

## MONTANE TRAIL 13 & TRAIL 10 DELAMERE

**Full Address: Old Pale Car Park, Linmere Visitor Centre, Delamere Forest, Cheshire, CW8 2JD**  
[www.forestry.gov.uk/delamere](http://www.forestry.gov.uk/delamere)

### 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.

### 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

Event parking is available on the day in the event parking field next to the Old Pale car park. When you arrive at Delamere Forest follow the tarmac entrance road, which leads towards the main visitor centre and continue to follow the event car parking signs and/or marshals. Parking is free for the event.

Signs will be in place from the main B5152 road. See the appendices for event site and parking map.

We cannot guarantee the safety of your possessions and valuables so please ensure that they are locked away safely.

### TOILETS:

Toilets will be available near to the Registration area on Old Pale car park.

### TIMETABLE

#### EVENT SCHEDULE

- 07:00 hrs Car Park opens
- 07:00 hrs Registration opens
- 07:50 hrs Trail Kidz event briefing
- 08:00 hrs Trail Kidz event start
- 08:30 hrs Trail 13 event briefing
- 08:40 hrs Trail 13 event start
- 08:45 hrs Registration closes
- 08:50 hrs Trail 10 event briefing
- 09:00 hrs Trail 10 event start
- 11:00 hrs Trail 13 presentation
- 11:30 hrs Trail 10 presentation

### ON THE DAY

Registration will open at 07:00 and close at 08:45.

Registration for Trail Kidz will be in the same area and will open at 07:00 and close at 07:45.

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

Registration will take place in the marquee on the Old Pale car park near the visitor centre.

### REGISTER

Competitors to show reliable ID to prove it's you and collect your competitor t-shirt, race number, timing chip and race pack.

### NUMBER & TIMING CHIP COLLECTION

Collect your event number and pin it to the front of your running top and ensure it is visible at all times. Your timing chip will be stuck to the

reverse of your race number. It's important that you don't folder your number in any way as this could damage the chip and result in you not receiving a time and a result for the race.

## EVENT BRIEFING

The Event Briefing for Delamere Trail 13 takes place at 8:30 hrs and Trail 10 takes place at 8:50 hrs.

The briefings are absolutely compulsory. Last minute changes to the route and event may be announced at the briefing so you must ensure that you are present at the appropriate time.

The briefing will take place under the start gantry.

The Trail Kidz briefing will take place at 07:50 hrs under the start gantry.

## START

The Montane Delamere Trail Kidz starts at 08:00 hrs, under the start and finish gantry. Parents are allowed to run with children and trail participants can use this as an ideal warm up!

The Montane Delamere Trail 13 starts at 8:40 hrs and Trail 10 starts at 9:00 hrs. The start location will be under the gantry close to the registration marquee.

## FINISH

The finish for The Montane Delamere Trail 13 and Trail 10 will be at the same location as the start, finishing under the gantry. Here you will be presented with your finish medal.

## ROUTE

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



There will be marshals at key points on the route. Please respect the forest surroundings and residents and do not drop litter. The routes can be found at the end of this document.

There will be a food and drinks station situated on the course. The station will be passed once during the 10k at the 5k point. On the half marathon the same feed station will be passed 3 times at 6.3k, 12.7k and 16.5k. At the feed station you will find water, jelly sweets and flapjack.

## ROAD CROSSING

On the half marathon course there is a single road crossing point, which will be crossed twice (once on way out and once on way back).

The road crossing will be marshalled but be prepared to stop if marshals tell you to do so.

## ROUTES

To see a GPS version of the routes, select the relevant link below:

### Trail 13:

<https://www.strava.com/routes/5711818>

### Trail 10:

<https://www.strava.com/routes/5711840>

## RESULTS

A set of provisional results will be available immediately following 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**

The Trail 13 prize presentation will take place at 11:00hrs.

The Trail 10 prize presentation will take place at 11:30hrs.

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 be in attendance at the presentation to collect your prize. Prizes will not be posted out.

### **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 is in need of assistance please inform the nearest marshal. There will be first aid cover on the course and at the start/finish area.

