

THIS IS WHAT TEAM WORK LOOKS LIKE.

Fells Marathon 2016
14th, 15th & 16th October. Commondale.



www.fellsmarathon.org.uk

THE FELS MARATHON was started in 1975 by the Late John Lancaster “Swifty” & Dave Laud both competent mountaineers who had competed in 2 Karrimor Mountain Marathons (still runs today as the Original Mountain Marathon).

The idea came to create a similar event for scouts, to challenge them to survive 2 days carrying all they need and navigate a route against the clock, from this the Haltemprice Scouts Fells Marathon was born.

The event now in its 41st year has changed with the times but still carries its original ethos. The event now has an average of 30 teams from both Scouts & Explorers.

Originally the event was organised by both John and Dave. Today The Fells Marathon is run by the **FELS MARATHON COMMITTEE** a group of 20 scouters headed by Neal Ingram & Mike Grayson

The 41st Fells Marathon will be in an area we’ve been before—**Comondale** on the North Yorks Moors. We will be based at **Raven Gill Scout camp site** owned by **Cleveland Scouts**

The event is open to both Scouts 10yrs-14yrs & Explorer Scouts 14yrs-18yrs with separate routes for each age group. The scouts walk 30km and explorers 43km over the 2 days, with a remote camp at the end of Saturday.

For 2016 the event is to be set in new wild & challenging terrain, but the main challenge comes in Navigation & route finding skills along with working as a team, so training and preparation will definitely be needed at troop nights.

We are now taking entries which are limited to **35 teams**. First come first served and receipt of entry fee will secure your place. The entry fee for 2016 is £60 per team. More info contact info@fellsmarathon.org.uk

The Fells Marathon 2016

Back to Commondale we go

Its that time of year again, planning is well underway for the 41st edition of the Fells Marathon.

To get a site big enough for the event this year we had to move the date back a week and have returned to Ravengill Scout Centre in Commondale. We hope that the weather gods will be looking down on us this time after the monsoon in 2013.

For the third year we have held the price at £60 per team, Entries will continue to be administered by Claire & Ellie Moverley from South Cave Scouts. It will be a great help to them if you can get your entries in as early as possible. Entry will only be guaranteed on receipt of the entry fee. Claire will also be collecting names & money for adults wanting indoor accommodation & food for the weekend. This is priced at £15 for accommodation and food or £10 for food only. If you want accommodation or have entry queries, please contact Claire by email, minimov@live.co.uk. Please indicate on the entry form if you have adults requiring food.

The Pocklington Scout leaders will once again run the overnight site, once again we will be operating the changes we introduce last year. Access to the overnight site is restricted to the Pocklington leaders & members of the organising team ONLY. This is to alleviate problems we have had in the past

Mike will be coordinating the route & checkpoints and if you can assist with running checkpoints please let him know by email, safety.team@fellsmarathon.org.uk

One important point. Due to a tightening of scouting rule PLEASE ensure that all adults assisting your team are, as a minimum, registered as a occasional helper and have current DBS check It is the responsibility of the Leader in Charge of the group to ensure compliance with this.

Any questions about the event in the weeks before should be directed to myself by email, info@fellsmarathon.org.uk. I look forward to seeing you there.

NEAL

FELLS MARATHON RULES AND ENTRY CONDITIONS

There is a mixture of scouts and explorers, max entry of 35 teams. Places will be allocated on a first come first served basis with entry fee securing places.

Scout team ages - 10yrs to 14yrs. Explorer team ages 14yrs - 18yrs. Teams can contain 4 or 5 members but the same number that start in a team must finish to be given an overall position. Birthdays are effective from the 1st October 2016.

Teams must be accompanied by leaders on the event, they will be responsible for the young people on the Friday night and be contacted throughout the event if a team member retires.

There is to be **NO** leader intervention with their teams once the event has started. There is a large element of trust here as leaders run some of the checkpoints, IF SEEN IT COULD MEAN TEAMS LOSE THEIR PLACE.

Young/inexperienced teams can be shadowed by leaders but will not be given a team place. This is greatly encouraged and will be a great experience for the young people. It will also count to other badge work and will count to D or E bronze expedition section.

If a team member retires on the Saturday they will be taken by bodywagon to the overnight site and will camp with their team. They must not take all the team equipment with them to lighten the load, the remaining team must still have a sleeping bag each, stove and fuel and tent to shelter in the event of an emergency.

All team members must complete the medical and consent form in this booklet and send them in with the team entry form. These will be held by base control and the overnight site in the event of an emergency.

Each team will be given on arrival, a list of their kit check times, time for their Map/Route to be checked and their start times. Times must be strictly adhered to for the event to run smoothly.

Each team will be issued a team number and members given an individual letter within that team number, i.e. team 6 and letter a = 6a, the letter matches the order of names on the entry form. Please ensure you know the correct order.

