

## TRAIL 10, DALEMMAIN

**Full Address: Dalemain Estate, Dalemain,  
Penrith, CA11 0HB**

### ENTRY CONFIRMATION

All competitors have been automatically forwarded an email confirming their entry and will be on the current entry list, displayed on the event web page.

### TERMS AND CONDITIONS OF ENTRY

Terms and conditions of entry are clearly stated on the website [www.lakeland100.com](http://www.lakeland100.com). In making the application competitors have agreed to abide by these terms and conditions of Lakeland 100.

### SWAPPING OF ENTRIES

Please note that the swapping of entries between competitors is strictly forbidden as it invalidates insurances undertaken by the organisers to cover the event. If you are unable to race, please follow the instructions outlined in the terms and conditions on the [www.lakeland100.com](http://www.lakeland100.com) website.

### EVENT PARKING

Parking will take place on the main car park at Dalemain estate. Please use the main entrance upon arrival.

### TRAVEL:

The postcode for your sat nav is CA11 0HB. Please enter Dalemain estate via the main entrance.

From the South heading North you will leave the M6 at Jct 40 signed Penrith. At the roundabout you will take your first exit left and follow the signs for Ullswater.

From the North heading south you will leave the M6 at Jct 40 signed Penrith and take a right at the roundabout signed Keswick. At the next

roundabout you will follow the signs for Ullswater.

### TOILETS:

Portable toilets will be available on the car park.

### REFRESHMENTS ON SITE:

Dalemain Estate has a café on site that will be open selling hot and cold refreshments.

### TIMETABLE

#### EVENT SCHEDULE

- 08:00-Registration and Car park opens
- 08:50-Trail Kidz briefing and Warm Up
- 09:00-Trail Kidz start
- 09:20-10k briefing
- 09:30-10k start
- 11:00-Presentation

### ON THE DAY

Registration for Trail 10 Dalemain will open at 08:00 and close at 09:10.

Registration for Trail Kidz will be in the same area and will open at 08:00 and close at 08:40.

Registration will be extremely busy so please allow extra time to ensure you get through registration stress free.

Registration will take place within the courtyard outside the cafe.

### REGISTER

Competitors to show reliable ID to prove it's you and collect your competitor t-shirt, race number which includes your timing barcode on the reverse of the number and race pack

### NUMBER COLLECTION

Collect your event number, pin it to the front of your running top and ensure it is visible at all times.

## TIMING CHIP COLLECTION

Your timing barcode will be stuck to the reverse of your race number. Please don't fold/manipulate your race number as it will damage the timing barcode and might affect the reading.

## EVENT BRIEFING

The Event Briefing is compulsory. Last minute changes to the route and event will be announced at the briefing only, therefore you must ensure that you are present at the appropriate time (see timetable).

**The briefing will take place under the start/finish gantry.**

## START

The Trail 10 run starts at 09:30hrs. The race will start immediately after the compulsory race briefing.

## ROUTE

The routes will be marked by yellow 'run route' arrows.



The course is very much like a cross country run taking place on grassy fields. You can view the route here:

<https://www.strava.com/routes/4214337>

## FINISH

The finish is under the gantry, in the same place as the start. Upon crossing the line, you will then be presented with your finishers medal and a bottle of water.

## RESULTS

A set of provisional results will be available to download immediately after your race from [www.lakeland100.com](http://www.lakeland100.com)

Any queries relating to provisional results posted on the web must be e-mailed to [info@epicevents.co.uk](mailto:info@epicevents.co.uk) by Monday following the event, after which time all results will be deemed as final and complete.

## PRIZE PRESENTATION

Please join us for the prize presentation at 11:00hrs. Prizes will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> male and female runners overall together with 1<sup>st</sup> M/F V40/50/60/70 categories. If you win an open prize, you will not be eligible for the Vets prizes.

You must attend the presentation to collect your prize. Prizes will not be posted out following the event.

## MEDICAL ADVICE

If you have any known medical condition (such as diabetes, asthma, allergy to penicillin, etc.) please ensure you have informed us prior to the race on your application.

Following registration where you will be issued with your race numbers, please write all medical details including any medication taken on the back of your race number as well as next of kin & emergency contact details and put a small indelible red cross on the front of your number.

