



LAKELAND TRAILS ULTRA 100k, 55k, 23k & 14k  
9<sup>th</sup> July 2022

EVENT GUIDE



Welcome to the 2022 Lakeland Trails Ultra in Ambleside Event Guide! 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.

The first page of this guide covers all of the ESSENTIAL information you need as succinctly as possible!

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*Inspiring Races in Beautiful Places™*

We know people are often pressed for time so the ESSENTIAL information is covered on this page. We won't be holding a Safety Briefing because all of the information is shown below.

- Please follow NHS / Government guidelines about covid-19
- Official Car parking will be signposted on approach to the site – please navigate to the postcode LA22 9PL
- Please remember to bring Photo ID (Photo Driving License or Passport)
- The compulsory kit list is as it says. There will be no exceptions or changes
- Start Times and numbers found on the Start Lists on the event page on our [website](#)
- Your race number must be attached HORIZONTALLY or the timing chip won't be read
- Let us know if you want to change your start time / race distance before you start
- Set off at your allocated time or you won't show on the Results
- We will only be supplying cups for hot drinks and flat coke at the feed stations so bring your own for water
- If you arrive at a closed gate, please close it behind you
- No over ear or in ear headphones (bone conducting ones permitted)
- Snot rockets or spitting
- Dogs are not permitted on the course
- Have a great day

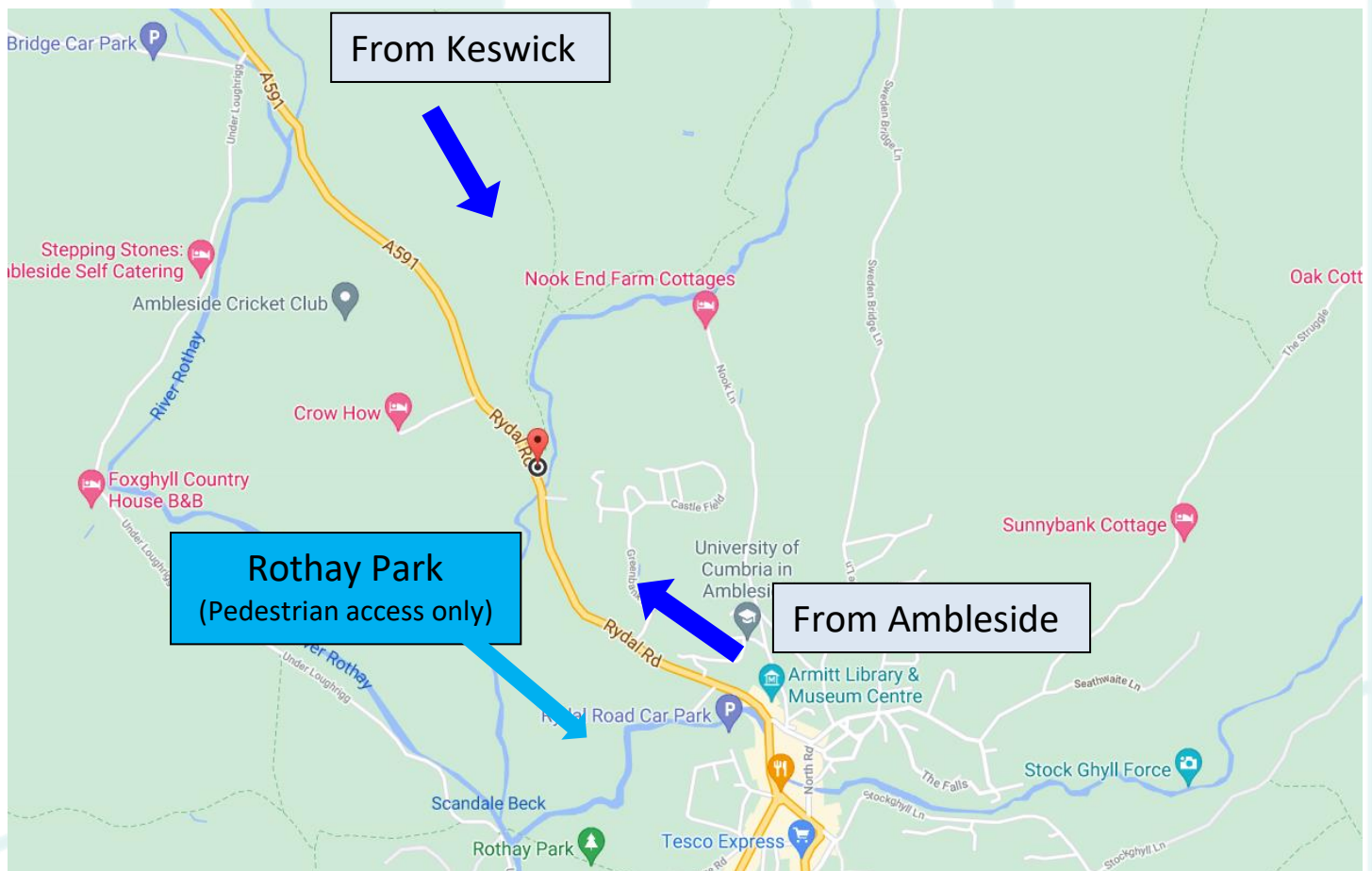
## TRAVEL & PARKING

There is no vehicle access to Rothay Park at any time.