Teams will need to get their route signed off by the fells team map control as it is our responsibility to ensure they have a correctly marked route. The route must be on public rights of way. Teams will be given the route in advance to mark up their maps.

There will be NO use of GPS devices by any teams, the event is a test of map and compass skills and route finding.

Event control and the sweep teams will take responsibility for any search and rescue to look for missing teams. Each team will carry one mobile phone and will be give several numbers (listed on the tally) to ring if they are lost or have an emergency. Under NO circumstances are teams to ring leaders or parents.

When teams arrive on the Friday night they must follow the directions given by Humberside scout communications team for parking and camping.

Each team is responsible for litter and MUST take it with them and dispose of it at the overnight site or the finish. Please remember the country code.

Each checkpoint is manned and with the official orienteering flags and punches. Each scout carries a punch card which must be punched at each point. On arrival at each checkpoint everyone must arrive together—remember you are walking as a team.

THE FELLS MARATHON TEAM

Organising Team for the 41st Fells Marathon

Event Director

Neal Ingram

Safety Team Manager

Mike Grayson

Entries & Administration

Claire Moverley

Publications & Base Admin

Ellie Moverley

Results Co-ordinator

Rachel Moore

Communications Team Leader

Frank Cook

Base Radio & Checkpoint Admin

Jo Cook

Event Controller

Gary McCune

Route Planning and Map Control

Charles Holmes & Snaith Leaders

Start & Finish Controllers

Pauline McNee & Jo Atkinson

THE FELL MARATHON TEAM cont

Organising Team for the 41st Fells Marathon

Overnight Camp Controllers

Robin Hull & Pocklington Leaders

Kit Check

Paul Wharram & Team

Scout Rear Sweep Team Leaders

Martin Hunter & Simon Blood

Scout Mid Sweep Team Leader

Laurie Cartledge

Explorer Sweep Team Leaders

John Jobling & Graham Annan

Body Wagon

Dave Atkinson

Catering Team

Brenda Marshall & John Blood

Retired Team

Dave Laud , Tom Hall , John Gould

*The "Fells" wouldn't be the event it is today without
their dedication to the event they are now very much
embedded in Fells folklore*

We remember those of us who have passed away and are very much missed.

The Fells ongoing success lends as much to John Lancaster, joint innovator of the Fells, who sadly passed away in 2004. This booklet, as always, is a tribute to John giving over 25 years to the Fells and also to Bob Gunby who selfishly served on the Sweep Teams for the Fells and route planning for many years and who passed away in 2010. Sadly also Danny McNee who served for many years making the Start and Finish Control an art in its own right. We cannot replace them, but we can remember them with fond memories

TIMETABLE IN DETAIL FROM FRIDAY TO SUNDAY

Timings are approx. & open to change

FRIDAY

On arrival please park where directed and book in at event control open from 6pm in the main building with Claire, Ellie, Rachel or Neal.

After check in two members of each team will need to go to map control and have their maps/route cards checked and signed off. Please do this as soon as possible, Note no leaders are permitted in Map Control. Rest of teams to set up camp and prepare team and personal kit.

22.00 meeting of leaders giving all leader information for the event and allocation of checkpoints for Saturday and Sunday. Food will be available for leaders during meeting. Bring a drink to wash it down.

SATURDAY

Breakfast will be served for staff and leaders who request it from 7am.

Issue of radios and checkpoint equipment by Frank Cook and the Communications Team 7am - 8.30am.

8am kit check starts (once a team enters kit check they will continue to the start).

8.15am map control, Only teams that weren't signed off on the Friday night will need to visit map control.

8.30am first teams will start, after handing in paperwork (last team will leave by 10am).

2.30pm approx. teams arrive at overnight site. NO LEADERS TO VISIT.

SUNDAY

Breakfast will be available for adults that have booked it from 6.30am –8.30am.

8am Massed Start—both scout and explorer route start together.

11am approx. teams arrive back and check in with finish control.

12noon dinner is served outside if not raining.

3pm presentation of certificates and trophies.

GO HOME — SEE YOU ALL IN 2017

RESULTS SHEET WILL BE AVAILABLE TO DOWNLOAD AT
www.fellsmarathon.org.uk

FELLS MARATHON 14th—16th OCTOBER 2016 – ENTRY FORM

{Please detach or photocopy}

To FELLS MARATHON 2016, 1 Castle Drive, South Cave , East Yorkshire HU15 2ES

Tel-07803247324

Email - minimov@live.co.uk

**ONLY ONE TEAM PER ENTRY FORM PLEASE
NO ENTRIES WILL BE ACCEPTED WITHOUT PAYMENT**

SCOUT TEAM / EXPLORER TEAM (DELETE AS APPLICABLE)

A

B

C

D

E

F

A	
B	
C	
D	
E	
F	

LEADER SUPPORTED YES/NO (WILL NOT BE ELIGIBLE FOR A TEAM PLACE)

I enclose a cheque, payable to 'Fells Marathon' for £.....

