

FRA race assessment matrix for: **Cockfield Chase fell race**



Grade: **CS** Distance: **c. 7 km** Climb: **c. 160m** Race records (2nd lap): **13:03 (M), 16:09 (W)**

Assessed on 13/10/2021 by Andy Blackett (RO). **Note: 2 x 3.5 km laps; race is 2nd lap (1st lap run as group).**

	1	2	3	4	5
General area	Mainly accessible lowland areas	Mainly accessible low-lying moorland and/or open fell	Includes upland moorland / open fell, or more remote low-lying areas	Significant fell and mountain and/or less accessible or more remote areas	Less accessible fells, high mountains or very remote areas
Height	Rarely above 1,000 ft (300m)	Up to approx 2,000 ft (600m)	Up to approx 2,500 ft (750m)	Some up to approx 3,000 ft (900m)	Much up to or above 3,000 ft (900m)
Terrain	Easy grade trails and tracks	Some moderately challenging terrain, e.g. reasonable tracks over moorland or good fell paths	Largely rough tracks and/or challenging but runnable off-track terrain over open fell and hill	Mostly very rough tracks and/or off track with difficult underfoot sections (e.g. bogs, tussocks, boulders) or steep ascents/descents	Mostly off track with several difficult underfoot sections (see left); some scrambling may be required
Exposure (drops) and hazards on <u>or near</u> route	No exposure, minimal terrain hazards	No exposure but mild risk from e.g. ground holes, bogs, or river crossings	Occasional moderate exposure and/or terrain risk (see examples left)	Some exposure, possibly occasionally severe, and/or increased terrain risk (see examples left)	Severe exposure and/or significant terrain risk (see examples left)
Navigation skills required (GPS <u>not</u> permitted)	<u>None</u> : navigation is simple or route is fully waymarked	<u>Basic</u> : route may be mostly obvious or waymarked, but some basic navigation required in parts	<u>Competent</u> : possibly some waymarking but runners must be confident in self-navigating without obvious features	<u>Advanced</u> : no waymarking, and runners must be confident in self-navigating over challenging routes and in low visibility	<u>Expert</u> : no waymarking, and runners must be confident in self-navigating over very challenging routes and in zero visibility
Mountain skills required	<u>None</u> : little or no off-trail experience needed	<u>Basic</u> : off-trail experience helpful, e.g. in route planning, preparation and emergency considerations	<u>Competent</u> : suitable only for skilled movers with increased problem solving and self-reliance required	<u>Advanced</u> : suitable only for skilled, experienced movers over open, high ground in all but the worst likely conditions	<u>Expert</u> : suitable only for skilled, experienced, confident movers in an exposed, high-level environment in all conditions
Escape routes	Lots of options for a retiring runner throughout the course	Lots of options but with possible "decision points" before some sections	Some escape routes but a retiring or injured runner would face difficulty in some sections	Limited escape routes; a fatigued or injured runner might require basic survival kit and skills	Few if any escape routes; a fatigued or injured runner would require survival kit and skills
Season, time & likely effects of weather	Effect of weather likely to be minimal	Any inclement weather unlikely to present serious challenges	Conditions could be challenging and/or route may be prone to sudden weather changes; effect may be significant	Difficult conditions likely (e.g. high/winter/night) and/or route prone to bad weather or sudden changes; effect may be severe	Very poor conditions likely and/or route prone to extreme weather or sudden changes; effect may be debilitating
Notes	No fell running experience required. Off road running shoes are necessary. The first lap is a group run to see the route – 3.5 km. The second lap is the race – 3.5 km, starting immediately as the first runners finish the first loop.				

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Note: This assessment is subjective. Entrants remain fully responsible for their own safety and should study the route.