

The Stickler

Dorset 3 Peaks Challenge

Sunday 30th October 2016

Instructions to runners



Dear Runner,

Thank you for your entry to this year's **Stickler**. The race, now in its 22nd year is organised by the **Dorset Doodlers**.

Course Information - The Stickler is a 10.1 mile multi terrain running race. It involves over 1500ft of gruelling climbing, beginning with the infamous 'Stickle Path'. Runners ascend three locally renowned peaks along the beautiful Stour Valley: Okeford Beacon, Hod Hill and Hambledon. The course is mostly on gravel tracks with some stretches on tarmac or grass, and is not suitable for spikes.

Race HQ, Information, Registration, Refreshments, Changing, and Kit Storage - Shillingstone Church Centre - not locked during the race but manned. Sorry - no showers. Please note that this building has recently been refurbished and we are using it with the kind permission of PCC. Therefore, please remove muddy shoes before entry and use the permitted entrance.

Toilets - Church hall and St. Patrick's Industrial Estate (portaloo). Please do not use toilets within the station.

Car Parking - Space is finite so please arrive in good time and consider lift sharing. For those travelling from Sturminster Newton, go to St. Patrick's Yard Industrial Estate. For those travelling from Blandford, go to Shillingstone Primary School. Please note that the school building will not be accessible to runners.

The Start - 10.30am - Lanchards Lane - start making your way there between 10.10am and 10.20am as it is a 5-10 minute walk from race HQ and parking areas. **Please note that the clocks go back on race day!**

Numbers - Please complete details on reverse. Numbers to be worn on the front of vests - do not fold. Folded numbers or no number means disqualification. Do not run wearing someone else's number - it is against ARC rules and could cause major problems in the event of illness or accident, as well as complicating the compilation of the results.

Way-Marking & Marshalling - The course will be extensively marked (wind/rain permitting). Marshals will be positioned at major road/track junctions to ensure runners safety. **PLEASE NOTE, MARSHALS WILL ASK YOU TO STOP, IF IT IS UNSAFE TO CROSS ANY OF THE THREE ROAD CROSSINGS.**

Drink Stations - There will be three drink stations positioned at Okeford Hill (1.75 miles), Durweston (5 miles) and between Hod Hill / Hambledon Hill (7.25 miles).

Race cut-off - A cut-off time will be strictly enforced at the halfway point. Runners arriving at the halfway point after 75 minutes will be offered transport to the finish.

Race photography - This will be provided by Charles Whitton Photography

Runners with dogs are welcome - we ask that these competitors start at the back of the field and that short, non-extendable leashes are used. Also, that every courtesy is extended to fellow runners at narrow sections of the race where passing may be difficult.

The Finish - Shillingstone station project. If you decide to run back to support others please do not re-cross the finish line. Please note that the station is a 'work in progress' project and care is needed whilst walking around the site. There is a short cut from the finish to race HQ.

Post-race refreshments - Provided at the church hall.

Post-race massage - A team of therapists from the Anglo European Chiropractor College will be set up at race HQ. For a small donation to charity, they will provide post-race massages.

Personal Music Players - should not be worn by runners or risk disqualification.

Prizes All finishers will receive a uniquely designed medal.

Other prizes will be awarded in the following categories:

| | | | |
|-----------------|-----------|-----------------|-------------|
| 1st-3rd | Open Male | 1st-3rd | Open Female |
| 1st | MV40 | 1 st | FV40 |
| 1st | MV50 | 1st | FV50 |
| 1st | MV60 | 1st | FV60 |
| 1 st | MV70 | 1 st | FV70 |

(NB: No FV35 category)

First 3 Men's & Ladies Teams (only one team per Club - first 3 runners to count).

NOTE: Runners can only win one prize, so any veterans finishing in the first three will be awarded the higher value prize.

Presentation - Approximately 12:30 pm at race HQ.

Results and emergent safety information - As soon as possible, the final results will be posted on the race website www.thestickler.co.uk. See this site also for any last minute information concerning the viability of the race in the event of extreme weather.

*Hope you have a good run
- see you on the day!*

The Stickler Race Director
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The Stickler 2016 is sponsored by

