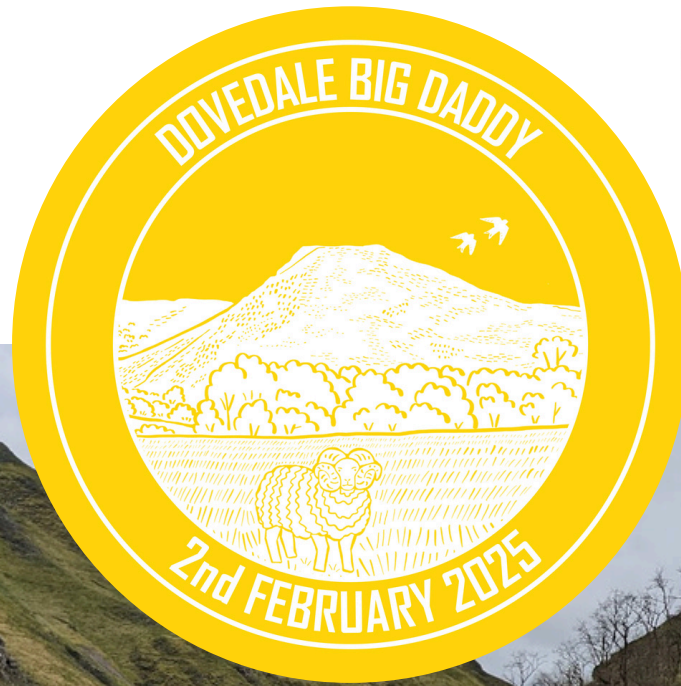


»»» LIMESTONE SERIES «««

DOVEDALE BIG DADDY FELL RACE

Sunday 2nd February 2025, 11:00am



COMPETITOR FINAL INSTRUCTIONS

Dear Competitor,

Thank you for entering the Dovedale Big Daddy 2025 - we are looking forward to seeing you all on race day. Please read through the information below carefully to ensure the event runs smoothly and safely.

»»» COURSE INFORMATION «««

IMPORTANT: The course (see map below) will only be partially marked - **YOU WILL NEED TO NAVIGATE TO CHECKPOINTS 5, 6 and 8-14!** Electronic navigation devices may not be used - a map and compass are mandatory.

