

Derwentwater Dawdle Final Instructions

Saturday 28th April 2018

Race Directors – Jeff & Bob Mitchell, contact number +35699958399

The Start/Finish is at Braithwaite Institute, Braithwaite, Keswick CA12 5RY

Start time for Walkers is 8.30am and 9.30am for runners

- Please only start at one of these times or we will be unable to provide accurate timing
- If you are running DO NOT start earlier than 9.30am or the check point may not be in place before your arrival.
- A race brief will be given 6.5 minutes prior to each start
- Please bring a copy of the [route description](#) with you, however we will have a limited number available at registration
- Please note, we will NOT have a map of the route available as we do not have rights to copy them but an image and GPX are also available on the website

Car Parking & Registration

The parking for the event is outside the hall, we will have signage at the entrance and marshals will guide you in. Please take care as the A66 is busy and the turning is quite tight.

Registration opens at 7.30, all walkers will start at 8.30am & runners set off an hour later at 9.30am. You will be provided with your race number on registration, please attach this somewhere visible using the safety pins provided.

Baggage

Bags can be left at Braithwaite Institute and should be safe, but we take no responsibility for any belongings left there as we are unable to monitor them throughout.

Navigation

The course is unmarked and you will need to navigate using the provided route description and a map, the route description is very comprehensive & if followed will guide you through the route.

Kit and clothing

The weather may be wet & windy like last year or based on the conditions so far this year it may even snow so please come prepared for this. You can never be certain what the weather has in store for us in April - in our experience it may very well be completely different on each ascent so use your common sense and wear suitable clothing and footwear for the speed you plan to travel and your experience on the terrain. You must ensure that you have enough of the right kit to remain safe whatever the weather.

Compulsory Kit

New for this year, a portable reusable cup as we are no longer providing single use plastic cups at the CP's.

You must carry a map & compass, if you are completing the event as a group you can share these between you but must ensure you stay together. You should have with you full waterproofs, hat & gloves, a minimum 500ml water & food.

Hazards and rules

- There are a number of busy road crossings and some stretches when the route goes along a road, please take caution here.
- Stick to the footpaths at all times
- Respect other users of the trails
- Close all gates that you pass
- Please respect the beauty of the area and do not drop **any** litter, anyone seen to do so will be disqualified and barred from any of our future events.
- Please use caution on wet rock ascending Catbells & before Rosthwaite, the limestone can become extremely slippery in the wet. If in doubt use 3 points of contact at all times.

Getting lost and welfare

- You are responsible for your own safety and navigation

- If you are unsure of your location retrace your steps until you return to the last point you can confirm on the route description
- If you have a problem whilst on the course please try to make your way to the nearest Aid Station, if possible alert another participant to who can inform us you are in difficulty
- If you see another entrant in trouble please help them out if you can or notify a marshal as soon as possible.
- As mobile reception in this area is unreliable at best, Raynet are in attendance to help us monitor the course & participants. Please take a note of the mobile number and in an emergency you can try to contact us on +35699958399, please do not use this before the race day.

Support

Due to the relatively short distance of this event you should not require any external support as we provide refreshments at the check points. There are a couple of places for your family/friends to see you along the route, most notably in Rosthwaite, at Surprise View or in Keswick. They're welcome to remain at the Village Hall (but we may put them to work helping us out) or of course they could get out and explore the local area themselves. We ask if they do go then please visit the local establishments to buy refreshments to give local businesses support too

Aid Stations

Our aid stations for this event are at Rosthwaite Village Hall which will include a selection of hot drinks, water, coke or squash and both sweet & savoury food and at Surprise View with cold drinks & sweet & savoury food. If you arrive at CP2 after 2.45pm you will be retired from the event, if you carry on it is at your own risk & the hall at the finish may be closed on your arrival. We will have vegetarian options available, but if you have specific dietary requirements speak to us in advance & we can take your own food to the CP for you.

Retiring

We obviously hope you don't have to drop out of the event, but if you're injured you **must** inform the director that you are withdrawing, **DO NOT** leave the race without notifying the race director or one of the marshals at an aid station. We will send out others to look for you if you do not report in within good time.

We are not responsible for your travel to and from the race, but if you retire we will endeavour to help getting you to the end or nearest public transport but this can't be guaranteed. There will be tail runners following you along the course and they will accompany you if necessary.

Medical

We have first aid kits & a medical first responder in attendance, they will be able to assist if you require basic first aid

The Finish

- The finish is back at Braithwaite Institute
- The final cut off time for finishers is 17.30 to avoid you being out after dark
- Hot drinks and food will be available at the finish

Race Goodies

- A medal will be given to all finishers and all participants will get a hot meal with desert at the end

Results

Results will be posted online at our earliest opportunity, we aim to have this completed within 72hours and they will be available on www.ascendevents.co.uk/results

We look forward to welcoming you all on the 28th!