

LAKELAND TRAILS ULTRA 100k, 55k, 23k & 14k
8th July 2023



Welcome to the 2023 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.

TRAVEL, PARKING & CAMPING	REGISTRATION
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Inspiring Races in Beautiful Places™

ESSENTIAL INFORMATION

Please see our [website](#) for a quick reference checklist

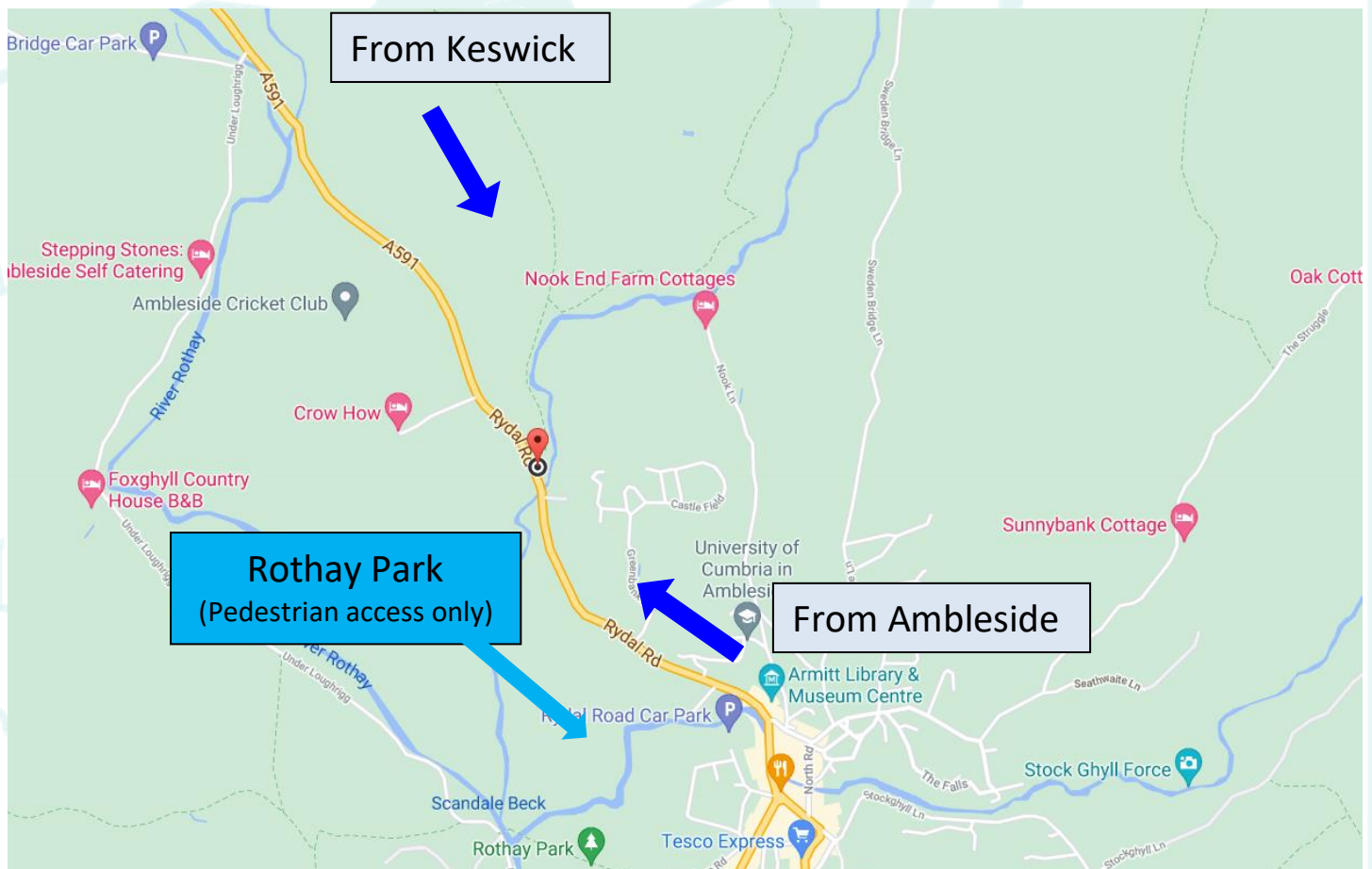
TRAVEL & PARKING

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 just £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.



Sustainability

You can play the biggest role in reducing our impact by making a few simple choices and we'd like to encourage you to do just one thing.