### **FINALLY**

Thank you for entering Delamere Forest Trail 13 and Trail 10. We hope you enjoy your day and the course we have prepared for you. We wish you the best of luck!!

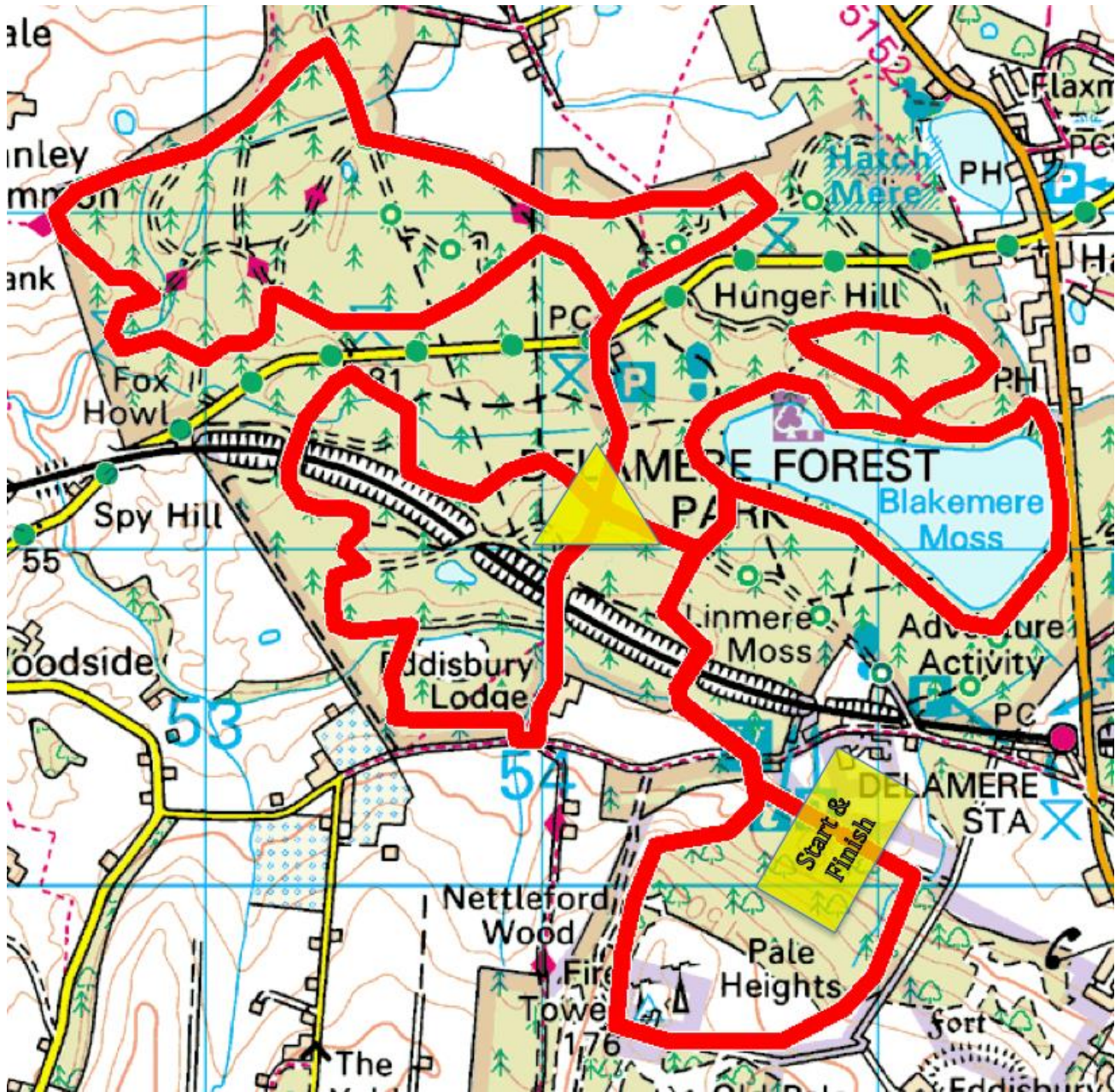
Regards

Epic Events  
[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)

