

MONTANE TRAIL 26 & TRAIL 13, GRIZEDALE

Full Address: Grizedale Visitor Centre, Grizedale Forest, Hawkshead, Cumbria, LA22 0QJ

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. 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 website.

EVENT PARKING

Parking will take place in the main Visitors Centre car park, Bogle Crag car park and the "quarry".

Please see car parking maps for reference.

Please try to car share where possible as parking is limited.

TRAVEL

The forest postcode for your sat nav is LA22 0QJ.

Beware, once you are on the forest country roads, they are quite narrow and twisty so please drive with care and allow yourselves extra time to take this into account.

From the South, the first car park you will come accross after Satterthwaite will be Bogle, then the quarry and finally, the main visitors centre parking. From the North, you will head in via Hawkeshead, past the Visitors Center until you reach the main car park, the quarry and then Bogle car park.

When arriving please leave enough time to park your vehicle and get to the start.

The walk to the start can takes up to 15 minutes. Please arrive early.

TOILETS

Toilets will be available within the Grizedale Visitor Centre Courtyard.

REFRESHMENTS ON SITE

Grizedale Visitors Centre Café will be open from 8:30am - 5pm serving hot drinks, food and snacks.

TIMETABLE

EVENT SCHEDULE

- 06:45 – Car Park & Registration Open
- 07:50 – Trail Kidz Briefing & Warm Up
- 08:00 – Trail Kidz Start
- 08:10 – Car Park Closes
- 08:15 – Registration Closes
- 08:20 – Compulsory Event Briefing for all Competitors (Start Gantry)
- 08:30 – Start for both T26 & T13
- 11:00 – Prize Presentation (Trail 13) at the finish line
- 13:00 – Prize Presentation (Trail 26) at the finish line

ON THE DAY

Registration Info:

Registration for the Montane Trail 26 & Trail 13 will open at 06:45 and close at 08:15.

Registration for Trail Kidz will be in a separate area, will open at 06:45 and close at 07:55.

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 of the Visitor Centre.

REGISTER

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

NUMBER COLLECTION

Collect your event number, pin it to the front of your running top and ensure it is **always visible**. **DO NOT MANIPULATE YOUR NUMBER IN ANYWAY.**

TIMING CHIP COLLECTION

Your timing chip will be attached to your bib number.

KIT CHECK

The mandatory kit is listed below for both the Trail 26 & Trail 13. This is for your safety and spot checks will take place both before and after the event.

TRAIL 26 (MARATHON)

- First aid kit – to include blister plasters/sterile pad dressing/bandage or tape to secure dressing as a minimum requirement.
- Waterproof jacket (waterproof or windproof pants are also recommended)
- Spare base layer for top of body
- Head torch (or handheld)
- Mobile phone (fully charged)
- Whistle
- Hat & gloves
- Emergency foil blanket/bivi bag
- Emergency food & drink

TRAIL 13 (HALF MARATHON)

- Waterproof jacket (waterproof or windproof pants are also recommended)
- Spare base layer for top of body
- Mobile phone (fully charged)
- Whistle

EVENT BRIEFING

The Event Briefing is compulsory. Last minute changes to the route and event will be announced at the briefing only. The briefing will take place at 08:20 at the start line.

START

The Montane Trail 26 & Trail 13 Grizedale will start at 08:30.

The race will start immediately after the compulsory race briefing.

ROUTE

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



Both the Trail 26 & Trail 13 will complete the first loop.

Upon return to the start/finish courtyard the Trail 13 competitors can relax and finish whilst the Trail 26 competitors turn an immediate right into the 2nd feed station and then proceed out onto loop 2.

A copy of the route can be downloaded from the links below and is also enclosed in the “useful information” section.

Trail 13 and Trail 26 Loop 1:

<https://www.strava.com/routes/3412102>

Trail 26 Loop 2:

<https://www.strava.com/routes/3386276>

FEED STATIONS

The Trail 26 route has 3 feeding stations at 8.5miles, 13 miles and 20.5 miles.

The Trail 13 route has 1 feeding station at 8.5 miles.

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 finish medal and a bottle of water.

RESULTS

A set of provisional results will be available to download immediately after the event from www.lakeland100.com.

Any queries relating to provisional results posted on the web must be e-mailed to info@epicevents.com 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 26 prize presentation will take place at 13:00hrs.

Both presentations will take place at the finish line.

Prizes will be awarded to the 1st, 2nd & 3rd male and female runners overall together with 1st 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.

MARATHON RACE CUT OFF TIMES

Due to the time of year and available daylight hours there is a cut off for the marathon.

All competitors must be through the 2nd checkpoint (13 miles) within 3.5hrs of the start time (12:00pm).

The final cut off for finishing is 8hrs from the start time (16:30pm).

