

The Stickler

"Dorset 3 Peaks Challenge"

Sunday 28th October 2018

10:30am (Note that the clocks go back on race day!)

Instructions to runners



Dear Runner,

Thank you for your entry to the 24th **Stickler** as organised by the **Dorset Daddlers**.

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 route is mostly on gravel tracks with some stretches on tarmac or grass. It is not suitable for spikes.

Race HQ, Information, Registration, Refreshments, Changing, and Kit Storage -

Shillingstone Church Centre (DT11 0SW) - not locked during the race but manned. Sorry - no showers. 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.

Numbers - Collect on the day from the Race HQ at the Church Centre (DT11 0SW). **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 wear 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 results.

Toilets - Toilets are provided at the Church Centre (Race HQ). Please respect residents and do not use the rest of the village.

Car Parking - Space is limited in the village so please arrive in good time and **car share where possible.** We will have several car parking areas in the village - the advice is to follow the signs for the first car park that you see, unless advised otherwise by a marshal. It should be noted that **all facilities** are at the Race HQ which can be up to a 10 minute walk from the car parks, so please take this into consideration.

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. Look out for Dorset Daddlers and marshals in hi-viz if you're unsure of the way.

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 LISTEN TO THE MARSHALS - ESPECIALLY AT THE ROAD CROSSINGS - FOR YOUR SAFETY.**

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. Please be aware that photos may be used for media purposes. If you do not wish your photos to be used, then please notify us before the race by contacting director@thestickler.co.uk

Runners with dogs are welcome - however 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 go back along the route please remove your race number so as not to confuse the results team. Please note that the station is a 'work in progress' project and care is needed whilst walking around the site. There is a shortcut from the finish to race HQ.

Post-race refreshments – Hot drinks and snacks are available at the Race HQ and the Railway Station (Finish Area).

Post-race massage – Well Trodden Path will be providing post-race massages at Race HQ - £10 for 15 minutes on the day, and 10% off your first treatment thereafter.

Head Phones – we ask that for your safety (there are road crossings) these should **NOT** be worn by runners or risk disqualification.

Prizes All finishers will receive a uniquely designed medal and a delicious cake courtesy of local bakers Honeybuns.

Other prizes will be awarded in the following categories: 1st Open Male, 1st Open Female, 2nd Open Male, 2nd Open Female, 3rd Open Male, 3rd Open Female, 1st Male V40, 1st Female V40, 1st Male V50, 1st Female V50, 1st Male V60, 1st Female V60, 1st Male V70, 1st Female V70.

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

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

Presentation - Approximately 12:45 pm at race HQ.

Results and emergent safety information - As soon as possible, the final results will be emailed to all participants and 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!

Philip Reese
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The Stickler 2018 is proudly sponsored by:



www.honeybuns.co.uk



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Special offer: Up & Running are offering 15% off running shoes if you present your Stickler Race Number!

Wessex Water

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