Being the cost for Teams @ £60 per Team.

Troop District.....

Leaders Name.....E-Mail.....

Address

.....

Home Tel

Leader Contact TEL (on event).....

Home Contact Name & TEL.....

Signed Leader in Charge

LEADER FOOD. Food is available in the centre for leaders £8 for the weekend.

FOOD REQUIRED YES / NO NUMBER OF LEADERS TOTAL £.....

**FELLS MARATHON – CONSENT AND MEDICAL INFORMATION
CONFIDENTIAL**

TEAM NO..... A B C D E (completed by fells team)

Surname _____

First Name _____

Home Address

Contact Address [if different] _____

Home Tel No _____

Scout Troop _____

Date of Birth _____

24 hr EMERGENCY Contact Tel _____ (Ideally parent)

GP Name _____

GP Address _____

Please advise us of medical conditions

Please list any allergies

Please list any medicines

I give permission for my son/daughter/ward to attend the Fells Marathon. The information provided is accurate and complete to the best of my belief and knowledge and I will inform the organizers if he/she is in contact with any infectious disease in the 3 weeks prior to the event. I agree that any adult leader may consent to medical treatment for him/her in an emergency should postponement of treatment whilst my own consent is obtained be considered detrimental to him/her.

I do / do not give my consent for my child's photograph to be taken throughout the Fells Marathon 2016 and to be used to publicise the event throughout the Scouting Social Media.

Signature Parent/Guardian

KIT LIST

The kit check is very strict on the Saturday Morning and your rucksack and each item will be checked in detail YES ITS ALL TIPPED OUT - do not skimp, your walk depends on it.

PERSONAL KIT (YOU MUST CARRY ALL ITEMS)	PACKED
• Base layer/Underwear	
• Middle/Fleece Sweater	
• Trousers/No Jeans (cotton)	
• Outer layer/Waterproof Jacket	
• Spare clothes (warm bottom, warm top and socks)	
• Waterproof Trousers	
• Boots	
• Socks	
• Gloves	
• Hats	
• Rucksack (big enough to hold all the equipment required for the walk with in)	
• Torch and spare batteries (multi LED if not spare lamp must be carried)	
• Bivvy-bag/multi person emergency shelter can be carried (bothy)	
• Food & Drink	
• Gaiters	
• First-aid kit	
• Sleeping bag 3-4 season	
• Sleeping mat	
• Eating utensils	
• First aid kit (only what you are trained to use)	
• Pencil and paper, 30 pence for phone)	
• Minimum of 1 litre of water to be carried	
• Whistle (for emergency use)	
• Hi visibility vest (attached to ruck sack)	
• Emergency rations	

KIT LIST cont

TEAM KIT	PACKED
• 2 x maps for area covered by route	
• 2 x compasses	
• 2 x map cases (if maps are not laminated)	
• Adequate tentage for all the team to shelter in	
• Stove, fuel and igniter-matches/lighter (enough fuel to cook meals and drinks)	
• Pan to cook food and drinks	
• 2x watches (watches are necessary for navigation)	
• 1x mobile phone (in water proof bag)	
• Food for evening meal (dried is lightest, look for high calorie). Carry packed lunch* for the Saturday (this should consist of food that can be eaten on the move). Breakfast on Sunday. (Instant porridge (just add water) and breakfast bars are a good choice). Drinks hot for evening and breakfast (hot chocolate, coffee, tea). Remember remove all unnecessary packaging (*THIS IS PERSONAL KIT)	

Hillwalking Equipment Notes

A short description of the current theory of outdoor clothing for hillwalking might be useful. This is based on the by now well-known layer system, whereby three distinctive layers of clothing, Base, Insulating, and Shell, all have their own function to perform in order to keep the wearer warm, dry, and hopefully comfortable. The primary aim is to prevent your core temperature from taking any life-threatening dips.

Base Layer (Underwear): The main function of a base layer is the effective transport of moisture away from the skin. Ideally, you should walk, work, and stay dry at all times, as wet clothing leads to heat loss both through impaired insulation, and through evaporative losses. Control of the space immediately adjacent to your skin is crucial to staying warm. Wool can be used as it has the marvellous property of retaining some warmth even while wet, but it is also heavy and itchy. New, high-tech fibres are more comfortable as a base layer consisting of a long-sleeved vest and long johns.

