



## 100K Feed Station Check Points

**Date: Saturday, 29<sup>th</sup> June 2019**    **100K Start: 00.00am (midnight on Friday night) from Rothay Park, Ambleside**

If you have special dietary requirements you can leave food drop bags with us at the Registration **by 15.30 on Friday at the latest**. We will then try to get them to the check points for you. Please label your food drop bags clearly with the CP number, your name and race number. You can also drop off ONE small bag containing spare trainers / clothing off at Registration which will be available for you at CP5, Glenridding Parish Hall.

**Please note all cut off times are the times you must LEAVE a checkpoint.**

**Leg 1 – “Moon rise over Garburn Pass” Ambleside to CP1 Kentmere Village Institute (NY456041) 12.2km (total : 12.2km) Cut Off Time : 100K – 03.00**

The first check point is at Kentmere Village Institute and there are toilet facilities available. This first Feed Station will have a range of drinks and snacks : Flapjack, bananas, jelly babies, crisps, biscuits, drinking water, OTE isotonic drink, tea and coffee

**Leg 2 – “Over Nan Bield Pass” Kentmere Village Institute to CP2 Mardale Head (NY469107) 8.8km (total : 21km) Cut Off Time : 100K – 05.30**

The second check point is at Mardale Head Car Park, this is a tented check point and there are NO toilet facilities. This Feed Station will have a range of drinks and snacks : Flapjack, bananas, jelly babies, crisps, biscuits, drinking water, OTE isotonic drink and flat coke

**Leg 3 – “Round Haweswater to the Breakfast of Champions” Mardale Head to CP3 Bampton Memorial Hall (NY517182) 11.8km (total : 32.8km) Cut Off Time : 100K - 08.00**

The third check point is at Bampton Memorial Hall and there are toilet facilities available. This Feed Station will have porridge, soup, noodles, bacon butties along with a range of drinks and snacks : Flapjack, bananas, jelly babies, crisps, biscuits, drinking water, OTE isotonic drink, flat coke, tea and coffee

**Leg 4 – “Over Askham Moor for a view of Ullswater” Bampton Memorial Hall to CP4 Howtown Bobbin Mill (NY444196) 11.4km (total : 44.2km) Cut Off Time : 100K – 10.30am**

The fourth check point is at Howtown Bobbin Mill and there are toilet facilities available. This Feed Station will have porridge, soup, noodles along with a range of drinks and snacks : Flapjack, bananas, jelly babies, crisps, biscuits, drinking water, OTE isotonic drink, flat coke, tea and coffee.

**Leg 5 – “Over Boredale Haise to Half Way House” - SPECTATOR POINT**  
**Bobbin Mill to CP5 Glenridding Parish Hall, Glenridding (NY385169) 15.8km (total : 60km) Cut Off Time : 100K – 13.00**

The fifth check point is at Glenridding Parish Hall in Glenridding and there are toilet facilities. Drop bags will be waiting for you here – please place any items you wish returning to Ambleside in your own Drop Bag. This Feed Station will have a range of drinks and snacks : Flapjack, bananas, jelly babies, crisps, salted peanuts, biscuits, drinking water, OTE isotonic drink, flat coke, tea and coffee

**Leg 6 – “The Big Climb of Grisedale Haise to the home of Gingerbread” - SPECTATOR POINT**  
**Glenridding Parish Hall, Glenridding to CP6 Grasmere Reading Rooms 13.1km (total 73.1km)**  
**CP6 Cut Off Time : 100K – 15.45**

The sixth check point is at Grasmere Reading Rooms in Grasmere and there are toilet facilities available. This Feed Station will have a range of drinks and snacks : Flapjack, bananas, jelly babies, crisps, salted peanuts, biscuits, soup, noodles, drinking water, OTE isotonic drink, flat coke, tea and coffee

**Leg 7 – “Over Silver Howe to Langdale”**  
**Grasmere to CP7 Langdale 6.9km (total 80km)**  
**CP7 Cut Off Times : 100K – 17.30**

The seventh check point is in the Langdale valley near the junction to Little Langdale and there are NO toilet facilities. This Feed Station will have a range of drinks and snacks : Flapjack, bananas, jelly babies, crisps, salted peanuts, biscuits, drinking water, OTE isotonic drink and flat coke.

**Leg 8 – “Tour of Little Langdale” - SPECTATOR POINT**  
**Langdale to CP8 Langdale Primary School (NY321053) 12.8km (total 92.8km)**  
**CP8 Langdale Primary School DEPARTURE Cut Off Time : 100K – 21.00**

The eighth check point is at Langdale Primary School, and there are toilet facilities available. This Feed Station will have a range of drinks, soups, sandwiches and snacks provided by the Lakeland Trails crew, along with : Flapjack, bananas, jelly babies, crisps, salted peanuts, biscuits, drinking water, OTE isotonic drink, flat coke, tea and coffee

**Leg 9 – “Round Loughrigg Tarn then Up and Over to FINISH”**  
**Langdale Primary School to FINISH Ambleside 7.2km (total 100km)**  
**FINISH Cut Off Time : 100K – 23.00**

Once you have finished you will receive a voucher for a free meal from The Green Canteen