

**RULES FOR THE BT THREE PEAKS
FELL WALKING COMPETITION
on
10th JUNE 2023**

- 1** A team will consist of 4 people, of which a minimum of 1 will be BT, associated company members or BT- retired members. The minimum number to qualify as a finishing team is 3. No team being allowed to start with 3 will be eligible for a trophy. The time taken to complete the course will be calculated from the time when the last person in the team crosses the finishing line. Team members must be 18 or more years old. Under 18s cannot enter but people under that age can be associates of the team, but at all times are the sole responsibility of the team captain and not the event or its organisers.
- 2**
 - a)** The Overall winning team will be the fastest **4**-person team to complete the route. However, teams maintaining 4 walkers until Ribblehead checkpoint but finishing with 3 will be eligible for the overall trophy 2nd and 3rd places. Veterans, Mixed and Ladies trophies will be awarded to 1st place only in these classes.
 - b)** This year the Overall winning team cannot win any other trophy. This does not apply to 2nd and 3rd placings or winners of 1st Mixed, 1st Veterans & 1st Ladies. The BT Line of Business trophy will be awarded to the 2nd place overall.
- 3** A veteran team shall be average age **50** years or over (200 aggregate years at the start). No Team handicapping will be assessed on the average age of team members completing the course, so the fastest veteran team in real time wins (but see rule 2b).
- 4** A mixed team is a team of any number of both sexes and must complete the course, mixed to qualify.
- 5**
 - a)** Walkers must assemble at the Registration Gazebo tent, Horton Playing Field, between 0600 and 0730 for team registration and equipment checks (0745 latest for runners). Teams intending to complete the course in less than 6 hours (runners and joggers) should assemble and start after 0730 to assist checkpoint placements, but **0800** is the latest possible start time for all. This is earlier than in previous years to allow more time before the cut offs at the Ribblehead and Hill Inn checkpoints. **Teams are given coloured numbered tallies to wear for the event duration as they receive their start times, which are from 0630 to 0800.**
 - b)** Non-checked entrants will not be the responsibility of the organisers.
 - c)** Late starters can only be accepted at the discretion of the organisers.

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SAFETY RULES

6 In all matters of safety, the instructions of the organisers must be adhered to.

- a)** Team members must stay together. No single member of any team shall be left alone on the fells. Competitors wishing to retire from the event or intending to climb one or two peaks only must retire at a roadside checkpoint, i.e. Ribblehead for 1 Peak or Hill Inn for 2. Failure to comply will disqualify the team.

(NOTE – vehicles can no longer pass through Birkwith farm so any retirees at this location will have to walk from the checkpoint beyond the farm to the public road, where a pick-up can be arranged. For the same reason, refreshments will not be available at the Birkwith checkpoint.)

Retirees must then use the official transport back to Horton Playing field to be accounted for by handing back their tallies at the Horton Field HQ.

- b)** If more than one member of a team retires, then that team will be compulsorily withdrawn. If the remaining members insist on continuing walking as a twosome, then they will no longer be part of the event and no longer the responsibility of the organisers. In this case **TALLIES CAN STILL BE KEPT**, but must be **handed in** at Horton Playing Field HQ on return. **HOWEVER**, new from 2019 – we will allow the re-forming of new teams at the Hill Inn checkpoint **AS LONG AS THEY ARE WITHIN THE CUT-OFF TIME OF 15.30 WHEN THEY RESUME THE WALK**. A request to re-group can be made at the Hill Inn checkpoint only. The Marshals and Radio Team will do the re-grouping. Additional group tallies may be given out.

7 All checkpoints and the finish must be passed through in the correct order and as a team. Checkers will disqualify a team not doing so. A checker must only be approached by a complete team. We do not signpost or mark the route, as use of the maps carried is part of the challenge. It is the **walkers' responsibility** to search out the checkers – they will be wearing **high-visibility jackets** and the points will be flagged with the event logo.

The checkpoints (with grid references) are as follows:-

Horton Playing Field (Start)	SD806728
Penyghent	SD838734
Birkwith	SD803771
Ribblehead	SD766792
Force Gill	SD761817
Whernside	SD738814
Hill Inn	SD744776
Ingleborough	SD741746
Horton Playing Field (Finish)	SD806728

NOTES:-

The National Park Authority has opened a new path to avoid the boggy and difficult section through Black Dub Moss. This new path is drier, avoids stiles and is easier to follow. To use it, the Pennine Way is followed off Penyghent to the Shooting Box at Horton Scar Lane end, where the new path heads west over Whitber Hill, to rejoin the Pennine Way heading north.

The Birkwith checkpoint is easily missed. Do not blindly follow the party in front - they may not be part of the event, and the checkpoint here is very small-scale.

- 8 The team leader is responsible for ensuring that all checkpoint entries are correct and all his/her team accounted for. You must halt at all checkpoints and wait to be checked through or your team will be disqualified.
- 9 **COMPETITORS WILL BE DISQUALIFIED FOR:**
 - a) Receiving assistance of any kind from spectators.
 - b) Failing to wear or carry specified equipment - checks may be carried out at any time, even at the finish.
 - c) Losing the tally identity disc **(which should be plainly in view at checkpoints)**
 - d) Failure to comply with the rules to the satisfaction of the organisers.
- 10 Cut off times will be **1230** at Ribblehead checkpoint and **1530** at the Chapel le Dale/Hill Inn checkpoint. Competitors arriving after these times will be withdrawn from the event. In the event of severe weather conditions, the organisers reserve the right to abandon the competition.
- 11 Competitors are requested to assemble quietly. Please observe the country code and maintain good relations with the local residents. Please do not arrive before mid-day on the 9th June if camping on the playing field and try to arrive before 10.00pm so as not to disturb the village.
- 12 The organisers reserve the right to amend the rules as required, with the provision that competitors are given due notice.
- 13 **Please note that competitors take part in the event at their own risk.**

14 **KIT LIST**

In the interests of safety it is required that the following is worn/carried by all entrants:

PER PERSON

- a) Boots with cleated soles or cross-country shoes with stud or heavy waffle soles. NO road shoes with smooth soles, cheap trainers or any boot or shoe which is obviously worn out.
- b) Trousers or breeches. Skirts/Shorts may be worn, but you must then carry your trousers/breeches. Jeans are not acceptable.
- c) Waterproof clothing, not merely shower-proof, top and trousers.
- d) Pullover or fibre pile jacket or equivalent with adequate length and sleeves.
- e) Rucksack or equivalent.
- f) Headgear (hat or hood).
- g) Mug - for drinks provided. A minimum of $\frac{1}{2}$ pint of liquid must be carried. This can be replenished at roadside checkpoints. As no food is provided, walkers are advised to carry sufficient for their own needs, bearing in mind that the walk could take 12 hours.
- h) Emergency rations 200g or $\frac{1}{2}$ lb (e.g. dates, chocolate, boiled sweets). These must be carried throughout the walk and only be eaten in an emergency.
- i) Whistle.

TO BE CARRIED PER TEAM

- j) Small first aid kit - which must include a 2" bandage and various adhesive dressings.
- k) 2 O/S maps sheet number 98 (scale 1:50,000) or 2 outdoor leisure maps (1:25,000). OL2 Yorkshire Dales West. Note that GPS technology can be used as an aid, but maps and compasses are still required (maps do not need batteries!).
- l) 2 compasses.
- m) One survival bag (large plastic bag to accommodate a person). The aluminium spacefoil blanket is acceptable, but not a dustbin liner!