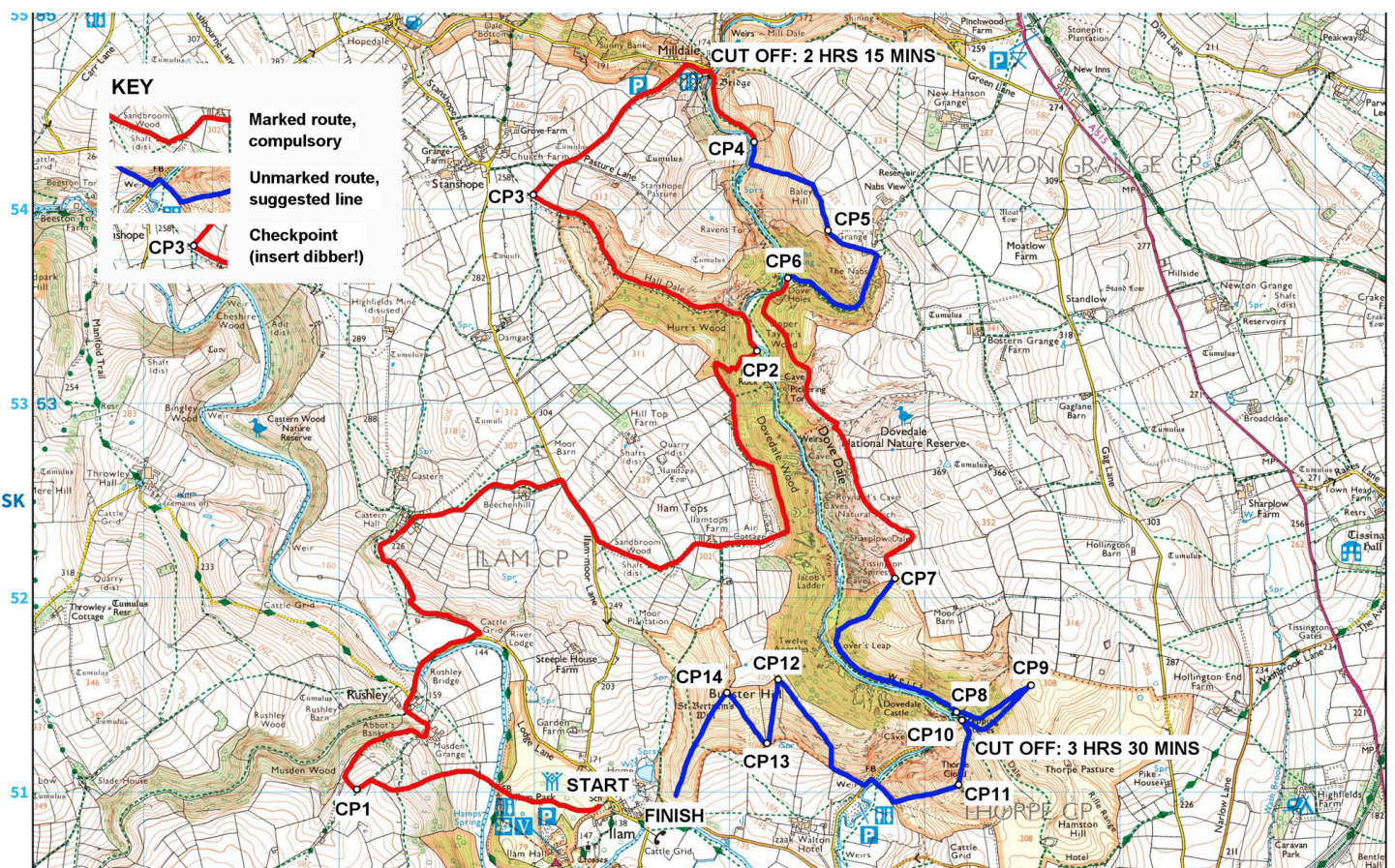
TIMING CHECKPOINTS: There will be fourteen timing checkpoints with dibbing boxes situated at the points shown on the map, as well as at the finish. You must visit these in the correct order and insert your timing dibber to complete the race. Most of these (but not all!) will be manned by a marshal. They will also be identifiable by orange and white orienteering flags.

ROUTE CHOICE: You will see that there are some unmarked sections of the course, where we have provided a suggested route but you are free to choose your own way to the next checkpoint.

CUT OFFS: For the safety of the runners and marshals, there will be cut offs at Milldale (to be reached by 13:15) and checkpoint 10 (to be reached by 14:30). Anyone arriving after these times must return to Ilam via the low-level paths. These will be strictly enforced so please don't try to persuade the marshals to let you through.

The firing range on Thorpe Pastures may be in use during the race. At Flagpole Hill (checkpoint 9) **DO NOT PASS THE RED FLAG** if it is flying!

Distance: 20.4 km | Elevation: 1370 m | Category: AL



>>> KIT REQUIREMENTS <<<

Full FRA kit (waterproof full-body cover, hat/buff, gloves, map, compass, whistle, emergency food) will be mandatory. You can download a copy of the course map by clicking [HERE](#). We also recommend a spare warm top.

>>> REGISTRATION <<<

Registration will take place at Ilam Primary School, DE6 2AZ, between 9:00am and 10:40am. You must fill in a disclaimer form and will receive a race number, which must be worn on your front and be clearly visible at all times, and a wristband with a timing dibber.

>>> START/FINISH <<<

The race will start in the field opposite Ilam Primary School (see map on next page). There will be a mass start at 11:00am prompt - for your safety, anyone arriving after the sweeper has left will not be allowed to take part.

The race will finish at the base of Bunster hill. After finishing, please return to registration to download your result and return your dibber. Dibbers **MUST** be handed in to the organising team **ON THE DAY** - there will be a charge of £30 for any lost/missing dibbers.

