

7th LAKELAND TRAILS ULTRA MARATHON

Saturday 29th June 2019

FINAL DETAILS



Welcome to the 2019 Lakeland Trails Ultra Marathon in Ambleside. To help make your day as enjoyable as possible, please take a few moments to read all of the following information, as well as checking our [Race Day](#) page and [Facebook](#) updates.

GETTING HERE AND CAR PARKING

Our event village is located in Rothay Park, Ambleside LA22 0EE. Privately operated car parking for people camping will be available from 2pm on Friday 28th June, accessed via the Miller Ground Car Park adjacent to the Football Club / Event Village and will be clearly signed. On Saturday 29th June there will be event car parking located in Rydal Park, a short walk from the Start / Finish venue. This opens at 6.30am and will be clearly signed. We will have a one-way system in operation and cars will be unable to leave the venue until 12.00 as we have only one entrance / exit point. If you need to leave before this, please use public car parking in Ambleside and walk to the venue. Please note there is a £3 all day car parking fee payable for car parking, with FREE parking if more than 3 of you are in the same car – please have the correct change available and park as directed by the car park stewards.

REGISTRATION

All Race Numbers & Timing Chips must be collected at registration. Registration is in the main marquee in Rothay Park, Ambleside (follow Race Registration signs). To check your entry has been processed and your details are correct, start lists are available on the [Race Day page](#) of our website

100K	Registration open Friday 28th June from 14:00 to 20:00	START Saturday 00:00	Compulsory Safety Briefing 23:45
55K	Registration open Friday 28th June from 14:00 to 20:00 Registration on Saturday 29th June from 07:00 to 09:00 Please note: registering on Friday is the best option to avoid unnecessary hiccups on the day	START Saturday 10:00	Compulsory Safety Briefing 09:45
23K	Registration open Saturday 29th June from 08:30 to 10:00	START Saturday 11:00	Compulsory Safety Briefing 10:50
14K	Registration open Saturday 29th June from 09:00 to 11:30	START Saturday 12:30	Compulsory Safety Briefing 12:20

NB for the 100K and 55K only There will be a **FULL PHOTO ID** and Kit Check before race numbers and timing chips are issued, so please come prepared!

PLEASE NOTE: ALL EVENTS ARE FULL AND THERE IS NO ENTRY ON THE DAY

MANDATORY KIT LIST – 100K and 55K event ONLY - all competitors MUST carry with them the following kit as a minimum:

Full waterproof body cover, hooded top and bottom, both with taped seams, (windproof not sufficient), First aid kit (to include minimum blister plasters, bandage and zinc oxide tape to secure dressing), Spare base layer long sleeved top, Hat & gloves, Whistle, Headtorch (fully charged) and spare battery, Mobile phone (fully charged), Emergency foil blanket / bivi bag, Emergency food & drink (minimum 100ml water and one power/energy bar additional to your general nutrition i.e. not to be eaten during the event) Note : compass is optional, and poles and GPS are permitted.

PLEASE NOTE: Following advice from Mountain Rescue, this kit list will be strictly enforced regardless of prevailing weather conditions

We recommend you wear suitable trail running shoes and use suncream.

There is no mandatory kit for the 14K and 23K events although we strongly recommend you are prepared for typical British summertime weather and carry with you a waterproof jacket, spare layer, water and a whistle.

SAFETY

All three courses will be well marked and marshalled by our magnificent Lakeland Trails volunteers. Advanced Life Support Medics from Event Safety Group will be in attendance and our in-house Comms Team will provide radio coverage to the marshals and crew. Cumbria Police have also been informed.

FACILITIES

Camping is available at Ambleside Football Club campsite, adjacent to the Event Village, for a cost of £10pppn and bookings should be made direct with the club. Please contact Daniel Nevinson on 07780 903317 This is a walk-on site only, but parking is available adjacent, on the privately-operated Miller Ground Car Park which will offer a discounted daily rate

On event day there are limited toilet facilities (Portaloos & urinals) at the venue. There will be some great food and drink stalls from vegetarian & vegan caterer Green Canteen, great coffees from The Coffee Bug, and Yorkshire Dales Ice Cream, all selling locally sourced food. Retail stands, trade stands, sports massage, commentary with MC, professional photographer James Kirby, Kids Zone, with Bouncy Castle (FREE for kids with a Fun Trails number), and plenty of entertainment at the finish arena.

COMPETITOR CONDUCT & SPECTATORS

Please respect your fellow runners and the general public. We have had issues in the last couple of years which have put the future of the event at risk. Please drop off any litter either leave it at one of the checkpoints or bring it to the end. It's a busy time for farmers so please remember to close any gates you open – do not expect the next runner will do this. Pacers are NOT permitted during any part of the event.