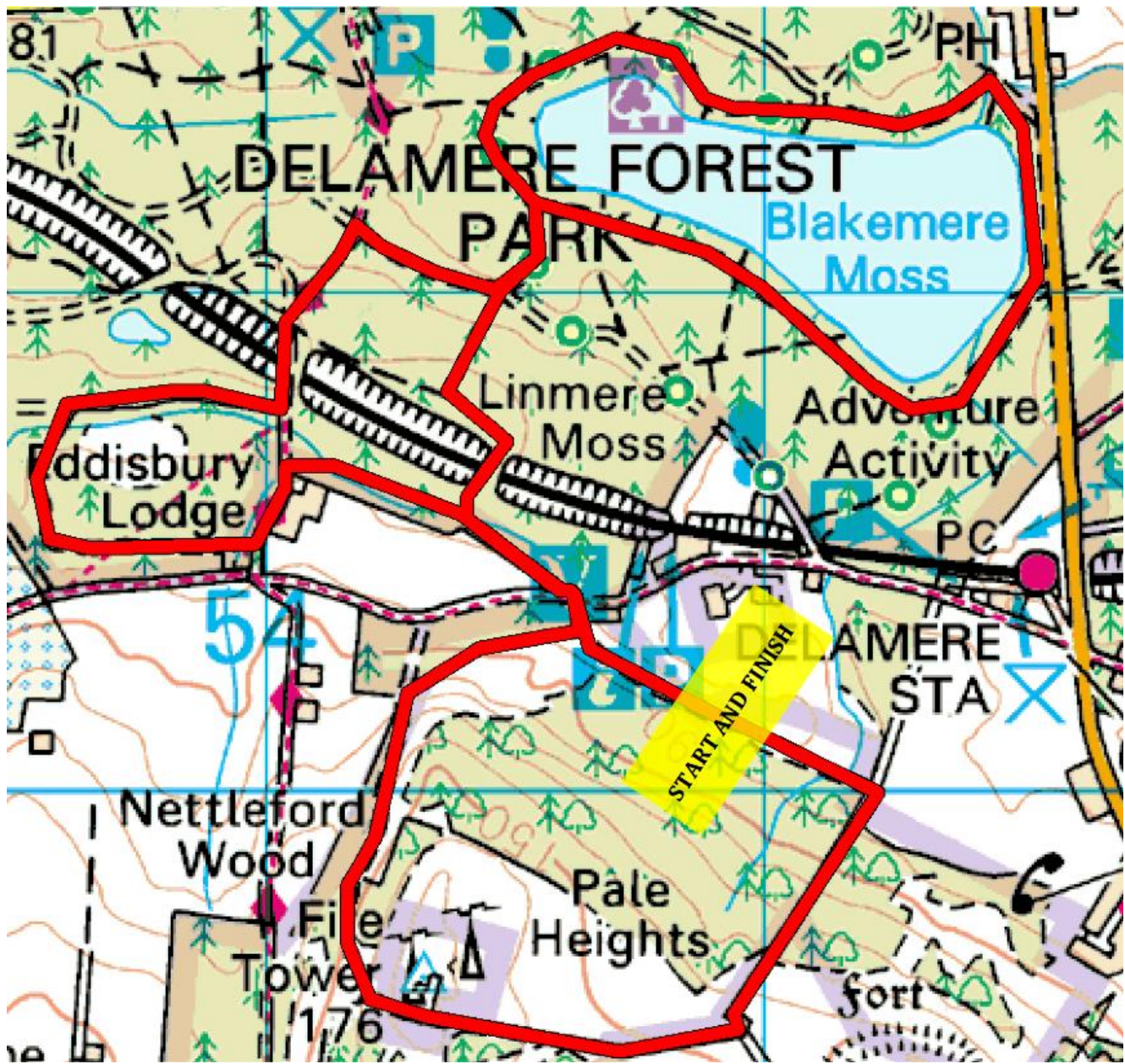


MONTANE TRAIL 13 COURSE





MONTANE TRAIL 10 COURSE





**SITE & CAR PARK OVERVIEW**

