
- The school car parks are for Event staff only. We ask that you “park and ride” to the school from the quarry car park with all your kit (see below for shuttle service details).
- There is **NO** availability to drop off your kit at the school prior to parking.



Directions to Skirethorns Quarry Car Park from Skipton

- Instead of turning right towards the school off the B6160, carry straight on along the road towards Kettlewell past the Spar / garage.
- Take the next road on the left (Skirethorns Lane) and continue on this road passed the houses. The quarry is on the right. Follow the signage.

Directions to Skirethorns Quarry Car Park from Kettlewell

- Take the first right turn after Long Ashes Caravan Park, onto Skirethorns Lane and continue on this road past the houses. The quarry is on the right.

FOLLOW THE ROAD ROUND INTO THE QUARRY, PLEASE DO NOT PARK ON SKIRETHORNS LANE, DRIVE THROUGH THE GATE INTO THE QUARRY ITSELF.

SHUTTLE BUSES:

- **FRIDAY NIGHT** - a shuttle service on Friday night between **17:30** and **22:00** will run from the entrant car park (Skirethorns Quarry) to Event HQ / Finish (Threshfield), including the camping area.
- Parking will be available after the shuttle buses finish for the night at **22:00** but there will be no shuttle service to Event HQ until Saturday morning.
- **SATURDAY MORNING** – the shuttle service to Event HQ/ Finish (Threshfield) from the Quarry car park will run from **05:00**.
- **SATURDAY AFTERNOON ONWARDS** - from mid-afternoon on the Saturday, we will be providing a shuttle back to the Quarry car park from Event HQ / Finish (Threshfield), for retired entrants and finishers.
- Shuttles will run approximately every 20-30 minutes, dependent on need.

CAR PARK TOILETS:

- A portable chemical toilet will be set up at the Quarry Car Park. This, sadly, is in response to a number of complaints from residents about inappropriate 'deposits' left on the site in previous years. Please can all entrants taking advantage of this free parking service use their own on-board campervan/motorhome toilet facilities or the portable toilet provided. Failure to do so jeopardises the future of the use of not only this car park facility but also the Event as a whole.



Entrants Boarding the Coaches for the 1st Fellsman Dart

Photo: Suzanne Carter



Event HQ / FINISH (Threshfield)



ABOUT THE UPPER WHARFEDALE SCHOOL SITE

Upper Wharfedale School is the Fellsman Event HQ.

Services we provide:

- Kit Check
- Overnight Accommodation
- Registration
- Bag Drop
- Shop
- Showers & Toilets
- Catering
- Communications
- Final Check / Finish
- First Aid
- Safety HQ

We hire the school for the weekend and must ensure that we leave no trace of us being there.

NOISE:

- Please be considerate towards the residents who live in the vicinity of the school when moving around the school site at night.
- Noise travels a distance at night, and we don't want to upset our neighbours by keeping them awake with loud conversations, shouting, cheering or slamming doors.
- Given the proximity to housing, the finish to the Event is kept quiet overnight. We apologise if this means your finish feels a little underwhelming, but we are sure you would appreciate the quiet nature of the Event finish if you lived in one of the nearby houses!

SHOWERS:

Given the number of entrants and the times they arrive back at Threshfield, the showers can be running constantly from early Saturday evening until Sunday lunchtime. Please appreciate that this is a school site and the water heaters are not designed or equipped to provide continuous hot water, so patience may be required. Entrants are advised to check the water temperature before getting undressed. If you find the water is cold, please don't touch the thermostats, instead please let an Event volunteer / committee member know, and we will and do our best to sort it.

MUD:

- We do our best to protect the school by laying floor protectors as well as providing carrier bags for you to use for muddy kit, however we ask for your support with keeping the site clean.
- **ALL MUDDY FOOTWEAR AND CLOTHING MUST BE REMOVED PRIOR TO ENTERING THE SCHOOL (the only exception is the finish corridor).**
- We advise entrants to bring a spare pair of footwear to use indoors.

LITTER & GENERAL MESS:

- Please ensure any litter goes in the bins provided. Safely stow gel wrappers / packaging on route – do not litter the Fells please; put it in a checkpoint bin #leavenotrace #countrysidecode.
- Once all entrants have departed the Event, the committee who have been working non-stop since Thursday setting everything up and running the Event, have to thoroughly clean the school. It is most helpful if every entrant ensures their own equipment is tidied away and litter put in a bin. Thank you for your support with this.

DOGS:

- Upper Wharfedale School is a strictly **NO DOG** site.
Please do not jeopardise the Event by bringing your 4-legged friends into the grounds.
- Supporters and spectators with dogs out on the route must always keep all dogs on short leads and must ensure any mess is cleared up immediately.



Overall Winners of 2025 Fellsman and Fellsman Dart.

Anna Llewellyn – 10hrs 16mins

Kate Archer – 5hrs 10mins

Photo: Suzanne Carter



Registration and Kit Check



Kit check is available on Friday night at Event HQ / Finish (Threshfield) and on Saturday morning at the Start (Ingleton).

Entrants are strongly encouraged to have their kit checked on Friday night if possible.

In response to feedback and to try to make Friday evening smoother for all, we have changed how entrants register and pass-through kit check.

Please find details of the new procedures and route map for Friday night kit check below.

