

**FRA Navigation Course**

**Elterwater, 22/23/24 September 2023**

A weekend introduction to map reading and navigation on the fells for those new to fell running or wishing to try races requiring navigation skills.

The course consists of indoor theory sessions, practical training sessions and low-key navigation events for you to test your improving skills.

**Location:**  ELTERWATER HOSTEL Post Code: LA22 9HX

[www.elterwaterhostel.co.uk](http://www.elterwaterhostel.co.uk)

**Parking:**  A National Trust car park is less than 100m away – free to National Trust members or £6.50   
 per day. There is also limited free roadside parking around Elterwater.

**Cost:**  £100 for FRA members and £120 for non-members.

Please quote your FRA membership number on the application form to avail of the   
members-only reduced fee.

**What is included?**

Theory and practical sessions in small groups (participant to instructor ratio is   
usually 3:1 or 4:1)

All necessary maps for the weekend

3 low-key navigation events

Hostel accommodation (dorm rooms)

Breakfast on Saturday and Sunday

Saturday evening meal

Packed lunches to bring on the hill on Saturday and Sunday

Most dietary requirements can be catered for

**Kit List:**  Maps - supplied

Compass - Silva type

Whistle

Red and blue pens, pencil & paper

Good head torch for night navigation

Small first aid kit

Hill snacks

Day rucksack (20 - 30L) and running bag

FRA require race equipment:

- Full waterproof body cover with taped seams

- Hat

- Gloves

Leggings or other full leg cover

Warm mid-layer - eg. fleece

Warm jacket for on hill stops - e.g. insulated Primaloft jacket or down jacket

Fell shoes - more than one pair recommended

Spare clothing for on hill and around the hostel.

**Timetable:**

## FRIDAY

20:00 Organise into groups for the weekend.

Introduction and basic map & compass theory.

21:30 Pub.

## SATURDAY

07:00 Morning Run, get to know your fellow participants and instructors - optional.

08:00 BREAKFAST.

09:00 Prepare for practical session on the hill.

09.30 Grab your packed lunch. Prepare to go.

NAVIGATION INSTRUCTION ON THE OPEN FELLS.

15.00 Assemble at "start" for solo navigation exercise.

17.00 Debrief, tea/coffee. Indoor map exercises/practice/theory.

18.30 DINNER then prepare for night navigation.

20:00 Night Navigation exercise in pairs.

21.30 Pub.

## SUNDAY

07:00 Very useful morning run to look over the night navigation course.

See how different everything looks in the daylight - optional.

08:00 BREAKFAST and vacate rooms.

09.00 Debrief Night Navigation Exercise.

Course issue for "Silver Howe Chase”.

Brief coverage of further navigation topics.

Short talk on "The Role of the FRA”.

Final preparations for the event.

10.00 10k Silver Howe Chase. 10 checkpoints on the open fells, solo. (Options available for the faint-hearted).

12.45 Meet for de-brief in dining room and course closure.

13.00 Close of weekend

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NB: This programme is subject to change owing to weather conditions etc.

**Other points to note:**

* You will be assigned a bed in a dorm room, either male or female.
* You will be assigned into small groups based on previous navigation experience and running ability, you   
   will not necessarily be placed with friends or club-mates.
* You are responsible for your own safety at all times.
* Tea and coffee making facilities will be available but please wash and tidy up any items used in the   
   hostel kitchen.
* Bedding is provided but please bring your own towels.
* No food is provided on Friday evening.
* Please note that here are up to 5 outdoor sessions throughout the weekend.   
   Although there is a drying room in the hostel, be prepared with enough kit to cover any adverse   
   weather conditions. We have had snow and sunshine in the same weekend!
* Be aware that the pace will be relatively slow on Saturday. You will not be covering the ground as though   
   you are racing. There will be much stopping and pondering over maps. You will also be having   
   lunch on the hill. Ensure you have appropriate clothing to stay warm enough.
* A completed application form and confirmation of payment are required to secure a place on the course.   
   Cancellations with more than 2 weeks notice may be refunded or you may be accommodated on   
   the next course.

Application Form

Elterwater 22/23/24 September 2022

|  |  |  |  |
| --- | --- | --- | --- |
| Name |  | | |
| Address |  | | |
| Telephone/Mobile Number |  | | |
| Email address |  | | |
| Club/Association |  | FRA Membership Number (if applicable) |  |
| Gender |  | Age |  |
|  |  |  |  |

In order to place you into an appropriate group, please be as honest and accurate as possible with regards experience.

**Navigation:**  How would you rate your navigation experience?

☐ Non existent ☐ Beginner ☐ Intermediate ☐ Advanced

Please provide details on your navigation experience:

**Running:**  How would you rate your running experience?

☐ Beginner ☐ Intermediate ☐ Advanced

Please provide details on your running experience:

**Fell Running:**  How would you rate your fell running experience?

☐ Beginner ☐ Intermediate ☐ Advanced

Please provide details on your fell running experience:

**What are you looking to achieve from attending this course?**

**Diet:** Do you have any dietary requirements?

☐ Yes ☐ No

If yes, please give details

**Medical Conditions:** Do you have any medical conditions that we need to be aware of, Including your instructor?

☐ Yes ☐ No

If yes, please give details

**I confirm that I have read the information and requirements of this course as stated in the form and that I participate in the course at my own risk.**

I will pay by (please tick) Cheque [ ] Bank Transfer [ ]

Bank Transfer to: **Account No: 10301011**

**Sort Code: 01-10-01**

**Account Name: The Fell Runners Association**

This reference must be shown.

Ref: **NAV 9/23 + YOUR NAME**

**C**heque (Payable to "The FRA") £………

Signed…………………………………………… Date………………………………….

Send the completed form to:

**Pauline May**

**Wood Lea**

**Palace House Road**

**Hebden Bridge**

**HX7 6HW**

**navigation@fellrunner.org.uk**

**I UNDERSTAND THAT THIS COURSE IS HELD IN ACCORDANCE WITH BOTH THE RULES AND SAFETY REQUIREMENTS OF THE FRA. I CONFIRM THAT I AM AWARE OF THE ORGANISER’S INFORMATION AND REQUIREMENTS IN CONNECTION WITH THIS COURSE. I ACCEPT THE HAZARDS INVOLVED IN FELL RUNNING AND ACKNOWLEDGE THAT I AM ENTERING THIS COURSE AT MY OWN RISK. OTHER THAN THE ORGANISER’S LIABILITY FOR CAUSING DEATH OR PERSONAL INJURY BY NEGLIGENCE, I CONFIRM THAT I UNDERSTAND THAT THE ORGANISER ACCEPTS NO LIABILITY TO ME FOR ANY LOSS OR DAMAGE OF ANY NATURE TO MYSELF OR MY PROPERTY ARISING OUT OF MY PARTICIPATION IN THIS EVENT.**