For warmer weather hillwalking the long johns are not worn, though a vest may continue to be useful, either on its own, or under a shirt, for wicking moisture from the skin. As there are different thicknesses of material, a thin vest for warmer weather and a mid- or full-weight vest for winter make sense. For winter use also, a zip turtleneck (military "Norgie") is great, as it allows for an extra degree of temperature control. The make and thickness of base layer used is a personal decision, as individuals vary widely in their needs, not to mention personal, in-built insulation! (As an alternative to a thermal vest many summer walkers use a cotton T-shirt. It will become damp with exertion, but if the day is reasonably warm the comfort level is acceptable. On the rare hot day a cotton top will protect skin from the sun, while also helping to keep cool. (This is not recommended at the time of year that Fells Marathon is run)

An important point to note is that no matter what layer, or layers of clothing are being considered, the clothing should be of a fit so that there are no cold spots exposed. So a vest should be long enough to always cover the waist area, no matter how much bending over or walking with a rucksack is done, while sleeves, particularly of the outer water-proof layer, should also be long enough to always cover the wrist area.

Insulation Layer: This middle layer is based around the *fleece* material. Lighter and warmer than wool, it dries much more quickly although a woollen sweater can still be worn (not cotton). As with underwear, there are different weights, qualities and types. The original system used the weight of fleece in grams per square yard, with 100, 200 and 300 Series being available. The 200 Series and its current close equivalents is a commonly used thickness, being a light-to-medium weight suitable to common hill pursuits.

The fleece Jacket/sweater: Commonly with a full or half-length zip, is often worn with another layer such as a shirt. Avoid cotton for winter use. Fleece shirts are available. It is better to have too many layers than too few, as an extra layer can always be removed. With the insulating layer, ensure that there is sufficient space; better too loose than too tight, as moisture wicked out by the base layer has to be allowed to escape.

Trousers/Breeches: What to wear over the lower half of your body depends on the time of year and personal choice. If the weather is good poly-cotton and other synthetic fabric walking trousers are good. In colder weather the choice of fleece-lined trousers, over which a windproof shell can be worn is better.

Shell Layer: this is the outermost layer, and is required to be waterproof. Its purpose is to keep out wind, rain and snow. It also has to be robust as it will be dragged over rocks and icy slopes by its owner. Many shell garments have a full-length zip, built in hood, various pockets and perhaps underarm openings controlled by zips for extra ventilation. The fabric used must obviously be waterproof to as high a degree as possible and also breathable. In other words, while keeping out big rain drops, it should allow small molecules of water vapour to pass out. The best known system is Gore-Tex. This is not a fabric. It is a membrane of expanded Teflon, which is then laminated to different fabrics.

What is important is that you find the garment which fits correctly. There must be sufficient freedom of movement when wearing all the layers and these should include your heaviest garments from each layer. At the same time it should not be too loose when wearing the minimum underneath. It is this 'fine-tuning' which will probably persuade you as to your final choice. Don't be overly impressed by 'gimmicky' features; it's the fabric and fit that come first.

Unfortunately, some features cannot be easily tried out while buying, such as the performance of a hood in high wind and rain! As high wind and rain are fairly common conditions, it is important. Try out the hood for comfort and visibility when tightened round your head. Remember to wear your usual hat when doing this. See if you can make adjustments while wearing your normal gloves or mitts.

Waterproof trousers: can be bought to match the shell garment. A full-length zip in the trousers is useful. It will add considerably to the price of trousers if you wish them to be breathable, but the extra comfort will make it worthwhile. Whether you use waterproof over trousers in warmer weather depends on how warm it is and also on your personal preference. Very often, the discomfort they can cause on a warm but wet day can outweigh their protective factor. If you can easily dry your clothing or have a dry change you might not bother wearing them.

Boots: there is now a wide choice of boots available for hillwalking. The ideal solution for an all-year walker is to purchase two pairs of boots; one pair for summer, one pair for winter. The winter pair will have extra stiffening so as to permit the comfortable and safe wearing of crampons. This will automatically make them heavier. Being stiffer will also make it safer to walk on hard snow, as the boot will not curl up and slip out of a hold so readily. If you are restricted to one pair of boots only which have to do all year round, then the obvious compromise solution is to purchase a 3-4 season boot.

For walking, there is also the option of either leather or a fabric boot, which is usually made up of a mixture of synthetic fabric and suede. These are generally light and comfortable, though some may not provide sufficient protection from rocks etc. Several models of fabric boots also incorporate a waterproof, breathable lining, such as Gore-Tex or Sympatex. It is debatable whether the extra cost is worth it. For much less you can buy waterproofing for treating the boots.

The truth is that on a long, wet walk, no boot will remain completely dry inside. Perspiration takes place down there too! Moisture can be wicked down via socks. Boot seams will have water forced through them eventually. A good quality leather pair looked after with a wax dressing or other water-proofer still remains the most popular choice for regular hillwalking. The subject is a difficult one with many solutions; find a good retailer who knows the boot market and has trained staff to assist you.

To help you find the right size of boot, the notes here should come in useful. Boots are the most important item of equipment you will buy and it is essential that they fit you correctly. Take time over choosing and trying on the boots. Put the boot on over the socks you would expect to wear; leaving unlaced, slide your foot forward until your toes touch the front of the boot. Then, standing with your weight on this foot, see if you can slide a finger down behind your heel, between your heel and the boot. If you cannot do this, or it is a hard push - the boot is too small. If you have enough length, tap your foot back to bring your heel firmly into the heel cup and lace the boot securely. The boot should now feel snug around the heel and ankle and the arch should be comfortably supported, but your toes must be free to wriggle and curl.