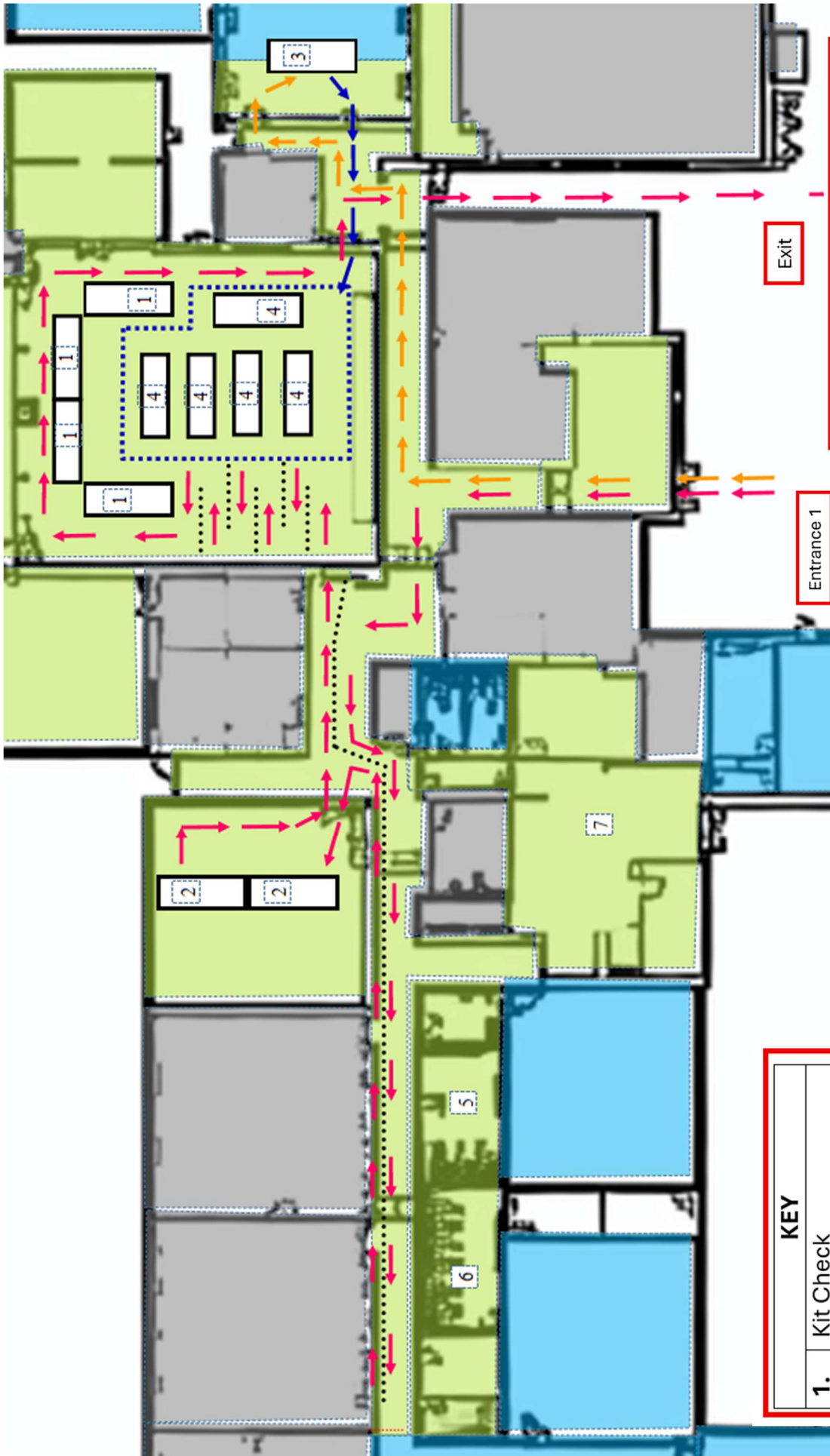
- All entrants will initially enter via the school reception. Here you will be welcomed to the Event and handed a hard copy of the waiver.
- To prevent queuing outside, entrants will follow a one-way system using the length of the main corridor (entrants are encouraged to use this time to read the waiver).
- All entrants will then pass through registration, here you can:
 - Sign and hand in the waiver
 - Confirm race number
 - Book transport if required (cash and card payments accepted)
 - Check any food ordered

KIT CHECK:

- Entrants will then enter the main hall and pass-through kit check.
- Entrants are requested to have kit in easily accessible bags / boxes (shopping / Ikea bags are ideal) so it is easy to get to.
- Each kit check table will accommodate 2 entrants at a time. 1 entrant will be unloading their kit ready to be checked whilst the other entrant is having theirs checked. It is hoped that this will speed up the kit check process for all and reduce queuing time.
- In the corridor just outside the hall, there is space set aside for entrants to pack their kit back in to the bags.
- After successfully passing kit check, entrants can then either head to;
 - Shop, Drop 'n' Stop (indoor accommodation, bag drop and Fellsman shop)
 - Individual accommodation offsite
 - Camping area to rear of sports hall
 - The kitchen for Friday supper and socialise with other entrants
- The exit to the building is from the hall toward the kitchen via the double white doors.

KIT CHECKS EN ROUTE:

Spot checks will be made to ensure that all the specified equipment, including emergency rations, is being carried. Failure to produce the required item (or quantity of it in the case of emergency rations) will result in disqualification.



INFO

- All Entrants **MUST** initially enter through **Entrance 1**
- Follow the **Pink** arrows through registration & Kit-check
- If you are returning for Friday supper follow **Orange** and **Purple** route.

	Route through Registration and Kit Check
	Route to Kitchen
	Kitchen to Dining Area

KEY

1.	Kit Check
2.	ID / Registration
3.	Kitchen
4.	Dining Area
5.	Male Entrant Toilets
6.	Female Entrant Toilet
7.	First Aid



THE START (Ingleton)



Ingleton Community Centre is the Event start location for the main Event and the muster point for the Dart entrants before they are transported to the Dart start (Redshaw checkpoint).

Services provided at the start include:

- Kit check
- Registration
- Bag drop (bags are all transported back to the finish)
- Shop
- Catering – tea shop & light refreshments
- Tracker issue
- Toilets

We hire the community centre for the weekend and must ensure that we #leavenotrace of us having been there.

REFRESHMENTS AVAILABLE AT THE START (Ingleton)

The teashop will be open as usual for:

The Fellsman entrants from 06:00 hrs to 08:20 hrs

and

The Fellsman Dart entrants from 10:00 hrs to 11:30 hrs

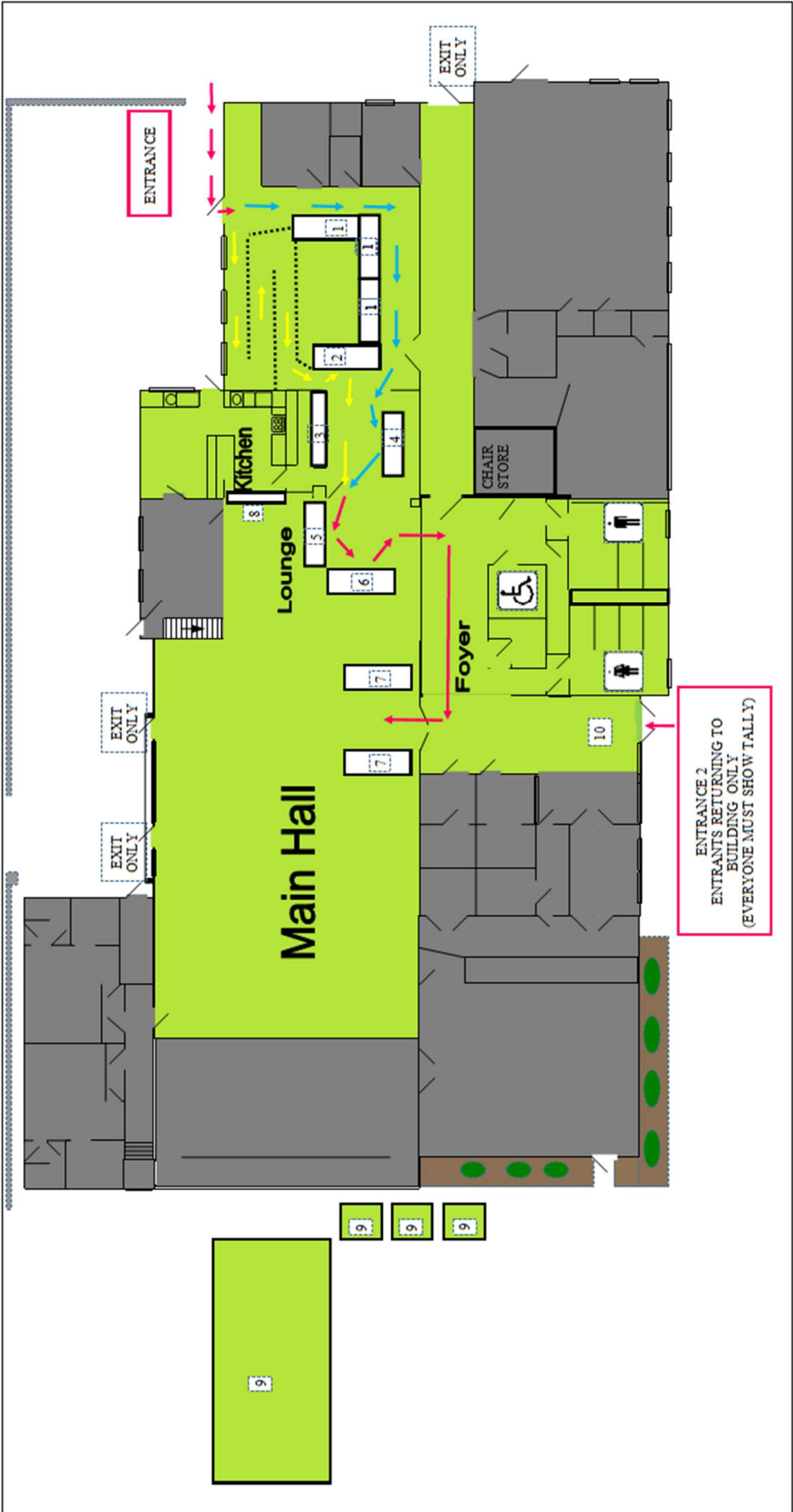
Serving tea and coffee to all registered entrants and staff

Selling cold drinks, chocolate bars, flap jack etc

Most items will cost £1, please bring small change for this, as we will not be able to change many notes, but do offer card payments, thank you.



THE START (Ingleton)



INFO	
1.	All Entrants MUST initially enter through Entrance 1
2.	If you are Pre Kit Checked, follow Yellow Arrows
3.	If you are a new Entrant and need Kit Check, follow Blue Arrows
	↑ All Entrants
	↑ New Entrants
	↑ Entrants Prechecked Friday Evening

KEY	
1.	Kit Check (New Entrants)
2.	ID / Registration (Entrants Kit checked Friday Evening)
3.	Equipment Shop
4.	Registration (Teams / New Entrants)
5.	Collect Tally
6.	Collect Felltrack
7.	Collect Tracker
8.	Tea Shop
9.	Outside Toilets
10.	Bag Drop



Event Catering



Please note the catering on the Fellsman is predominantly nut free, though may contain traces. Nothing nut based is knowingly provided at checkpoints or Threshfield

Welcome to The Fellsman, the original Dales based Picnic...

The following Fells-Menus have been tweaked with any major changes for 2026, but the breakdown of allergen info is still 2025's and is provided as an example only. It will be updated as soon as all the products for this year have been sourced, so please keep checking back nearer the Event. If you have **ANY** dietary questions, please contact us at catering@fellsman.org.uk and we'll do everything we can to help.

(subject to availability - any substitutions will be as close as possible; the website will be updated near to the Event – so please keep checking).

As you can imagine, it is impossible to cater for every need, however we strive to facilitate as many dietary requirements as possible. With this in mind, please read this section carefully as it now includes vegetarian, vegan, gluten free and dairy free options (noted where available). Supplies of some of these items are based on the number of people who have been in touch, so it is important that we know you would like to use these in advance.

DIETARY REQUIREMENTS:

- Vegetarians / Vegans - please check on SiEntries that you have ticked the relevant box on your entry.
- Gluten / Dairy Free? Please get in touch so you are included in our calculations.
- Other dietary need? Get in touch, at the very least we can give you full ingredient information.

FOOD PARCEL DELIVERY SERVICE:

As always, we are also running our unique food parcel delivery service – if you have a special dietary requirement not covered by what is available and would like to use this service, or need further information about the food provided anywhere on the Event, please get in touch as soon as possible. Ultimately, you can bring a 'packed lunch' for any/all of the roadsides (excluding Hill Inn) and we'll deliver them so you are not having to carry extra food. Please hand your food parcels in at registration or direct to the kitchen staff, and make sure they are clearly marked with your name and which checkpoint they need to be delivered to.

MUGS & BOWLS:

- You are respectfully reminded at this point not to forget to pack your mug (to use also for beans, soup, bean stew... so make it a decent sized / sturdy one, capable of holding hot food / liquids) and an eating implement (spoon / fork / a handy combo).