Our official car park is only open from 6:45am on the Saturday morning at Rydal Showground, a 1km walk to the start. All day car parking is available for £4 per car. The car park will be signposted north of Ambleside and you can find it using Google Maps from [this link](#). Please pay by contactless card or use exact change.

**Please note that vehicles larger than a VW Transporter van cannot be accommodated ie no motorhomes or large camper vans and no overnight parking**

If you wish to park closer to the Event Village, please use one of the public car parks in Ambleside. There will be plenty of capacity but do please allow sufficient time in case of delays. Miller Bridge car park, postcode LA22 0EE is located just behind Rothay Park. We are not responsible for the car parking at this site.



## Camping

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 email Daniel Nevinson: [daniel1988nevinson@gmail.com](mailto:daniel1988nevinson@gmail.com). This is a walk-on site only, but parking is available adjacent. Limited overnight parking is also available for motorhomes.

## REGISTRATION

Registration (and Kit Check for the Ultra events) will take place in the main marquee.

For the 14k & 23k, Registration closes 45 minutes before your Start Time.

Ultra 55k and 100k runners need to collect their race numbers, timing dibber and have a compulsory kit check before setting off. Please allow plenty of time for this and if you're running in the 55k, please try and register on the Friday between 2pm and 8pm.

Start Lists will be available to view on our [WEBSITE](#) and will not be displayed in the marquee.

We will send out an email 2-3 weeks before the event to ask you to check all of your personal information is correct, to ask you to select a Start Time option (if one is available) and to confirm that you accept our Participation Statement (a copy of that is already available on our website - link above)

We will send you an email a few days before the event to confirm your race number and start time.

When you attach your bib, please make sure it is horizontal or your timing chip might not work.

If you've got any questions about your entry, please go to the Enquiries desk on the right-hand side of the main marquee and a friendly face will help you.



There will be a baggage storage area adjacent to the main marquee. Please bring as little as possible and lay your bags side by side rather on top of each other.

Please note there are no entries on the day and entries are not transferrable. Runners competing with someone else's number will be disqualified and will not be eligible for prizes or appear in the results. We will also prevent them from taking part in future Lakeland Trails events, such is the safety risk if something were to happen to a person whose details we don't have on our system.

## **COMPULSORY KIT REQUIREMENTS FOR ULTRA 100k and 55k**

(There are no compulsory kit requirements for the 14k and 23k runs)

Our kit check is run by our Crew & volunteers who are part of the team helping you to have a safe and enjoyable event. While kit check can be a stressful part of registration please treat them with respect and remember that any questions they may have about your kit are simply for your safety.

Please note that, regardless of the forecast or conditions on the day, **there will be no change to these kit requirements**, which form part of our approved Risk Assessments and Event Management Plans. Even on a hot summer's day, it is not unknown for a hailstorm to roll in and for the temperatures to plummet. Some sections of the course are at a high elevation and would take some time to reach in case of an emergency.

**Please note photographic ID will be required (Driving License / Passport) to collect your Race Number**

### **KIT LIST**

**Full waterproof body cover, top (jacket) and bottom (trousers)** A windproof is not sufficient. These items should have taped seams and the jacket should have a hood. If it doesn't have taped seams, it won't pass the kit check

**Head torch (fully charged) (with spare batteries for the 100k or an extra headtorch)**

**First aid kit (to include minimum blister plasters, bandage and zinc oxide tape/ other tape to secure dressing)**

You should also include any items you may need including any regular medication. We do not recommend the use of NSAIDs (e.g. Ibuprofen) during the race.

**Spare base layer top, long-sleeved** Base layer top needs to be long sleeved. Arm sleeves alone are not acceptable.

**Hat & gloves.** A Buff is acceptable as the hat.

**Whistle** Please check that it works in advance, especially if it is part of your running vest.

**Mobile phone (fully charged) Please save our Safety HQ number 0161 818 2725 into your phone** (only active on the Event Day for emergencies only)

**Emergency foil blanket OR bivi bag**

**Emergency food & drink** A minimum of 100ml of water (in a separate small bottle / soft flask) and one energy / chocolate bar. These items should be unopened when you cross the finish line.