Now check the heel fit by walking around and, if possible, up and down stairs or on an inclined slope. You may experience some heel lift at this point; this is normal and quite acceptable provided the heel lift is not more than about a ½ ". If you have no heel lift at all, you are either very lucky or the boots may be a fraction too small. Please check this point carefully. You may get away with boots slightly overlarge, but not the other way. The heel lift experienced will not cause blisters and will decrease as the boots mould to your feet and break-in.

Now check the toes. Your toes should not touch the front of the boot; check this by tapping the toe of the boot gently on the floor and your toes must not touch the end of the boot. Once you have found your ideal foot companions, a good retailer can advise you on their maintenance.

Socks: for walking are found in several lengths, from knee-length to calf-length to ankle-length. Obviously knee-length provides the greatest warmth in winter and protection in summer from vegetation, biting and sucking insects. The best material is a wool-rich mixture; about 70% wool, 30% nylon. Loop stitch manufacture provides extra warmth and comfort. One pair is often worn alone, though some users find that a thinner inner pair can add comfort and protect against blistering. If you wear breeches make sure there is no gap between the top of the socks and the breeches. The knee joint needs to be warm for efficient lubrication. When it's hot you casually pull down the socks and expose your manly/shapely/feeble legs (choose one option)

Gaiters: are knee-length coverings worn in winter to keep out snow. Adverts would have you believe that they are worn all-year round, but this leads to incredible over-heating of the legs and you will become just as wet inside.

Gloves: should be carried in virtually any month of the year. The choice here includes mitts or gloves with individual fingers. In winter, mitts are usually warmer and can be wool or synthetic. Another option is to carry overmitts for severe or wet weather. For warmer weather, lighter gloves could be carried.

Hats: are also subject to personal choice, though as a significant amount of heat can be lost from the head it is important that a good, warm hat be chosen for cold conditions. Wool or fleece, the hat should be capable of covering the ears and nape. A balaclava is another traditional head cover which is very suitable for severe weather. Developed during the freezing winters in the Crimean War, it covers the entire head and neck, with an opening for the eyes. It can also be rolled up and worn as a cap. Made in several fibres; wool, poly, and silk.

The rucksack: during a walk carries whatever will be and might be needed, as well as excess clothing removed for the walk. The length of walk often determines the size of sac required, from a small daysack, to a larger day or weekend sac, to a giant expedition sac. A good compromise is to find the size that can do everything from a short day to a weekend with camping equipment. Or, like boots, you could end up with two sizes. The bigger, more expensive models will probably have an internal frame, and may be adjustable for the height of the user. Some of the bigger and more aware manufacturers provide ladies' models.

Whatever the sac, useful features include an accessible zipped hood pocket, allowing gloves or hat etc. to be got at quickly and a padded back for comfort. Line the inside of the sac with a strong, large poly bag. This will prevent any water soaking the contents. For heavy loads, a padded waist belt is invaluable, taking much of the load off your shoulders.

A map and compass: must be carried for hillwalking. The 1:50 000 and 1:25 000 O.S. Series is the standard for maps, while the Silva-type compass is also excellent. It's not difficult to learn navigation, and rudiments should be taught at Troop. Practice is invaluable, in all conditions. Better to learn during a short walk on a good, clear day, than to suddenly realise, in the middle of a fell or moor, that you are lost. Many use a map-case which both protects the precious map and allows it to be conveniently read during a walk. Some maps are waterproof, and it is also possible to have a map proofed. In a gale, with a wet map, it takes only a few seconds to see the map shredded and useless. The satellite navigation system, GPS, is becoming more accessible. It should not replace the reliable and non-battery dependent map and compass.

Head torch other items that should be carried in the rucksack include a head torch. Reliable models are now available, allowing your hands to be free for scrambling, map-reading etc. Carry a spare battery and bulb. Some models of head torch have a focus ring, giving you the choice of beam width on the ground. They also allow you to tilt the light unit up and down. As you become more tired and your head drops you tilt it up. Or as the angle of the slope changes, the beam can be adjusted accordingly. The prevalence of LEDs has revolutionised their use, with long battery life and good, adjustable light.

Bivvy-bag: For the unwelcome but always hovering possibility that you may have to spend a night out on the hillside you should carry a bivvy-bag. A bivvy-bag is a large, strong poly bag which will allow one or two adults to shelter inside. Being wind and waterproof is essential for surviving a night out and this cheap survival aid has literally saved many lives. Two bodies are warmer than one. Ideally, the last thing you want to happen is bivvy up, but extreme bad weather, inexperience, being lost, exhaustion etc. can happen. At least if you have a companion then you can tell each other your life's story; discuss this month pointer from scouting magazine etc.