QUESTIONS?:

- Need more info? Get in touch asap via catering@fellsman.org.uk

On the next page is the proposed 2026 Fells-Menu



Picnic at Park Rash
Photo: Greg Boole



The Fells-Menu



ROADSIDE CHECKPOINT	SAVOURY	SWEET	DRINKS
Hill Inn Fellsman RCP 1 (6 miles)		Biscuits Jelly babies / Sweets	Tea, Coffee, Juice, Cola, Water
Kingsdale Fellsman RCP 2 (12.4 miles)		Flapjack Brownies, Chocolate bars	Tea, Coffee, Juice, Cola, Water
Dent Fellsman RCP 3 (20.5 miles)	Sausage / cheese & onion rolls Beans Wholemeal bread & butter Cheese cubes Tortilla chips	Fresh fruit Biscuits Chocolate	Tea, Coffee, Hot Chocolate, Juice, Cola, Water
Stonehouse Fellsman RCP 4 (27.8 miles)	Pasta with tomato sauce (V) Grated cheese & cubes Tortilla chips / crisps	Fresh fruit Raisins Swiss roll slices Chocolate bars	Tea, Coffee, Hot Chocolate, Juice, Cola, Water
Redshaw Fellsman RCP 5 (32.1 miles) Dart Start	Hotdogs, wholemeal wraps Onions & sauces Tomato soup & bread/butter Marmite Cheese cubes Tortilla chips	Fresh fruit Malt loaf Jaffa cakes Biscuits	Tea, Coffee, Hot Chocolate, Juice, Cola, Water
Fleet Moss Fellsman RCP 6 (37.7 miles) Dart RCP 1 (5.5 miles)	Bean stew (Ve) Granary bread rolls & butter Cheese (grated & cubed) Marmite Tortilla chips / crisps	Fresh fruit Biscuits Chocolate Jelly babies / Sweets	Tea, Coffee, Hot Chocolate, Juice, Cola, Water
Cray Fellsman RCP 7 (44.8 miles) Dart RCP 2 (12.7 miles)	Chilli (V/Ve) Hot dog sausages Wholemeal bread rolls & butter Grated Cheese Tortilla chips Marmite	Fresh fruit Rice pudding & jam Jaffa cakes Chocolate bars Jelly babies	Tea, Coffee, Hot Chocolate, Juice, Cola, Water
Park Rash Fellsman RCP 8 (50.5 miles) Dart RCP 3 (18.4miles)	Vegetable soup with pasta (V) Granary bread rolls & butter Cheese (grated/cubed) Marmite Tortilla chips / crisps	Fresh fruit Raisins Rice pudding & jam Malt loaf Chocolate	Tea, Coffee, Hot Chocolate, Juice, Cola, Water
Yarnbury Fellsman RCP 9 (59 miles) Dart RCP 4 (27.1miles)	Tortilla chips / crisps	Flapjack Brownies Chocolate bars	Juice, Cola, Water



Allergens & Dietary Requirements



PLEASE NOTE – THE FOLLOWING SECTION IS 2025's ALLERGEN DETAILS & IS PROVIDED AS AN EXAMPLE ONLY AND WILL BE UPDATED ACCORDINGLY

MILK - All roadside checkpoints will have carton/s of oat and almond milk for those who need alternatives.

VOOM - We hope to have at least one flavour of 'Voom' isotonic drink at each roadside, and some Voom energy bars here and there.

BISCUITS - Each Roadside will have a limited supply of gluten free / vegan biscuits for those who have let us know in advance (even those that don't have biscuits). Biscuits are from Aldi. The Bourbons & Cookies n Crème are vegan. The Ginger Nuts and Oaties may contain milk. The Fig Rolls, milk/dark Choc Digestives & Custard Creams all contain milk. The Jaffa Cakes contain egg and milk.

FLAPJACK - The flapjack mentioned is vegetarian, contains oats/milk, may contain eggs, nuts, soya. It is unlikely there will be a specific GF alternative.

THE BROWNIES - are vegetarian, contain wheat/milk/eggs, and may contain nuts. The fruitcake is kindly supplied by Taylors, and contains wheat, barley, eggs, milk, nuts, and alcohol.

THE CHOCOLATE BARS - are from Aldi – Dreamy, Jive, Roar, Titan – all vegetarian, there will be a selection at each CP mentioned. Chocolate is Aldi (Everyday Essentials) - the dark is Vegetarian (may contain milk). The milk and white are both Vegetarian as they contain milk.

MALT LOAF & BREAD PRODUCTS - The malt loaf mentioned is from Aldi and vegan. There is no GF alternative unfortunately. All the bread products on the Event are described as Vegetarian but have no allergens listed other than gluten / soya. Wherever there is a bread product there will be a limited amount of a similar GF bread product for those who have let us know in advance.

BEANS - All the baked beans on the Event are vegan and gluten free. All sauces are vegan / gluten free. The Bean Stew is completely Gluten Free and Vegan. Every ingredient has been double checked.

DAIRY PRODUCTS - All butter at checkpoints is vegan. The grated cheese is GF.

FRUIT - Where mentioned, fresh fruit will be a mix of apples, easy peel oranges, bananas and honeydew melon. The raisins are GF.

OTHER ITEMS

The **tortilla chips / crisps** are vegan and GF.

The **cheese/onion rolls** are vegetarian and contain milk/garlic.

The **vegetable soup** is vegetarian but contains gluten.

The **tomato soup** is vegetarian, contains milk and gluten.

The **crispy onions** are vegan but contain gluten.

The **VOOM** bars and isotonic drinks are GF and Vegan.

The **sausage rolls** contain milk/garlic.

The **'Marmite'** is Vegan and GF.

The **hotdogs** are GF.

The **rice pudding** is GF and Vegetarian, contains milk.

The **hot chocolate** is GF but contains milk.

There may well be more gluten free/vegan options than mentioned above, please ask at each destination upon arrival if you require GF or Vegan (eg Dent will have some vegan 'sausage rolls', Redshaw will have some vegan 'hotdogs', where there isn't a like for like alternative available there will be as a minimum some tins of beans...). Hopefully there will be some vegan Sheese where possible. We respectfully ask that only those who ticked the relevant boxes when entering access these options, to ensure enough to go round, as supplies of these will be based on the number of entrants who have informed us in advance.

