

New to Fell Running or Racing?



If you're not yet sure about running on the fells but would like to give it a go you can get advice or guidance from other members either by emailing the committee or posting on facebook. We're more than happy to arrange an introductory run. Many social runs at weekends or evenings are arranged between members. Some of the Thursday evening trail runs also venture to the hills in summer so are a good introduction.

From Glossop it's easy to head out to the hills. Please be familiar with using your map and compass, even if you know the area. It's good to carry plenty of kit with you, especially if you're on your own. See the kit list below.

Many fell races are Fell Runner Association (FRA) affiliated and as such require all runners to have 'FRA kit'. As a minimum, this includes:

- Waterproof top and trousers with taped seams and integrated hood
- Gloves and hat (buff usually counts)
- Whistle
- Map of the route
- Compass
- Emergency food

Some longer races and winter races require more kit (same goes for when running/not racing) e.g. water, extra layer, extra food, torch, mobile phone, shelter. A good headtorch is essential for all evening runs during winter, autumn and spring until we get to the light nights of summer.

Footwear: Fell shoes are different from road running shoes as they have some grip/ rubber tread or studs. In dry conditions, trail shoes may be sufficient but studded fell shoes are definitely highly recommended. Some races now stipulate appropriate footwear.

Bag: Running up and down means there is a lot more movement than road running and a tighter fitting rucksack or bumbag is needed - with compression straps in the right places. So worth getting a fell running specific sack once you are hooked.

For joining the FRA or more info on races and fell running, including calendar of races go to www.fellrunner.org.uk

By Jude Stansfield