Spectators must only use the following Spectator Check Points to avoid congestion and disturbance to local residents, and must NOT use the checkpoints for car parking, please use public parking and walk to the CP's:

CP2 Glenridding (100K & 55K), CP3 Grasmere Reading Rooms (100K, 55K & 23K), CP8 Langdale Primary School (100K, 55K and 23K)

There is plenty of entertainment at the start and finish arena for spectators and Ambleside has superb facilities for all the family, both inside and out, so bring your friends and family along for the weekend.

COURSE TERRAIN

The course has a variety of terrain. Most of the course is on stony mountain bridleways and there are short sections of tarmac road. The entire course will be well marked and marshalled – you **MUST** keep to the marked route at all times. Anyone not following the marked route will be disqualified from the event. There is a map and profile of the course on the event website. **NO DOGS ARE ALLOWED WITH COMPETITORS ON THE COURSE**

FEED STATIONS

We will have a comprehensive list of all food and drink available at the Feed Stations available for download from the [Race Day page](#) of the event website

TIME LIMITS & STRICT CUT OFF TIMES

For safety reasons we will be imposing the strict cut off times at each of the water/feed station check points. Please note that the times listed are for LEAVING the checkpoints. These will be clearly posted on the [Race Day page](#) of the event website.

FINISH

The finish will be located within the grounds of Rothay Park, Ambleside. There will be a PA commentary with MC and music up until 8pm – you are sure to receive a warm welcome! Event Advanced Life Support Medics from Event Safety Group will be in attendance throughout the event.

Please make sure ALL of your number is clearly visible – failure to display your number fully will result in disqualification. Runners competing with someone else's number will be disqualified and will not be eligible for prizes or appear in the results. **EVERYONE MUST REPORT TO THE FINISH OR A CHECKPOINT IF THEY RETIRE & HAND IN THEIR RACE BIB / TIMING DIBBERS.** Unreturned timing dibbers will be charged at £25 + VAT

PHOTOGRAPHS

We will have professional sports photographer James Kirby out on the course and at the start and finish area. The photographs will be available for FREE download from our Facebook page in the week following the event.

APRES TRAILS PRIZE GIVING PARTY

Après Trails Party – Singer / songwriter Pete Lashley will be performing live for an hour on Saturday from 15.30 – 16.30 leading up to the prize-giving for the 14K & 23K events. This is a great opportunity to meet fellow competitors, the organising and marshalling teams.

We'll have another performance from Pete at 11.00am on the Sunday before the Ultra Prize Giving at 12.00pm. This will be a great way to meet and chat with fellow competitors and soak up the atmosphere and you're your achievement.

We plan to have results available in the marquee shortly after finishing and results will be posted on the website as soon as possible after the event.

Ultra 100K

Open Class: First 5 Men & Women / Veteran Classes First Man / Woman V40, V50, V60, V70

Ultra 55K

Open Class: First 5 Men & Women / Veteran Classes First Man / Woman V40, V50, V60, V70

23K Trail Race

Open Class: First 3 Men & Women / Veteran Classes First Man / Woman V40, V50, V60, V70

14K Trail Run

Open Class: First 3 Men & Women

Prizes will not be posted out – if you cannot attend the prize giving please arrange to either collect it beforehand or for someone to collect it for you. Please note that if a Vet wins a prize in the Open category they will receive this prize only.

We will have some fantastic spot prizes donated by inov-8, Lakeland Trails and local businesses and there are free spot prize draw tickets for all competitors (one per person!). The spot prize tickets need to be put into the winners' podium, with the draw following the prize giving on Sunday. You can only claim a prize if you are present to collect it!

CHARITY RUNNERS

A warm welcome to everyone running the event for their chosen charity. Please let our MC know how much money you have managed to raise for your nominated charities and we'll give you a shout out on the PA.

THANK YOU

This event wouldn't have been possible without the grateful permission of all the landowners and tenant farmers, Cumbria County Council, South Lakeland District Council, National Trust, LDNPA, United Utilities, Dalemains Estates, Langdale Primary School, Grasmere Reading Rooms, inov-8, Event Safety Group, James Kirby Photography, Lake District Foundation, Lakeland Trails and all the local businesses sponsoring prizes. Last, but not least, to all the friends and helpers who have contributed.

However, the biggest thank you goes to you for supporting the event. We hope you have a great day out and enjoy the stunning views. Good luck!

Discounted early bird entry for our Autumn series events at Keswick (7th September), Coniston (5th October), Helvellyn (26th October) and Ullswater Finale (27th October) is available until 30th June - please [BOOK NOW](#) to avoid disappointment

www.lakelandtrails.org

Presenting Partner



Charity Partners



Venue Partners



Shoe and Kit Partner



Photography Partner