- The entrant supper on Friday evening will be available from **19:30** to **21:30**.
- The entrant breakfast will be served from **05:15** on Saturday morning (available as takeaway if required).
- Both supper and breakfast are optional and must be ordered and paid for with your entry / before the Event.
- The catering staff at Threshfield cook a full range of meals from Friday supper through to Sunday lunch.
- All entrants will be provided with a hot meal when they return 'home' to the finish, either as finishers or retirees. This meal will depend on what time of day (or night) they arrive.
- Those arriving during Saturday night can choose to have a snack and save their meal ticket for Sunday if desired.
- A variety of hot /cold drinks will always be available, and no-one will ever go hungry! Further details are provided on the next page.



Redshaw Checkpoint all set up before the 1st Entrants

Photo: Event Supporter

Entrant Supper (Friday) (7:30 – 9:30pm)

Pasta bake, cheese, bread/butter, cake

The pasta bake is vegetarian. GF/vegan pasta and sauce is available, please ask the kitchen staff. Some 'Sheese' will also be available.

Please note; the pasta sauce contains dairy. The cake is not Gluten Free and contains dairy/egg. The tiger bread does not contain dairy but warns it is made in a place where it is present. There will be GF / vegan alternatives for bread / pudding.

Entrant Breakfast (Saturday) (From 5:15am, available to takeaway)

Porridge/cereal/fruit salad, bacon rolls

There will be cornflakes as GF alternative to porridge, with soya /oat milk options for anyone dairy free. GF bread will be available for the bacon rolls. Egg butties will be provided as a veggie option, beans on toast for a vegan option for those who have let us know in advance.

Entrant Breakfast (Saturday – Ingleton) DART ENTRANTS ONLY (9:30am onwards)

Porridge pot, bacon roll, tea/coffee

Options will be provided to those who need vegetarian / vegan / gluten or dairy free – PLEASE GET IN TOUCH

PLEASE NOTE THIS MUST BE BOOKED IN ADVANCE, as THERE WILL BE NO SPARES AVAILABLE.

Saturday Evening Main Meal

**Baked potatoes with chilli / cheese, wraps, tortilla chips, salad
fruit pie, squirty cream / custard.**

Vegetarian options: cheese / beans / coleslaw
Vegan options: 'Sheese', beans, salad. fruit / custard.
GF option: grated cheese, beans, coleslaw. Fruit.

Sunday from 6am

**Cornflakes / 'Weetabix', possibly porridge, fruit salad.
Egg, bacon, beans, sausage, tomatoes. Toast / bread, butter, jam.**

Vegetarian options – eggs, beans, tomatoes, hash browns, toast.
Vegan options– toast, beans, tomatoes, hash browns, mushrooms.
Gf options – cornflakes, toast, bacon, eggs, beans, tomatoes, hash browns.

Need more info? Get in touch asap via catering@fellsman.org.uk
Got some suggestions for the catering for future years? Drop us a line!



The Rules / Kit Requirements



The rules below are enforced to ensure everyone's safety. Please read these carefully before entering the Event.

The rules are regularly reviewed by the organisers and are therefore subject to change. Entrants, including veterans, are therefore strongly advised to carefully read the rules prior to each Event.

ENTRIES

Entries must be made through the online entry booking system SiEntries.

ALL the information requested must be supplied. Incomplete entry submissions may be rejected.

The individual winners of last year's trophies are invited to defend their respective trophies and will be allocated a place on the Event on receipt of their completed entry form and fee, prior to the closing date.

Entries will be charged an entry fee (Event specific). The entry fee includes:

- Hot food and refreshments around the route (the Fellsman is referred to in legend as one giant picnic in the Dales!)
- Transport from checkpoints back to the finish at Threshfield in the Event of retirement
- Accommodation facilities at the start and finish
- Car parking at the finish
- A hot meal on your return to the finish
- All P & P as required
- Hire of live tracking equipment for the duration of the Event
- A PDF of the Event handbook
- Your iconic Fellsman tally which tracks your progress around the route
- A commemorative item of clothing/equipment
- A donation to the Friends of the Three Peaks Campaign

EACH ENTRANT MUST:

- Be aged 18 or over on the day of the Event.
N.B It is a legal requirement that you supply your date of birth on the entry form. Failure to do so will result in your entry being returned.
- Register at the start before 08.00 hours on the day of the Event (Fellsman) or before 11.00 hours (Dart) at Ingleton Community Centre (Event start)
- Be clipped and scanned on to the start field by 8:20 ready for 8:30 start (Fellsman). Be clipped and scanned onto the Event coach by 11:30 hours ready to start at 13.00 hours (Dart).

PLACE TRANSFERS / REFUNDS

The transferring of places. In the event of any entrant being unable to compete, the Event Administrator must be informed. Entrants must not pass an entry onto another person without notifying the Organisers. Doing so places significant risk on the recipient of the place, as the Organisers will not have accurate health and contact details for them. Fees will be refunded up to 14th March 2026, less a small administration charge. After this date a 50% refund is available until Friday 11th April 2026. After this time no refunds will be given.

Transfers / substitutions are permitted up to 9am on Friday 17th April 2026. The transfer must be made by the original entrant on SiEntries. Transfers / Substitutions must ONLY be undertaken formally via SiEntries; informal arrangements will not be permitted. Failure to follow the correct procedure poses a significant risk to the recipient of the place as the organisers will not have accurate health, contact or identification details for them. In the event of an emergency, this could be life-threatening.

To ensure that all place transfers / substitutions are completed correctly, photo ID checks will be in place at check in on Friday / Saturday. Entrants whose ID does not match the registered details on the entry list printed from SiEntries will not be allowed to start the Event.

Kit Requirements

Each individual and team is responsible for being properly equipped for the duration of the event in often very exposed terrain at the end of April. The equipment specified below should be seen as a **minimum requirement only**. Entrants are advised to check the weather forecast and use your previous experience and sound judgement to determine the kit you should be wearing and carrying. The organisers reserve the right to disqualify any entrants who, in their opinion, do not have the necessary kit to survive in an emergency situation.

1. FOOTWEAR

This must satisfy the requirements of the Kit Check Officer. The criteria are as follows:

- A.** Must be in first class condition. Footwear which is mis-shapen or excessively worn will not be accepted.
- B.** Must have been manufactured for the purpose of fell walking, fell/trail running. Road running shoes or footwear with minimal grips etc. will not be accepted.

2. CLOTHING (to be worn or carried)

A. Legwear:

1. Entrants must wear or carry 2 pairs of full-length legwear (including 1 pair of fully waterproof trousers (recommended with taped seams) preferably brightly coloured). Both pairs must be manufactured for fell walking or fell/trail running.
2. Shorts/three-quarter length legwear may be worn providing the 2 full-length items of legwear in rule 4 (A1) are also carried/worn.

