**The Curbar Commotion 2015**

**Event Information**

* The race will start and finish Cliff College, Cliff Lane, Hope Valley, S32 3XG
* Sunday 4th October 2015, £6 entry fee on the day or £5 pre book (**minimum age 18**)
* 11am start - registration from 9.45am
* Category BM, 8.73 miles/403 metres ascent
* **Runners must arrive at the start line by 10.45am so we can complete briefing, headcount and kit checks as appropriate**
* **For any reason you decide not to take part after you have registered please inform organisers ASAP**
* Limited car parking will be available at various sites at Cliff College
* Toilets will be available and belongings can be left at registration desk
* Please bring full kit as required by 2015 FRA regulations and be prepared for the weather!
* The Curbar Commotion is organised under FRA rules, all competitors should be aware of and adhere to the FRA rules which are available on the FRA website [www.fellrunner.org.uk](http://www.fellrunner.org.uk) These will also be available at the race
* The race is suitable for novices but some fell running experience is recommended
* The weather forecast for the day will be displayed at the race
* A map of the route will be displayed (please note it runs clockwise)
* A copy of our safety check list will be displayed on the day
* A hypothermia leaflet will be displayed on the day
* The race will be partially marked and marshalled, one marshall will sweep the route behind the last runner
* Drinks and cakes will be provided at the end of the race
* Prizes will be available for first male/first female, first vets +40, first vets +50, first vets +60 and first locals (ie residents of Calver, Curbar & Frogatt), there will also be a prize for first parent from Curbar Primary School
* All monies raised from the event will be donated to Curbar Primary School

**Course Information**

The race starts and finishes at Cliff College, S32 3XG. It is 8.73 miles long and covers a variety of tracks and paths through Curbar, Frogatt and Baslow. Marshalls will be in place around the course and will be well marked. There are two road crossings to be aware of, one at the beginning of the race on Bar Road and another over Clodhall Lane. After the Bar Road crossing you will cover a section of The Green, Curbar. All will be marshalled however please be extremely cautious as the roads are not closed. You will also negotiate a number of gates and stiles in the race. Please do not cross walls or fences and be respectful of the surroundings. You may encounter cattle and horses on the route, again please be extremely cautious if this situation arises.