

## **Darren Holloway Memorial Race**

(Buttermere Horseshoe)

Full Route: AL: 22.2 Miles, 8,300' climb (35.5K, 2,515M)

Short Route: AL: 12.9 Miles, 5,000' climb (20.8K, 1518M)

### **All Races:**

**Date:** Last Saturday in June

**Start Time:** 11 am

**Registration & Start Location:** Loweswater Village Hall (NY 140 210)

**Parking:** NY 143 211. Cost £3 per car.

**Organiser:** Paul Jennings (tel:01946 861084 email:dhmr@c-f-r.org.uk)

**Age Limit:** 18 and over

**Entry:** Pre-Entry £10 (includes Food & Sportident timing)

Please use the FRA race entry form ([http://fellrunner.org.uk/pdf/universal\\_entry\\_form.pdf](http://fellrunner.org.uk/pdf/universal_entry_form.pdf))

Send the form & cheque, payable to CFR, to

Andrew Bradley

Middle Farm

Tallentire

Cockermouth

Cumbria

CA13 0PR

**Closing date for pre-entries:** Thursday before the race

**Entry limit:** 150

### **Kit requirements:**

Full Waterproofs

Hat

Gloves

Map

Compass

Whistle

Emergency rations

Please come prepared! Full kit check at registration.

**NO DOGS on race route**

## Checkpoints & Cut-offs

### Full Route

Checkpoint	Grid Ref	Cut-off
Start: Loweswater Village Hall	NY 140 210	Start: 11:00
Whiteside	NY 170 220	-
Hopegill Head	NY 186 222	-
Grasmoor	NY 175 204	13:15
Whiteless Pike	NY 180 190	-
Newlands Pass	NY 193 176	14:00
Dale Head	NY 223 153	-
Honister Pass	NY 225 136	15:15
Innominate Tarn (E end on path)	NY 198 130	16:00
High Stile	NY 167 148	17:15
Melbreak (South Top)	NY 148 186	18:30
Finish: Loweswater Village Hall	NY 140 210	

### Short Route

Checkpoint	Grid Ref	Cut-off
Start: Loweswater Village Hall	NY 140 210	Start: 11:00
Whiteside	NY 170 220	-
Hopegill Head	NY 186 222	-
Grasmoor	NY 175 204	13:15
Whiteless Pike	NY 180 190	-
Buttermere Village	NY 175 170 (TBC)	14:30
Melbreak (South Top)	NY 148 186	18:30
Finish: Loweswater Village Hall	NY 140 210	

### Retiring/Missed cut-off

You must report to the nearest marshal and then return to the start. If this is at the Honister Pass it is a long way back, fortunately the Honister Rambler goes this way, and will call in at Honister Pass at 14:08 and at 16:08 (Stagecoach inform me that they can stop at Lanthwaite on request as long as the driver thinks it's a safe place to stop) – In 2013 the fare was £4.90.

At the finish you will be directed straight to download and we will remove your SportIdent dibber then. Therefore we will assume that whilst you have our dibber you are on the hill.

### Prize giving:

In the Loweswater Village Hall

Short route prize giving: 14:00 (TBC)

Full route prize giving: 16:30 (TBC)

### Entry limits

The maximum number of runners on the fell will be 150.