B. Upper Body Wear

1. A total of 5 long-sleeved tops must be worn or carried.

These must comprise of:

- 1 fleece / down (or similar synthetic material) layer
- 1 waterproof jacket with hood (preferably brightly coloured)
- 1 base layer and 2 tops of choice for further layering

If desired, 1 short-sleeve top may be worn with arm guards/sleeves to make 1, long-sleeved top providing there is no gap between the shirt sleeve and the arm sleeve. Only 1 long-sleeve top of the 5 compulsory tops may comprise this configuration.

2. A warm hat and gloves or mittens. The organisers advise that a spare hat and pair of gloves should be carried. Waterproof gloves / mittens are also recommended.

3. To ensure spare clothing remains dry until required, all spare clothing must be sealed in a dry sack (or similar waterproof bag).

N.B Please note that it can become extremely cold overnight and warm layers are essential – please do not skimp to save room/weight.

3. EQUIPMENT (to be carried)

A. A personal **First-Aid Kit** with minimum contents: 1 crepe bandage, 4 safety pins, 1 wound dressing, 6 adhesive dressings, 1 small roll of tape, 2 disinfectant wipes and 1 sterile dressing.

B. A suitable traditional **torch** or LED head torch manufactured for running/walking. Penlights and miniature torches are not acceptable.

C. A full spare set of alkaline batteries or spare battery pack and a spare bulb where applicable for above torch. Yes – a second complete and fully working torch also meets the rule.

N.B Entrants must have the ability to light the way in the event that your main torch fails.

D. A **whistle**.

E. A **mug and spoon/spork**.

F. Maps. The following combination of maps cover the Event.

- 2026 Edition Fellsman Map
- OS Landranger 98 - Wensleydale & Upper Wharfedale
- OS Explorer OL2 – Yorkshire Dales (Southern & Northern) & OL30 – Yorkshire Dales (Northern & Central)
- Harveys Map – Yorkshire Dales South West, South East & North East
- **DART ONLY** – Harvey Map – British Mountain Yorkshire Dales

Further Map information is available on the website under the Kit Section

N.B Strip maps or photocopied/printed map sections alone are not acceptable, but they can be used when the entrant also carries a full map as above.

G. A 'Silva'-type **compass** and knowledge of how to use it in conjunction with the map. Whilst GPS may be used, a compass **MUST** be carried.

H. Rear Red Light – The Fellsman really can chuck every type of weather conditions at you. Entrants are to have a red flashing light fixed to the rear of packs during the hours of darkness to support with ease of identification and assist with locating you in the event of an emergency.

I. Goggles – clear goggles/safety glasses for eye protection from the wind and debris. Goggles must seal around the eye and have a strap to secure them. (Ski Goggles or safety glass that seal around the eyes are acceptable).

J. Mobile Phone – Entrants are to carry a fully charged mobile phone in case of an emergency, so you can arrange some help as required. NB – if the number of the mobile you take with you is different from the one you provided on your entry form, please update it prior to the Event on SiEntries so that Event control has the correct information.

K. Emergency rations – entrants must carry at least 500kcal of ready-to-eat energy giving and sustaining food of your choice which you would be happy to eat in the event of an emergency. These rations must not be eaten en-route, except in an emergency, after which the entrant will be retired. It is important that the quantity of these rations being carried, remains at all times, sufficient to satisfy this rule. This rule applies until an entrant either finishes or retires from the Event. Spot checks will be made to ensure that all the specified equipment, including emergency rations, is being carried. Failure to produce the required quantity will result in disqualification.

NB – should dehydrated food be carried for this purpose, entrants must also carry adequate water and the means to heat up this water to rehydrate it. These emergency rations are in addition to any personal food entrants wish to carry to sustain you around the route (see point 6).

Emergency water / liquid – entrants must carry a minimum of 500ml of water or liquid refreshment upon leaving a checkpoint. This can be consumed between checkpoints but must be refilled upon arrival at the next checkpoint before departure.

NB – The organisers also recommend entrants carry an additional container to contain additional liquid between checkpoints, particularly in warm weather.

L. Survival bag. This must have been manufactured for this purpose **N.B Survival blankets or sheets will not be accepted; it must be a bag which is sealed on 3 sides.**

M. An emergency **hooded, foil hypothermia poncho.**

N. All equipment should be contained in a **rucksack** or equivalent.

4. PERSONAL FOOD / DRINK

Entrants are advised to carry a personal supply of food in addition to the emergency rations specified in rule 3(K) and in addition to the food supplied at each checkpoint ([see Event Catering section](#)).

5. ENTRANTS WILL BE DISQUALIFIED FOR

- a. Receiving outside assistance of any kind, including food, drink, pacing and the replacement of equipment by any means.
- b. Travelling by any means other than by foot.
- c. The unofficial transferring of places (i.e. not through SiEntries). In the event of any entrant being unable to compete, the Event Administrator must be informed.
- d. **In the event that the grouping rule is reinstated due to safety concerns, failing to maintain compact groups of entrants after these have been formed as per rule 2d. Each member of the group must be within both sight and sound of all members of that group. Failure to maintain groups will result in the disqualification of the WHOLE group.**
- e. Failing to wear or carry the specified equipment at all times, including footwear.
- f. Losing their tally, losing any supplied tracking device, or damaging the tracking device so that it is rendered unusable.
- g. Failing to comply with the organising committee's instructions/rules or those of their official representatives including official medical personnel at any stage during the Event.

6. GENERAL

- a. Entrants who wish to retire can only do so at a roadside checkpoint. They **MUST** be checked in prior to relinquishing their tally to the Checkpoint Officer.
- b. Entrants will be required to retire, if in the opinion of a Checkpoint Officer or other official, they are unfit to continue the Event, thus endangering themselves and others (this decision will be confirmed by the Event Medical Team).
- c. Entrants will be required to retire if they arrive at a checkpoint after the official time limit for that checkpoint (known as chop time).