We also advise you wear suitable trail running shoes, e.g. inov-8 Trailfly G270s and carry sun cream.

You are welcome to use a compass, poles and GPS but the course is fully marked

## **FEEDSTATIONS and CUT OFFS**

Please arrive at the start with a full pack of water (1 – 2litres) and plenty of snacks to keep you going.

There are 9 Feed / Water Stations on the Ultra 100k course and 6 on the Ultra 55k course. Please see the separate file on our website for this. You can access it [here](#).

The Trail Run 23k has 2 Feed Stations at Grasmere and Langdale School. These will offer bananas and flapjack and water.

On the shorter Train Run 14k, please be self-sufficient and carry enough water for your run as there won't be a water station.

## EVENT TIMETABLE

**Please note – you must not drive down to Rothay Park to register. Please park considerately and walk down.**

### Friday 8<sup>th</sup> July

14:00	Registration and Kit Check <b>opens</b> in Rothay Park for the 55k & 100k. Numbers can also be collected for the 14k and 23k
20:00	Registration and Kit Check <b>closes</b> in Rothay Park
23:45	100k Pre-Event Briefing

### Saturday 9<sup>th</sup> July

00:01	Start of the Ultra 100k (23-hour time limit)
06:45	Official Car Park opens
07:00	Registration opens (For the Ultra 55k we recommend you register on Friday in case of last-minute delays)
09:00	Start of the Ultra 55k (13-hour time limit)
10:00	Start of the Ultra 55k (12-hour limit)
11:00	Start for the Trail Run 23k (5-hour time limit)
13:00	Start for the Trail Run 14k (3-hour time limit)
15:00	Children's Fun Trails with Zeraffa the Giraffe
15:30	Après Trails live music with singer / songwriter Pete Lashley
16:30	Prize giving & spot prize giving for 23k and 14k

### Sunday 10<sup>th</sup> July

11:00	Après Trails live music with singer / songwriter Pete Lashley
12:00	Prize Giving and Spot Prize Giving for 100k and 55k

## COURSE INFORMATION AND MAPS

Please see the course maps on our [website](#) for the latest routes. The GPX files for the 100k and 55k are also available. If you are planning on using them to navigate (even though the courses are fully marked with our amazing marshals along the way) please ensure you have the latest version before you start.

The shorter Trail Run 23k & 14k cross over sections of private land and so we are unable to share the GPX files for them.

### **Start**

All events will start and finish under our inov-8 gantry.

You will need to make your way to the start line 10 minutes before the Start so we can get you off on time.

You will be running on 'Gun Times' (your time will be based on the actual time you cross the line) and for safety reasons, runners will not be allowed to start after the sweeper has passed the start line.

### **On the course**

All courses will be well marked and marshalled by our magnificent Lakeland Trails volunteers, all of whom work hard to make your run as enjoyable and safe as possible. All routes are on typical Lakeland Trails terrain, mostly on hard-packed gravel or stony bridleways and taking in enough ascent and descent to keep you on your toes. The courses are on public rights of way and the general public have been notified about the event, with signs on all footpaths and bridleways, so please respect other users.

Please stay alert on any road sections and keep close to the side. Our marshals don't have authority to stop traffic, so please be prepared to slow down and wait if necessary. If you think the terrain is too tricky, it's fine to slow down or walk! Some gates on the course may not be staffed so if you arrive at a closed gate, please close it after you – there will be lots of lambs in the fields and we want them to stay there. Please put any litter in your pocket until you reach a bin.

**VERY IMPORTANT: DOGS AREN'T ALLOWED ON THE COURSE**

### **Finish**

The finish will be under our inov-8 gantry in Rothay Park.

When you cross the finish line, it's really important that your **whole** number is clearly visible – there are various events on the day, and failure to display your number fully will result in disqualification.

If you have chosen to collect a Finisher's T-shirt, it will be available in the marquee.

If you have selected the BiodiversiTee option, please don't be tempted to pick up a t-shirt anyway. At our last event, some runners missed out on the t-shirt they were expecting!

### **Your Safety**

In the event of an accident, you must report to the nearest marshal so we can arrange medical assistance. Event 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. Please note that they may not be able to help you with minor cuts and scrapes that you'd normally be able to sort out yourself.

If you are unable to finish your event and need to retire, **you must** report to the finish line or an event marshal and hand in your race number.

If you want to run listening to music, please only wear bone-conducting type headphones. **In and over-ear headphones are not permitted** and you will not be able to start if you have them with you. This is so that you

can hear instructions from marshals on the course and any runners who want to pass you will be able to call out to alert you so they can pass safely.

