Telford Athletic Club

**33rd Cardington Cracker Hill Race.**

**Sunday 5th December 2021. 11.00am start.**

**9 miles 2,600 feet climb. Fell Runners Association - Category A – Medium.**

**Venue -** Starting and finishing at Cardington Village, near Church Stretton, Shropshire. Race Headquarters are at the Boultons Coaches Yard, **SY6 7JZ** accommodation is limited, please come changed, sorry there are no showers. No refreshments this year sorry. Parking is limited please car share where possible.

**Entry -** £8.00 ( on line entry only ). **Over 16’s only**.

To Race Organiser :- Paul Sanderson, 6 Spring Village, Telford, Shropshire. TF4 2LY. Tel 07715 347587

[jpsanderson\_tac@hotmail.com](mailto:jpsanderson_tac@hotmail.com). Details, race history, rankings and route on [www.telfordathleticclub.co.uk](http://www.telfordathleticclub.co.uk).

**249 finishers in 2019 Bring your own pins**.

**All numbers to be collected on the day** **from Race HQ** in **Boultons Coaches Yard. ( toilets available )**

## Parking – Please only park as directed and do not use the Royal Oak Pub or Village Hall Car Park or park on roads in the village. Please respect residents when driving through the village and only park in the official race car parks.

**The Course** – The route can be found on the O S Explorer 217 Long Mynd and Wenlock Edge Map 1:25,000. Some of the course is on private land, which we gain permission to use on race day. Please ensure that any training over the course is restricted to public areas. Please do not run with dogs, as several fields contain livestock. Most of the course is marked or obvious**.**

**Not suitable for inexperienced runners.**

The race starts in Cardington, crossing open pasture leading gradually leading to Enchmarsh, it then follows a farm track before dropping steeply through a narrow section of woodland called Hoar Edge. The route then climbs the side of The Lawley (1236 feet), the first checkpoint. The fast, grassy descent is down the ridge to Comley Farm and through the fields towards Caer Caradoc. The route up Caer Caradoc follows the green lane along the base of the hill to the sheep pens, then takes a diagonal line directly to the summit (1506 feet), the second checkpoint. The descent follows the high ground to Three Fingers Rock, then a steep descent to the stream before climbing up the side of Helmeth Hill to Gaerstones Farm, the third checkpoint. The route climbs to The Gaerstones Hill then follows the Hope Bowdler ridge to Willstone Hill, the final checkpoint. After descending past the Battlestones the course climbs again to the Wilderness, before dropping down through a series of fields, stiles and gates to the finish field in Cardington.

**Equipment** – **FRA Rules state that all runners must carry waterproof body cover, hat, gloves, map of the course area, compass, whistle and emergency food. All runners must carry this equipment, whatever the weather.**

**Records** – Rachel Parker ( Mercia ) 1.23.24 2018. Tim Davies ( Mercia ) 1.09.43 2006

**Prizes** – To the leading men and women and the winners of each 5 year masters categories.

**Most prizes will be forwarded, no presentations this year – Sorry**.

**Acknowledgements –** Telford Athletic Club would like to thank the farmers and landowners, residents of Cardington, race officials and in particular Mick Boulton and Boultons Coaches in making this event possible.

I declare that I am an amateur as defined by the FRA and UK Athletics. I agree to abide by these laws and the additional race regulations. I agree that the organisers will not be held responsible for any loss, injury or illness incurred or caused by my participation in this event. I am over 16 years of age.

Signed …………………………………………………………………………Date………………………………………