WFRA Race Assessment matrix for:  **XX**

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| **Grade**: A **Distance:**  11.2m **Climb**: 3,940ft **Race records:**  XXXX |

**Assessed on:**  11/02/2023 by XX

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| **A** | **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 | 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 *or near* 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 moderate terrain risk (see left) | Some exposure, possibly occasionally severe, and/or increased terrain risk (see left) | Severe exposure  and/or significant terrain risk (see left) |
| **Navigation skills**  **required** | None:  navigation is  simple or route is fully  waymarked | Basic:  route may be  mostly obvious or waymarked, but some basic  navigation required in parts | Competent:  possibly some  waymarking but runners must be confident in self  navigating without obvious features | Advanced:  no waymarking, and runners must be  confident in self  navigating over  challenging routes and in low visibility | Expert:  no waymarking, and runners must be confident in self  navigating over very challenging routes and in zero visibility |
| **Mountain**  **skills**  **required** | None:  little or no off trail experience needed | Basic:  off-trail experience helpful, e.g. in  route planning,  preparation and emergency  considerations | Competent:  suitable only for skilled movers with increased problem solving and self-reliance required | Advanced:  suitable only for skilled, experienced movers over open, high ground in all but the worst likely conditions | Expert:  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 & 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. 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** | The route is entirely unmarked with a significant amount of route choice across surprisingly remote terrain. Whilst there are paths, most of the climbs and descents are off-piste so self-reliance, good navigational and sound mountain judgement is required.  There are a couple of river crossings so competitors must carefully choose a safe crossing point – occasionally rivers are in spate so please consider heading up stream. Similarly you will need to cross and re-cross a mountain road - take care.  In good weather the course is relatively benign but in limited visibility good map and compass skills will be required. You may use GPS for route finding but please let the RO know on the day so that you may be recorded as ‘non-competitive’.  Respect the natural environment and the landowners by staying clear of livestock, not climbing any wall or fence, (use the stiles). Failure to do so will result in disqualification.  Please note the cut-off times at the checkpoints and if you doubt your abilities contact the RO before entering as all competitors will be vetted on the day.  Bring full kit to the race (including waterproofs) as in previous years these have been required due to the challenging weather conditions. | | | | |