This is not just an administrative request, it could be a matter of life and death in an emergency.

This will only be used in the event of you being involved in an accident. Whether you have a medical condition or not, if you feel unwell on race day, don't race! In case of injury or emergency please notify the nearest marshal or ask another competitor to do so, the marshal will notify the Event First Aid Team who will assist.

## **EMERGENCIES**

During the race, should you come across another competitor who needs assistance please inform the nearest marshal. There will be first aid cover on the course and at the start/finish area.

## **TRAIL KIDZ**

Registration for the free Trail Kidz 1k Race will open at 08:00hrs and close 08:40hrs.

There will be a separate registration table for the Trail Kidz 1k event.

You DO NOT need to pre-register on-line for Trail Kidz.

The Trail Kidz briefing and warm up for all participants will be at 08:50hrs under the start gantry in the court yard.

The Trail Kidz start will be straight after the briefing, under the same gantry at 09:00hrs.

Medals will be given to all Trail Kidz finishers.

## **FINALLY**

Thank you for entering the Montane Trail 10 Dalemain. We hope you enjoy your day and the course we have prepared for you. We wish you the best of luck!!

Regards

Epic Events

Email: [info@epicevents.co.uk](mailto:info@epicevents.co.uk)

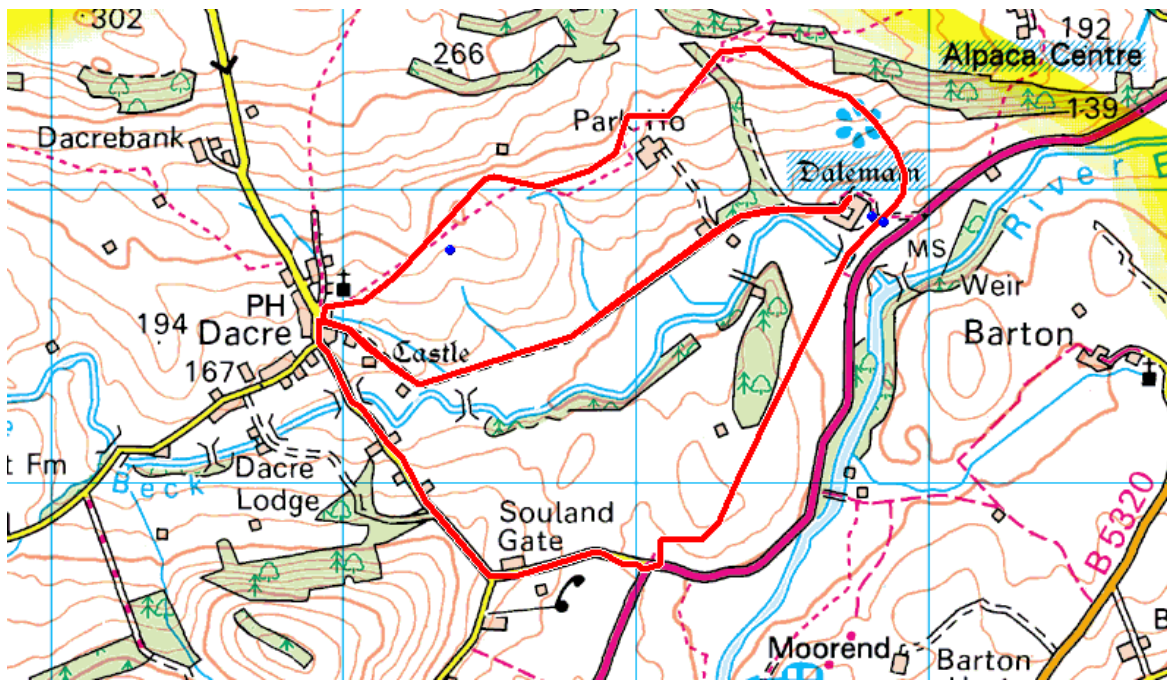
Websites:

[www.epicevents.co.uk](http://www.epicevents.co.uk)

[www.lakeland100.com](http://www.lakeland100.com)

[www.thenightrunner.com](http://www.thenightrunner.com)

## ROUTE MAP



You can access the GPS version of the course at:

<https://www.strava.com/routes/4214337>