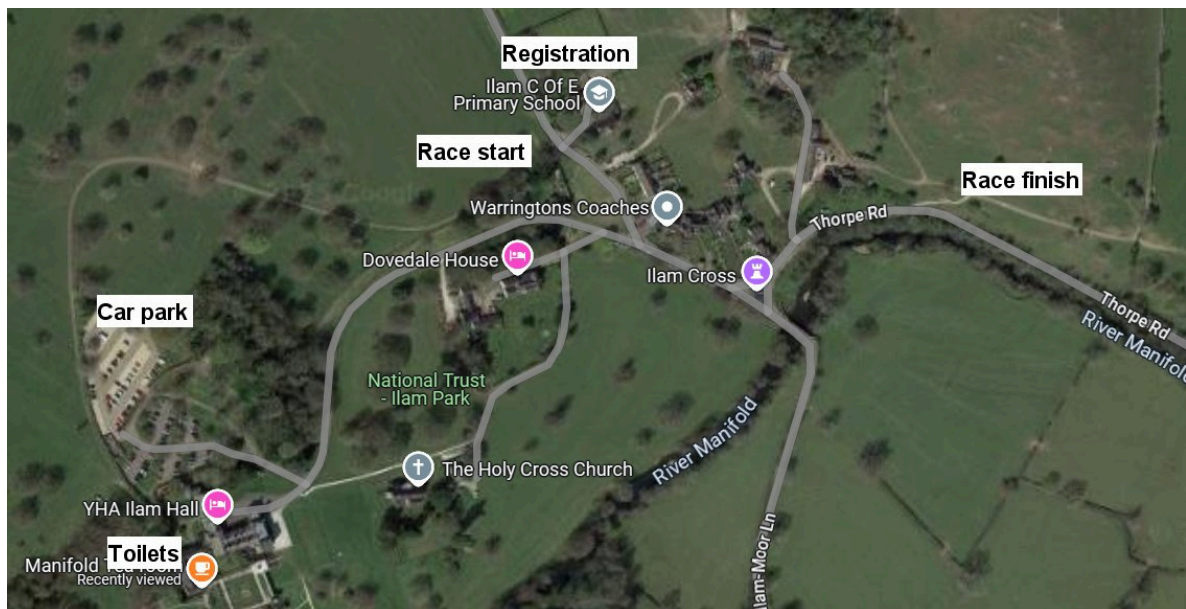
>>> RETIREMENT <<<

If for any reason you decide not to complete the race, you **must** return to registration to report your retirement, even if you have already informed a marshal on the course. Failure to do so will result in you being deemed lost or injured and a search will have to be sent out for you.

In case of emergency, please call 999 and ask for police, then mountain rescue. You can also contact race control at 07723146265.

>>> PARKING <<<

Parking is available at the National Trust car park at Ilam Park, DE6 2AZ. There is a 5 minute walk to registration (see map on next page). The car park is pay and display, so please remember to bring change (or your National Trust membership card for free parking). Please consider car-sharing where possible to reduce traffic and environmental impact.



»» TOILETS ««

There are toilets situated in the courtyard at Ilam Hall, near the car park. There are also a small number of toilets at registration (for emergencies only).

»» REFRESHMENTS ««

Water will be provided at the finish. If possible, please bring your own cup to reduce waste. Soup, cake and a hot drink are included for all runners, provided by the parents of Ilam Primary School. Please bring some cash if you would like any seconds, as the school are fundraising and have very kindly organised the catering and let us use their space!

»» RESULTS ««

Full results will be available shortly after the race at <https://www.sportident.co.uk/results/WainwrightRunning/2025/DovedaleBigDaddy/>. We will also post a link to the results on our website (www.limestoneseries.co.uk) and social media pages.

»» PRIZES ««

Please stay after the race for the prizegiving, which will also include the series prizes! This will take place at Ilam Primary School once all of the age-category winners have finished. Inov-8 have kindly provided prizes for this year's race. Prizes will be awarded to the first three men and women and to the winner of each age category (MU23, WU23, M40, W40, M50, W50, M60, W60, M70, W70), limited to one prize per competitor. There will also be men and women's team prizes (3 runners per team) and sustainability prizes. A series prize will be awarded in each age category.

Thank you again for entering and supporting our race and we look forward to seeing you soon.



**Alison Wainwright, Max Wainwright and Eleanor Barber
Limestone Series Race Organisers**