Whistle: A whistle does not weigh much and may come in useful for attracting attention in suitable conditions. Take a whistle and learn the signal for rescue. Six good long blasts, Stop for one minute. Repeat. Carry on the whistle blasts until someone reaches you and don't stop because you've heard a reply – rescuers may be using your blasts as a direction finder.

Mobile telephones: are inevitably beginning to appear, as have unnecessary calls. But there have also been useful calls for summoning help, and they will probably do more good than harm, if used sensibly. Be aware however, that many hill areas will have poor or non-existent reception, so do not rely on them. The **MCofS** have published a Technical Booklet on mobile telephones.

PACKING AND FITTING YOUR RUCKSACK



General Fit Guidelines »

FOLLOW THESE STEPS TO PROPERLY FIT YOUR MID TO LARGE SIZE GREGORY PACK

For complete information visit our website at: www.gregorypacks.com/technology/philosophy

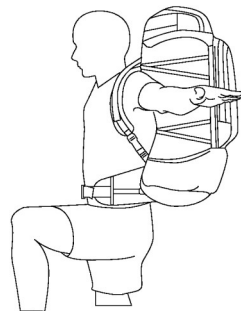
- 1 Measure your torso length and select the proper frame size.
- 2 Set the shoulder harness in the top or bottom slot as indicated by your torso measurement.
- 3 Load the pack with 15 to 20 pounds.
- 4 Put the pack on, tighten the shoulder straps, shrug your shoulders and then tighten the waistbelt. The top edge of the waistbelt pad should be about one inch above the iliac crest.
- 5 Relax. Lift your leg until your thigh is at a 90-degree angle to your body. The bottom should edge of the waistbelt pad should be level with the top of your thigh.
- 6 Make sure the shoulder stabilizer straps are loose. At the bottom of the harness, there should be 2" of leftover adjustment without bottoming out on the pack body. Additionally, the curve in the shoulder harness should be level with your armpit.
- 7 Pull on the shoulder stabilizer straps until they're slightly tensioned.

DISTRIBUTING YOUR PACK'S WEIGHT

These micro adjustments will help keep you comfortable on the trail. Ideally, your packs weight will rest more on your hips than on your shoulders.

SHIFTING WEIGHT TO YOUR HIPS

- 1 Loosen the shoulder adjustment straps.
- 2 Tension the shoulder stabilizer straps until there is a loop in the top of the harness.
- 3 Re-tension the shoulder harness adjustment straps.



CORRECT SHOULDER STABILIZER ANGLE:

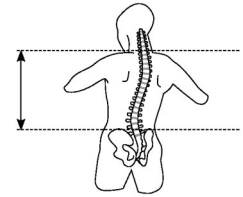
45°	Denali Pro 105, Petit Dru 85, Makalu Pro 70, Whitney 95, Deva 85, Palisade 80
25°	Baltoro 70, Deva 60, Triconi 60
10-15°	Z65, Jade 60, Z55, Jade 50, Z35-R, Targhee
0°	Z35, Jade 35, Z30, Z25, Jade 25, Z22, Drift

» Frame Size

MEASURING

Using a flexible tape measure or Gregory Fit-O-Matic, measure the length of your torso from the C7 vertebra (at the base of your neck) to the spot on the spine level with the top of the bony hip structure called the iliac crest. Do it two or three times to get an accurate measurement. If you are between frame sizes, always go with the smaller size.

TORSO MEASUREMENT	FRAME SIZE
14" - 1 6"/35-40 cm	XS
16" - 1 8"/40-46 cm	S
18" - 20"/46-51 cm	M
20" - 2 2"/51-56 cm	L



» Shoulder Harness Position

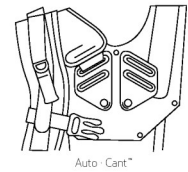
SELECTING THE RIGHT SHOULDER HARNESS

Most people require the same shoulder harness and frame size.

TO BE SURE:

With the pack on and shoulder stabilizer straps loose, make sure the main curve on the harness is level with your armpit.

XS	SM	MD	LG	FRAME SIZE
15" / 38 cm	17" / 43 cm	19" / 48 cm	21" / 53 cm	TORSO LENGTH / TOP SLOT
14" / 36 cm	16" / 41 cm	18" / 46 cm	20" / 51 cm	TORSO LENGTH / BOTTOM SLOT



» Waistbelt Size

PICKING A WAISTBELT THAT FITS

Our waistbelts come in one to four sizes depending on the style. Make sure you have a minimum of 5 inches between the pads before they touch.