Please have a think if you really need another event t-shirt. If you run 5 events this year having chosen the BiodiversiTee option, we'll give you a FREE entry to a future event!

If you arrive by bike or use public transport for any part of your journey and email greentravel@lakelandtrails.org with a photo of your ticket (or your bike in the event ground), we'll add you to

a draw for a FREE entry to a future event. You can find public transport information of the event page on our website <https://lakelandtrails.org/ultra>.

You can join our NEW Car Share Facebook group: <https://www.facebook.com/groups/lrcarshare> or ask around at your local club to see if you can fill your car.

Please remember to bring your own cup / flask for water on the course and the event village because we don't provide any. There's no need to bring single use plastic water bottles when we provide Lake District water!

We have no facilities to recycle plastics in bulk so please take yours home and please use the correct bins.

Give your shoes a good wash after you've got home – keeping the uppers in good condition will prolong their life.

If we all do one thing, we can make a big difference!

Camping

Camping is available at Ambleside Football Club campsite, adjacent to the Event Village, for a cost of £10pppn. Bookings should be made direct with the club. Please email Daniel Nevinson: 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. Numbers are also collected at Registration

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

Ultra 55k and 100k runners need to collect their race numbers 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. Please note, there are NO exceptions to kit check requirements.

Ultra 100k runners will collect a tracker (weblink to be confirmed nearer the time for dot watches) and Ultra 55k runners will collect their timing dibber when they register.

Any Ultra 55k runners wishing to also have a tracker can hire one for £15. Please make a non-refundable payment [HERE](#) and [drop us an email](#) before Friday 16th June.

You are liable for the safe return of your tracker / dibber. Non-returned ones will be charged at £50.

Pete Bland Sports will be on-site should you require any last-minute kit. Last year, lots of people forgot whistles, so please check you've got one and that it works (there might be one on your backpack).

Start Lists will be available to view on our [WEBSITE](#) and will be available on a tablet in the marquee.

14k & 23k Runners - 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.

Ultra Runners - we will send out an email 2-3 weeks before the event to ask you to check all of your personal information is correct and to confirm that you accept our Participation Statement (a copy of that is already available on our website - link above)

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, 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 unless the weather is very hot.

EVENT TIMETABLE

Please see our [website](#) for the timetable for each day.

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 so we are unable to share the GPX files for them.

Start

All events will start and finish in Rothay Park 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

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 (thanks for doing your bit to improve our sustainability), please don't be tempted to pick up a t-shirt anyway or those who are expecting one will miss out and be disappointed.

Your Safety

In the event of an accident, you must report to the nearest marshal so we can arrange medical assistance. 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 (ideally at a checkpoint) and hand in your race number.

We will have a broom wagon which will pick you up as soon as possible if you are unable to make your own way back to Rothay Park. It's always great when retirees lend a hand in a checkpoint whilst waiting.

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 Cumbrian food and drink stalls including exciting offerings from our local caterers including Bandito Burrito, Fiery Mamma's Pizza & Rebel Gelato with great coffees from The Coffee Bug and Fellside Coffee. All of our food vendors have special breakfast offerings for you and your support team.

We will have a Sports Massage therapist offering massages for £10 pre-run and £20 post-run

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 plenty of stocks of our hugely popular hoodies available including a NEW colourway for the Ultra – perfect to wear before your run or in the pub afterwards!

We've also got a stylish zip jacket, long sleeve crew tees and exclusive Big Bobble hats. We'll also have NEW technical tees and VESTS for those of you who don't want an event-specific one.

Children's Fun Trails – Start 3.00pm (TBC)

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 photographers James Kirby and Paul Mitchell on the course and at the start and finish area. FREE photos will be available to download from 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

Ultra 100k	Open Class: First 3 Men & Women / Veteran Classes First Man / Woman V40, V50, V60, V70
Ultra 55k	Open Class: First 3 Men & Women / Veteran Classes First Man / Woman V40, V50, V60, V70
Trail Run 23k	Open Class: First 3 Men & Women / Veteran Classes First Man / Woman V40, V50, V60, V70
Trail Run 14k	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 55k and in real time for the other contests.

The 55k and 100k courses have been evaluation by ITRA and awarded 3 and 4 points respectively. ITRA points are not awarded in the Ultra 55k Challenge, just the Race.

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 30th June

Keswick (5k, 10k & 15k) 2nd September
Cartmel (5k, 10k & 18k) 23rd September
Helvellyn (5k, 10k & 15k) 14th October
Ullswater (10k & 14k) 15th 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, Dalemmain 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



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TRAILS