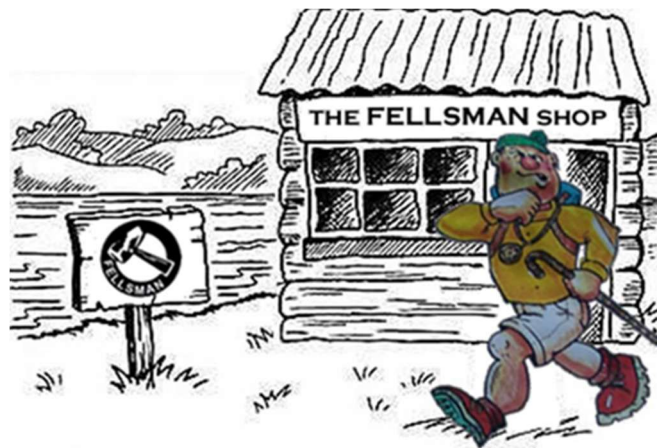
PN. A PDF print out of the kit list is available on the website
www.fellsman.org.uk/the-event/instructions-to-entrants

Don't Do It!

We make no apology for asking those intending to enter the Fellsman not to walk or run the route before the event weekend. As has previously been stated, major parts of the route cross private land, over which the event committee negotiates access for the weekend of the event only. Any other use antagonises the landowners and thereby threatens the future of the event.

Over the years, we have gained the respect of the people who live and work in the area; please help us keep this goodwill by in turn respecting them, their property and their privacy.

FELLSMAN MERCHANDISE AND SOUVENIRS



**ARE AVAILABLE AT THE SHOP, DROP, 'N' STOP
on the weekend and also on our online shop:**

<https://fellsman.org.uk/shop/>

Limited supplies of kit list items available; no need to worry if you've forgotten something!



**"Always Time for an Ice Cream"
the Yorkshire Sweep Team**

Photo: Iain Kirk



Entrant Information



RETIREMENTS:

If wishing to retire, an entrant must register as usual at the next roadside checkpoint and announce their intention to retire. The entrant's tally will be retained by the Checkpoint Officer, who will arrange for the transportation of all retirees to the finish. Retirements may only be made at roadside checkpoints.

No entrant, having retired and surrendered their tally, will be allowed subsequently to continue the Event.

WITHDRAWING FROM THE EVENT:

Having retired, any entrant wishing to withdraw themselves from the Event must advise the Checkpoint Officer of this intention and sign a *Statement of Withdrawal*. Once an entrant has withdrawn, the facilities of the Event, (including return transport), are no longer be available to them and they are 'under their own steam' from that point.

No entrant may leave the Event until they have either registered at the finish or signed a Statement of Withdrawal – to do so will result in a search and the mobilisation of the Fell rescue services.

TIME LIMITS ('CHOP TIMES'):

Entrants arriving at the checkpoints after the 'chop times' stated below will be compulsorily retired from the Event.

Checkpoint	Chop time	Checkpoint	Chop time
Hill Inn	11:30 Sat	Fleet Moss	03:30 Sun
Kingsdale	15:00 Sat	Cray	07:00 Sun
Dent	19:00 Sat	Park Rash	08:30 Sun
Stonehouse	22:00 Sat	Yarnbury	15:30 Sun
Redshaw	01:00 Sun	Threshfield	15:30 Sun

WAITING TIME:

No waiting time will be allowed whilst taking refreshments or resting at any checkpoint. Waiting time can be awarded where an entrant sacrifices their own race time to help another entrant or if, for example, the Event organisers are required to suspend the Event to deal with a major incident. In such instances, waiting time will be awarded and entrant's total completion time will be adjusted and reflected in the results.

ASSISTANCE:

Entrants are reminded that the receiving of any assistance from spectators will result in disqualification. Observers with authority to disqualify will be positioned around the route, especially in those areas where assistance is known to be given. **It is also to be noted that any entrants seen collecting items deliberately positioned around the route will also be subject to disqualification.**



Event Safety



KIT:

The kit list should be seen as a **minimum**. Please consider what you would need to stay safe on a hillside if you had a twisted ankle or worse, a broken bone. You are fine when moving, but when you stop you will lose heat rapidly. We have altered the kit list this year to try and ensure you can stay warm and dry whilst out on the fells. We are seeing increasing numbers of entrants with Hypothermic type symptoms, so please ensure you have enough to stay warm.

RETIREMENTS:

Should you unfortunately not complete the route and are retired from the Event, please be aware you are likely to have to wait for the transport back to Threshfield. With the Event covering a 60-mile radius, journeys between checkpoints are lengthy. Our team of drivers and transport coordinators work tirelessly to ensure entrants are collected and returned to the finish as quickly as possible; please be considerate of this when awaiting transport. Please use the kit you have with you to keep you warm; take off any wet gear and layer up. Blankets and Buffalo bags are available at checkpoints alongside supplies of warm food and drinks; please take advantage of these while you wait.

LITTER:

In the past we have received complaints about litter en-route. These are often packets from energy gels. If you use them, please put them back in your bag and dispose of at the next checkpoint.

FIRE:

Entrants, volunteers, staff and spectators are reminded that fires can easily be started by the careless disposal of lighted matches, cigarettes etc... and the use of stoves and other heating equipment in the countryside. Local landowners ask us to bring this danger to your attention and request that you all take care.

IF LOST:

If you are unable to determine your position, (by reviewing a résumé of your route), attempt to get off high and/or exposed ground. As you reduce altitude, the temperature will increase, and the wind will become less severe. There is a much better chance of finding both help and shelter in the bottom of a valley.

On reaching safety you must telephone Event Control, on 07557 164403, and report your position. Do not ring 999 unless there is a serious emergency.

If you then wish to retire from the Event, transport will be arranged to collect you and return you to the finish.

EVENT EMERGENCY CONTACT NUMBER

07557 164403

ACCIDENTS / INJURIES:

In the Event of an accident or injury, we request that entrants consider the welfare of their fellow entrants ahead of their own race and time and help support the injured person accordingly.

Use the emergency equipment in the kit list and attempt to summon help as below.

- Keep calm and take immediate action to avoid another accident.
- Assess the injury and restart breathing (if necessary), stop any serious bleeding and immobilise fractures as required.
- Protect the casualty from the weather and insulate them from the cold.
- Reassure the casualty and treat for shock.
- Remember that all members in attendance are now at risk of hypothermia.
- Send for help by calling the Event emergency number: 07557 164403 or calling 999 to request assistance as appropriate (ask for Police then Mountain Rescue and / or Ambulance as appropriate).