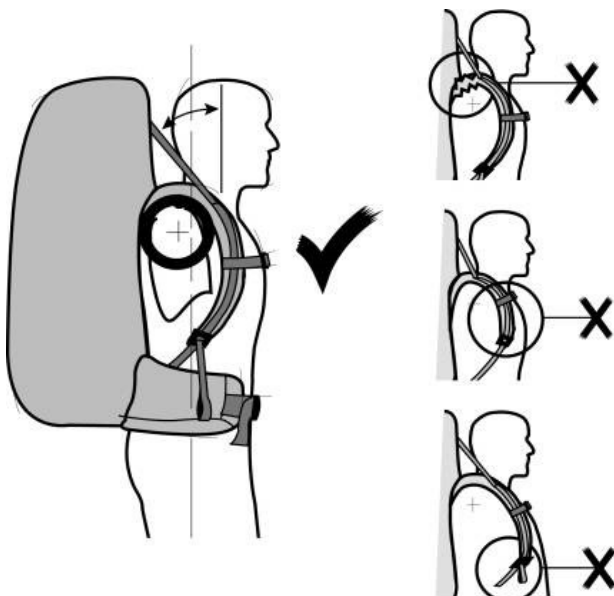
WAIST MEASUREMENT	BELT SIZE
22" - 28" / 55-71 cm	S
28" - 34" / 71-86 cm	M
34" and up / 86 cm and up	L

FITTING THE QUICK-ADJUST FIVE POINT ANGLE WAISTBELT SYSTEM

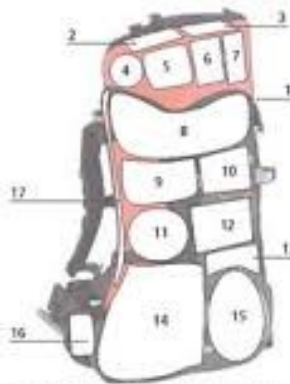
The CFS waistbelt allows you to quickly and easily find the right hip angle that matches your body. To fit, follow these simple steps.

- » Be sure to fit the harness size first.
- » Then, find the correct size belt that matches your waist size.
- » Install the belt by sliding the plastic load transfer panel through the webbing and pocket sleeve on the waistbelt.

- » Put approximately 15-20 lbs of weight in the pack.
- » Put on the pack, securing the shoulder harness first. Adjust the harness until the top of the iliac crest is even with the top of the waistbelt.
- » Shrug your shoulders and fasten the belt. Suck in your belly and tighten the belt tighter than you would normally wear it. This ensures that the waistbelt covers your iliac.
- » Pull the quick-adjust tabs behind the waistbelt and the belt should automatically register your hip angle.
- » Release the tabs and the belt will lock into place, providing maximum comfort and load transfer.
- » Make sure you can lift your leg to 90 degrees and check for even pressure between your body and the top and bottom edge of the waistbelt.
- » Confirm equal settings on both sides using the scale. Manually adjust with the pack off if necessary.



alpine rucksack 45-60 litres



1. Korminat (in compression straps down side of rucksack)
2. Map
3. Guidebook
4. Headtorch
5. Suncream, sun hat, sunglasses, lipsalve
6. Money, personal documentation, insurance, mobile phone
7. Energy bars, camera film, dried fruit, gloves
8. Climbing gear, rope (pack straps and slings in helmet)
9. Mittens, goggles, warm hat, first aid kit
10. Waterproof/breathable jacket and spare fleece jacket
11. Bivi bag
12. Stove or fuel and food, matches, spoon
13. Overtrousers (with full-length zip)
14. Spare clothing
15. Sleeping bag or duvet jacket
16. Compact camera in pouch on hipbelt
17. Hydration bladder and tube

Note: Other bits and pieces should be wedged between bulkier items throughout the rucksack.

DBS CHECKS MUST BE UP TO DATE

Association rules mean that any adult staying overnight on the camp sites or helping with the running of the event (Kit & Map Check, Checkpoints, Body Wagon etc) MUST have a valid disclosure. **Is yours up to date?**

Accountability for this rests with Leaders in Charge of teams and we will ask you to declare that all adults assisting your group are registered as at least an Occasional Helper and have a valid Disclosure.

Please check this NOW.

For event staff not attached to groups we will be making checks on Compass to ensure that you are compliant. Sweep Team Leaders can help with this by ensuring all their members are compliant.

Please act now to ensure that you can attend and help on the Fells 2016

IMPORTANT INFORMATION NIGHTS AWAY ARRANGEMENTS

Friday Night

- ⇒ Friday night is a preparation night for the teams and we expect that they will camp with their troop or unit at the main Fells Marathon centre. This is to allow their leaders to provide appropriate support for last minute issues.
- ⇒ The team is the responsibility of their own group or unit on the Friday night. Usual Scout Association POR requirements for nights away apply. The group therefore needs to have a Leader in Charge with a Camp Site Nights Away Permit present on the Friday night.
- ⇒ Where a group or unit does not have a Nights Away Permit Holder available then please get in touch with us prior to the event. It may be possible for special arrangements to be made though this cannot be guaranteed.

