



55K Feed Station Check Points

Date: Saturday, 29th June 2019 55K Start: 10.00am Rothay Park, Ambleside

If you have special dietary requirements you can leave food drop bags with us at the Registration by 19.00 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.

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

Leg 1 – “A Struggle to Kirkstone Pass”

Ambleside to CP1A Kirkstone Pass (NY401081) 6.1km (total 6.1km)

CP9 Cut Off Time : 55K – 11.45

The first check point is at Kirkstone Pass and there are NO toilet facilities. This Feed Station will have a simple range of drinks and snacks : Bananas, jelly babies and drinking water

Leg 2 – “Downhill to Brotherswater and on to Glenridding” - SPECTATOR POINT

Kirkstone Pass to CP5 Glenridding Parish Hall, Glenridding (NY385169) 10.9km (total 17km)

CP5 Cut Off Time : 55K – 14.00

The second check point is at Glenridding Parish Hall in Glenridding 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, sandwiches, drinking water, OTE isotonic drink, flat coke, tea and coffee

Leg 3 – “The Big Climb of Grisedale Hause to the home of Gingerbread” - SPECTATOR POINT

Glenridding Parish Hall, Glenridding to CP6 Grasmere Reading Rooms 12.4km (total 29.4km)

CP6 Cut Off Time : 55K – 16.35

The third 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 4 – “Over Silver Howe to Langdale”

Grasmere to CP7 Langdale 6.9km (total 36.3km)

CP7 Cut Off Times : 55K – 18.20

The fourth 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 5 – “Tour of Little Langdale” - SPECTATOR POINT
Langdale to CP8 Langdale Primary School (NY321053) 12.8km (total 49.1km)
CP8 DEPARTURE Cut Off Time : 55K – 20.30

The fifth 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 6 – “Round Loughrigg Tarn then Up and Over to FINISH”
Langdale Primary School to FINISH Ambleside 7.6km (total 56.7km)
FINISH Cut Off Time : 55K – 22.00

