



Feed Stations and Check Points

Saturday 8th July 2023 **100k Start: 00.01am** (midnight on Friday night) from Rothay Park, Ambleside

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

Leg	Checkpoint	Distance (km)	Cumulative (km)	Cut off 100k
Moonrise over Garburn Pass	CP1 Kentmere Village Hall	12.1	12.1	03:15
Over Nan Bield Pass	CP2 Mardale Head	8.9	21	05:45
Round Haweswater	CP3 Bampton Memorial Hall	11.6	32.6	08:15
Over Askham Moor for Daybreak over Ullswater	CP4 Outward Bound Howtown	16.9	49.4	10.45
Over Boredale Hause to Half Way House	CP5 Glenridding Village Hall	11.9	61.3	13.15
Big Climb over Grisedale to the home of Gingerbread	CP6 Grasmere Reading Rooms	12.6	73.9	16.00
Over Silver Howe to Langdale	CP7 Little Langdale	6.9	80.8	17.45
Pause to take in the view (and some water!)	CP8 Wall End	6.5	87.3	n/a
Tour of Little Langdale	CP9 Langdale Primary School	6.2	93.5	21.15
Round Loughrigg Tarn then up and over to Finish	FINISH	8	101	23.15

55k Start: 9.00am and 10.00am from Rothay Park, Ambleside.

Leg	Checkpoint	Distance (km)	Cumulative (km)	Cut off 55k
A Struggle up Kirkstone Pass	CP1 Kirkstone Pass	5.9	5.9	11.45
Downhill past Brotherswater to Glenridding	CP2 Glenridding Village Hall	11.1	17.0	14.00
Big Climb over Grisedale to the home of Gingerbread	CP3 Grasmere Reading Rooms	12.4	29.6	16.35
Over Silver Howe to Langdale	CP5 Little Langdale	6.9	36.5	18.20
Pause to take in the view (and some water!)	CP8 Wall End	6.6	43.1	n/a
Tour of Little Langdale	CP9 Langdale Primary School	6.2	49.3	20.30
Round Loughrigg Tarn then up and over to Finish	FINISH	7.6	56.9	22.00

Food and drink to keep you going

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 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.

100k only - 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 clearly mark with your name and bib number. The bags will be returned to Ambleside as soon as possible after the checkpoint closes at 2pm.

We are really pleased to have a range of delicious Traybakes goodies, all of which being handmade in Cumbria, at most of the checkpoints. There will be All butter and Paradise (vegan) flapjack along with a differing selection of Salted Caramel Brownie, Caramel Shortbread, Honeycomb Crunch & Granola Bar.

Checkpoint	Course	Toilets	Traybakes	Bananas	Jelly babies / Giant Strawbs (v)	Crisps	Peanuts	Sandwiches	Soup	Noodles	Porridge	Bacon Butties	Vegan Sausages	Water	Flat Coke	Tea & Coffee
Kentmere	100k	Y	Y	Y		Y								Y		Y
Mardale	100k		Y	Y	Y	Y								Y	Y	
Bampton	100k	Y	Y	Y	Y	Y		Y	Y	Y	Y	Y	Y	Y	Y	Y
Howtown	100k	Y	Y	Y	Y	Y			Y	Y	Y			Y		
Glenridding	Both	Y	Y	Y	Y	Y	Y	Y						Y	Y	Y
Grasmere	Both	Y	Y	Y	Y	Y	Y	Y	Y	Y				Y	Y	Y
Little Langdale	Both		Y	Y	Y	Y	Y							Y	Y	
Wall End	Both													Y		
Langdale School	Both	Y	Y	Y	Y	Y	Y	Y	Y					Y	Y	Y
Kirkstone Pass	55k			Y	Y									Y		

We will have plant-based milk at checkpoints.

All food is subject to availability and should be used to supplement your own supplies.

100k Finishers will also receive a meal voucher for Bandito Burrito.