Please remember to treat fellow runners, members of the public, our volunteers and crew with respect. We want everyone to have an enjoyable day!

## **EVENT VILLAGE**

Our partner, inov-8, will have their experts on hand to talk to you about their latest products, with Pete Bland Sports selling a wide range of inov-8 products and race essentials. All footwear will have a minimum discount of 10% and if you'll receive a pair of socks with every purchase of shoes.

There will be some great food and drink stalls from a range of local caterers including delicious offerings from Food from the Fells, Tin Van Pizza Company; vegetarian / vegan options from The Green Canteen; great coffees from The Coffee Bug and Fellside Coffee; and Yorkshire Dales Ice Cream, all selling locally sourced food.

We will have a Sports Massage therapist offering pre- or post-run massages for just £10

A PA system with race commentary from our fantastic MC will keep you informed of progress of runners and give you a warm welcome as you cross the finish line!

On event day there are limited toilet facilities (Portaloos & urinals) on site.

## **GENERAL INFORMATION**

### **Meet and Greet**

If it's your first event and you want to find out more information on the day, we will have a number of stewards in two-tone hi-vis jackets to direct you.

### **Exclusive Merchandise**

We'll have a limited range of merchandise to buy on the day, including NEW hoodies and an offer on headwear - 'buy one, get one half price'. We'll also have a selection of our unique cotton tees available at half price in both male and female fit.

### **Charity Runners**

We extend a warm welcome to everyone running the event for their chosen charity. Please ask our MC for a shout out on the day and let us know how much money you have managed to raise for your nominated charities by [emailing us](#).

### **Children's Fun Trails – Start 3.00pm**

All children Under 12 have the chance to run alongside, or maybe even in front of, Zeraffa, the long-lost cousin of the late and much-loved Gerry the Giraffe. Entry is only available on the day and is **free** for competitors' children. The Fun Trails give children the buzz of the race day experience so please give them your support. You never know – they might be the next world champions! All the children are rewarded with a special finishers' medal. As the emphasis is on FUN and participation, there are no winners' prizes. Bring your whole family along to make a great day of it!

### **Spectators**

Spectators really help create a fantastic atmosphere in the event village and there is plenty of entertainment at the start and finish arena. Bring deck chairs, rugs, cameras and a smile.

### **Event Photos**



We will have the amazing professional photographer James Kirby on the course and at the start and finish area. FREE photos will be available to download from [www.Facebook.com/lakelandtrails](http://www.Facebook.com/lakelandtrails) on the Monday after the event.

### Après Trails Party and Prize Giving

The legendary Singer / songwriter Pete Lashley will be performing live for an hour from 15.30 – 16.30 on the Saturday and again on the Sunday from 11.00 to 12.00 with Prize Giving following on afterwards. This is a great opportunity to meet fellow competitors, the organising and marshalling teams.

### PRIZES AND RESULTS

<b>Ultra 100k</b>	Open Class: First 5 Men & Women / Veteran Classes First Man / Woman V40, V50, V60, V70
<b>Ultra 55k</b>	Open Class: First 5 Men & Women / Veteran Classes First Man / Woman V40, V50, V60, V70
<b>Trail Run 23k</b>	Open Class: First 3 Men & Women / Veteran Classes First Man / Woman V40, V50, V60, V70
<b>Trail Run 14k</b>	Open Class: First 3 Men & Women

Please note that prizes will not be posted out.

We've got a great range of Spot Prizes including inov-8 vouchers, free race entries and passes to local attractions. Numbers will be drawn randomly on the day and the nearest race number wins

Results will be available as soon as possible on our website for the Ultra and in real time for the shorter distances (as we are running two separate timing systems).

The 55k and 100k courses have been evaluation by ITRA and awarded 3 and 4 points respectively

### COMING UP NEXT

We'll be opening up entry for next year's Ultra shortly after the event with great Earlybird prices.



### Lakeland Trails Autumn Series – Earlybird closes 30<sup>th</sup> June

Keswick (5k, 10k & 15k)	3 <sup>rd</sup> September
Cartmel (5k, 10k & 18k)	24 <sup>th</sup> September
Helvellyn (5k, 10k & 15k)	15 <sup>th</sup> October
Ullswater (10k & 14k)	16 <sup>th</sup> October

**Enter now** to secure your place.

### THANKS

We are grateful for the permission and support of all the landowners and tenant farmers, the National Trust, Lake District National Park Authority, Natural England, Lowther Estates, Dalemain Estates, Rydal Hall, Rydal Hall Farm, South Lakes District Council, Cumbria Police, inov-8, James Kirby Photography, Pete Bland Sports, Event Safety Group 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!



[www.lakelandtrails.org](http://www.lakelandtrails.org)



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