Saturday Night

- ⇒ On the Saturday night teams are expected to be self-sufficient and their own leaders are not permitted on the overnight site. The overnight site is usually a temporary one set up specially for the event. Toilets and drinking water supplies are provided.
- ⇒ The Fells Marathon Organisers will provide a camp site team to supervise the teams and deal with any emergencies. The Leader in Charge of the team will have an appropriate Nights Away permit.
- ⇒ Teams stay on the site on the basis of the "Event Passport" system. (See POR 9.61)
- ⇒ The group or unit is responsible for issuing the Event Passport which must be authorised by a Nights Away Permit Holder of either campsite or lightweight camping categories. The permit holder must provide support during both the preparation and the event itself and be satisfied that the young person has the required abilities, but is not required to attend the event.
- ⇒ Groups can use either the standard Event Passport document or alternatively the declaration on the medical form required for each team can be signed by the permit holder.

WINNERS OF PREVIOUS FELLS MARATHON EVENTS

YEAR	LOCATION	WINNERS
1975	Yorkshire Dales Appletreewick	2nd Anlaby
1976	Yorkshire Dales Kettlewell	1st Skidby
1977	Yorkshire Dales Appletreewick	1st Skidby
1978	Howgill Fells Sedburgh	1st Skidby
1979	Lake District Kentmere	2nd Anlaby
1980	North York Moors Birch Hall	2nd Anlaby
1981	Howgill Fells Sedburgh	Willerby Somers
1982	North York Moors Carlton	2nd Anlaby
1983	North York Moors Comondale	North Ferriby
1984	Peak District Hagg Farm	South Cave
1985	Peak District Hagg Farm	Elloughton
1986	North York Moors Carlton	Anlaby
1987	South Pennines Hebden Bridge	St.Peters Wawne
1988	North York Moors Comondale	1st Frodsham
1989	Peak District Gt Hucklow	Willerby Meth
1990	Peak District Gradbach	2nd Drifffield
1991	North York Moors Carlton	2nd Bridlington
1992	Yorkshire Dales Sconce (IIkley)	1st Frodsham
1993	South Pennines Hebden Bridge	6th Ripon
1994	Howgills Tebay	2nd Amersham
1995	Peak District Gt Hucklow	6th Ripon
1996	North York Moors Carlton	2nd Amersham
1997	Yorkshire Dales Thornthwaite	2nd Goxhill & Barrow
1998	South Pennines Hebden Bridge	Holme on Spalding Moor
1999	North York Moors	2nd Goxhill & Barrow
2000	Peak District Gt Hucklow	1st Poppleton York
2001	Cancelled Foot & Mouth	
2002	Yorkshire Dales Thornthwaite	South Cave Scouts
		Pocklington District Explorers
2003	Pennines Silver Wood	2nd Amersham Scouts
		South Cave Explorers
2004	Pennines Hebden Bridge	1st Poppleton Scouts
		2nd Goxhill & Barrow
2005	North York Moors Carlton	1st Poppleton Scouts
		2nd Goxhill & Barrow Explorers
		1st Hornsea Explorers
2006	Yorkshire Dales Sconce (IIkley) Scout event was a draw	Willerby Somers Scouts
		2nd Goxhill & Barrow Scouts
		2nd Goxhill & Barrow Explorers
2007	Yorkshire Dales Thornthwaite	Stamford Bridge
		Triumph Explorers (Poppleton)
2008	North York Moors Carlton	2nd Drifffield
		Triumph Explorers (Poppleton)
2009	North York Moors Langdale	2nd Amersham Common
		Triumph Explorers (Poppleton)
2010	South Pennines Silverwood	Stamford Bridge 2
		St John Newland
2011	Nidderdale Thornthwaite	St John Newland Scouts
		Willerby Explorers
2012	North York Moors Carlton	Willerby Scouts
		St John Newland Explorers
2013	North York Moors Comondale	South Cave 1
		St John Newland Explorers
2014	Forest of Bowland	Cherry Burton 1
		Pocklington Explorers
2015	Yorkshire Dales, Wharfedale	Elloughton cum Brough
		Willerby

2016 It could be you!!



John Loncaster, along with Dave Laud organised the first Fells Marathon in 1975. John sadly passed away a few years ago but the memory of John, alias 'Swiftly' Lives on.

The 2016 FELLS MARATHON will be run in Memory of
Danny McNee
Danny sadly passed away in 2015
Danny was a big part of what the "FELLS" is today.

I would like to thank everyone for their help
and support with this years event, Neal

LOCATION FOR 2016 is Raven Gill Campsite,
Comondale, North York Moors.
Map reference of the centre is NZ 661 105

MAP FOR THE EVENT
OS Explorer Map OL26, North York Moors Western

This booklet is produced by
Ellie Moverley
For the Fells Marathon Committee
The Fells Marathon is organised by Blacktoft Beacon District Scout Council.
Registered with the Scout Association 016357, Registered Charity 1148031