EXPOSURE:

Should a fellow entrant begin to show signs of hypothermia: do not continue, stop and take shelter. Insulate the casualty in warm clothes and a survival bag and feed with easily digested foods. Reassure the casualty and guard against other members of the party falling victim. Remember, in cases of exposure, do not rub the casualty or administer alcohol. Seek medical assistance by calling the Event emergency number 07557 164403 or the emergency services as appropriate.

FIRST AID COVER:

The Event provides comprehensive, skilled first aid cover. Medics will be positioned around the route and will be deployed as/when required to support with medical needs. Should you need to speak to a medic, call the emergency phone number below or speak to a checkpoint team member. Please remember that the medics are there to help keep you safe. In the event that they feel an entrant is medically unsafe to continue on the Event, they have the right to compulsorily retire said entrant.

SENDING FOR HELP:

If a rescue party has to be summoned, make your location as noticeable as possible by using torches, whistles, brightly coloured garments etc. as markers. Do not leave any casualties alone. If necessary, enlist the assistance of other entrants to supplement your numbers. Send two experienced persons for help. Write a message for them to deliver when they arrive, containing the names and tally numbers of all members of the group, the time the accident happened, the grid reference of the casualty's location and details of the severity of the injury.

EMERGENCY RATIONS:

Entrants are advised to consult the Fells-Menu and decide whether to carry a personal supply of food in addition to the emergency rations specified in rule 3(K).

It is important that the quantity of these emergency rations being carried remains, at all times, sufficient to satisfy this rule. This rule applies until an entrant either finishes or retires from the Event. Spot checks of emergency rations may be carried out at any point around the route (see below).



General Information



TEAM ENTRIES:

To be entered as a team, you must complete an official team entry form, detailing the names of each member of your team. These team entry forms will be available from the registration staff at the start (Ingleton) on the morning of the Event.

Only teams entered on an official team entry form will be eligible to compete for the following Fellsman trophies:

- The Fellsman Shield
- The Service Trophy
- The Lumbutts Mill Trophy

Fellsman Dart entrants wishing to enter as a team may do so using the above process. Small prizes will be awarded to the winning team if there are team entries.

SPECTATORS:

Spectators are always welcome on the Fellsman, and we hope this handbook will make the Event more interesting for those not actively involved, as well as those participating.

We want to ensure everyone has a great weekend, including locals living and going about their daily business in the area, and we therefore ask you to follow these guidelines to assist in the smooth running of the Event:

1. Do not give any assistance to the entrants – this will result in their disqualification.
2. Park cars well away from checkpoints. Congested checkpoints hamper the staff, confuse the entrants and rightly anger the landowners.
3. Do not give lifts to retired entrants. Their disappearance will result in an unnecessary search.
4. Observe the Country Code – close all gates, avoid causing any damage, do not trespass and do not leave litter.

Failure to follow the above may jeopardise our ability to continue to run the Event in the future.

RESULTS:

The results will be posted on the Fellsman website (<https://www.fellsman.org.uk>) as soon as is possible after the Event. Please note that the times listed on Open track are NOT taken as your official finish times. Please check the website to be assured of your official time.

THE PRESENTATION:

Entrants (those who are not still en-route), spectators and available staff and volunteers are invited to the presentation of the trophies. This will take place at Event HQ / Finish (Upper Wharfedale School, Threshfield) on Sunday 27th April at 10:00.

All certificates will be posted to entrants along with their tally shortly after the Event once they have been processed.



The Legal Info ...



1. The organising committee's decision is final.
2. No responsibility or liability for any mishap or injury sustained during the Event is accepted by the Event.
3. No responsibility or liability for any loss of or damage to personal property is accepted by the Event.
4. The committee reserves the right to incorporate additional rules as deemed necessary. These will be on display at the start.
5. It is a legal requirement that you supply your date of birth on the entry form. Failure to do so will result in your entry being returned.
6. Entrants enter the Event at their own risk. All entrants sign a waiver before setting off to indicate their understanding of this and compliance with the organising committee's rules.
7. All written material is copyrighted. All photographs contained within are copyrighted as identified by the photo caption. Anyone wishing to reproduce any text or photographs contained in this handbook must first seek the permission of the organising committee.
8. The Event does not arrange personal insurance cover. Entrants are advised to take out their own personal accident insurance cover should they wish.



Proud to Support ...



The Fellsman is committed to supporting local businesses and organisations as much as possible. We are also committed to reducing the carbon footprint of our Event as much as possible and request all entrants, staff, volunteers and supporters adhere to the Countryside Code at all times.



The committee makes annual donations to the following organisations by way of support and thanks for their work:





Thank You ...



The Fellsman committee would like to thank the following people, without whom the Event would not be possible:

The **farmers, landowners and land management agencies** who give us permission to cross their land and use it for our checkpoints.

The Manager & Council of Ingleton Community Centre for the start venue.

The Headteacher & Governors of Upper Wharfedale Secondary School for the facilities provided for the Event headquarters.

The **Checkpoint Staff** equipment and facilities provided by all of the checkpoint teams listed in this handbook and to those whose details were not available at the time of going to print.

The **Communications Control Staff** and **Radio Operators** who facilitate our essential communication systems.

The **Drivers of all the support vehicles** who transport entrants, sweep teams, food, equipment, etc.

The **Sweep Teams** from the West Midlands, Yorkshire and the North-East, who methodically follow the last entrants around the route ensuring everyone gets back 'home' safely.

The **Sri Lankan Lighthouse Keepers** and their friends for their continued support of the organising committee and the Event itself.

The **Catering Teams** who prepare and serve meals and refreshments during the Event at both Ingleton and Threshfield and assist in many ways behind the scenes throughout the Event.

The **Medical Staff** on the Event – first aiders at Threshfield and around the route.

Alan Northrop Label Printers and **Brenmoor** for supplying stationary products.

All our sponsors, advertisers and everyone who have contributed articles/photographs for this handbook.

The **Mountain Rescue Teams and the Yorkshire Dales National Park Warden Service**, for their continuing support and assistance.

Photographers (amateur and professional) for their superb quality photographs as seen in this handbook.

Members of Keighley Scout Service Network and all other **friends of the Fellsman**, who make it happen!

And last but by no means least, **YOU the entrants and supporters**, without whom there would be no
Event!