

>>> LIMESTONE SERIES <<<

ILAM 3 PEAKS FELL RACE

Sunday 13th September 2026, 11:00am



INOV8
BAKEWELL STORE

VOOM[®]

Dear Competitor,

Thank you for entering the Ilam 3 Peaks Fell Race 2026 - 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.

Please note: Our races are licenced by the Fell Runners Association (FRA) and governed by FRA rules. Further information may be found on the [FRA website](https://www.fellrunners.org.uk/); please read also their [requirements for runners](#).

PHOTO: STEPHEN WILSON (WWW.GRANDDAYOUTPHOTOGRAPHY.CO.UK)

>>> REGISTRATION <<<

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

The race will start and finish at the base of Bunster hill, a couple of minutes' walk from registration (follow the blue line on the map below).

>>> PARKING <<<

Parking is available at the National Trust car park at Ilam Park, DE6 2AZ. There is a 5 minute walk to registration (follow the red line on the map below). The car park is pay and display (cash or card), or bring your National Trust membership card for free parking.

Please consider car-sharing where possible to reduce traffic and environmental impact. Those travelling to the race by bicycle or on foot will be entered into the draw for a sustainability spot prize.

>>> 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.



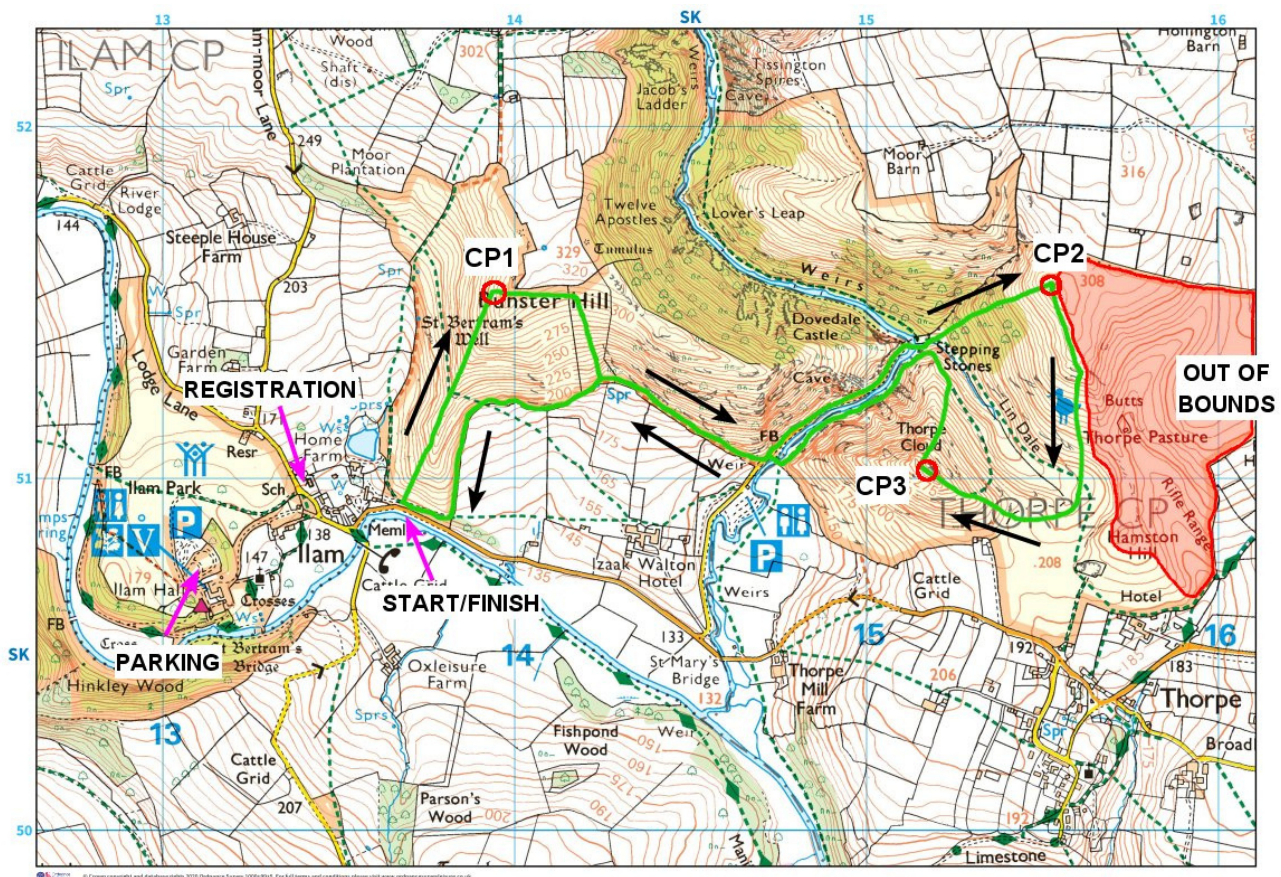
»»» COURSE INFORMATION «««

The course will be fully marked with marshals situated along the route (see map below). Timing checkpoints will be situated on the three summits (Bunster, Flagpole Hill and Thorpe Cloud) - you must insert your dibber at each checkpoint, as well as at the finish, to complete the race.

The rifle range on Thorpe Pastures may be in use during the race. The area around the rifle range will be out of bounds and you **must not** enter. The route has been planned to accommodate this, but please follow any additional instructions from marshals.

Please take care as there are some hazardous sections on the course, including steep descents on unstable ground, a river crossing, and fields that may contain cattle.

Distance: 6.4 km | Elevation: 520 m | Category: AS



»»» EMERGENCY INFORMATION «««

Please check that we have your up-to-date emergency details (emergency contact, car registration, medical conditions). These can be edited until Friday at https://www.sientries.co.uk/edit_entry.php?event_id=18246.

>>> KIT REQUIREMENTS <<<

Please be prepared to carry full kit (waterproof full-body cover, hat/buff, gloves, whistle) but this may be relaxed depending on the weather conditions. Please wear suitable running shoes with adequate grip for the terrain. The use of GPS navigation or poles is not allowed. If it comes to our attention that a competitor has been breaking these rules, this will result in a disqualification.

>>> RETIREMENT <<<

If for any reason you decide not to complete the race, you **MUST** return to registration to report your retirement and return your dibber, even if you have already informed a marshal on the course. This is an essential safety requirement of the event and failure to do so could result in an unnecessary search by rescue organisations.

>>> REFRESHMENTS <<<

Water will be provided after the finish. If possible, please bring your own cup to reduce waste. Additionally, **tea/coffee, cakes, and savoury snacks will be available to purchase** at Ilam Primary School both before and after the race, so **remember to bring some cash!** Proceeds will go to Ilam Primary School - please support them, as they have very kindly let us use their space.

>>> RESULTS <<<

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.

Full results will be available shortly after the race at <https://www.sportident.co.uk/results/WainwrightRunning/2026/Ilam3Peaks>.

>>> PRIZES <<<

Prizegiving will take place at Ilam Primary School once all of the age-category winners have finished. Inov-8 Bakewell Store and VOOM Nutrition 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). There will also be men and women's team prizes (3 runners per team) and spot sustainability prizes.

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**