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 medical cover on the course and at the event HQ.

TRAIL KIDZ

Registration for the free Trail Kidz 1k will open at 06:45hrs and close 07:55hrs.

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 07:55hrs under the start gantry in the visitor's centre courtyard. The race will start at 08:00am

The Trail Kidz start will be straight after the briefing and medals will be given to all finishers.

FINAL NOTE

On behalf of Epic Event all the team would like to wish you well with your race and hope you have a safe and enjoyable event.

Yours in Sport,

EPIC EVENTS

Email: info@epicevents.co.uk

Websites:

www.epicevents.co.uk

www.lakeland100.com

USEFUL INFORMATION

CAR PARK LOCATION & WALK TO START:



Please use the designated car parks for parking. There will be car parking marshals who will assist you so please listen to their instructions. Please allow for a 15 walk from Bogle Crag Car Park to the Visitor Centre where registration will take place.

MAIN CAR PARK



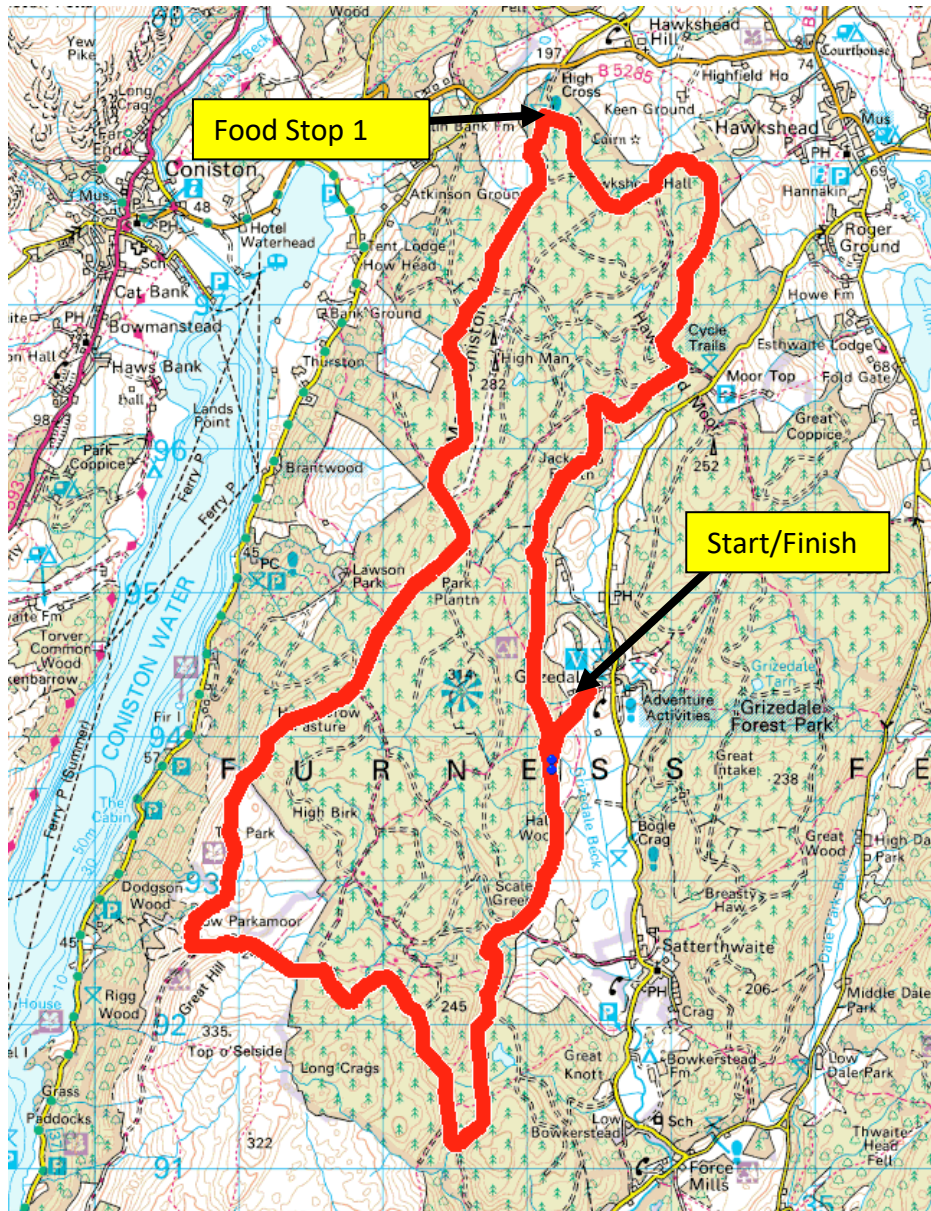
BOGLE CRAG CAR PARK



QUARRY CAR PARK



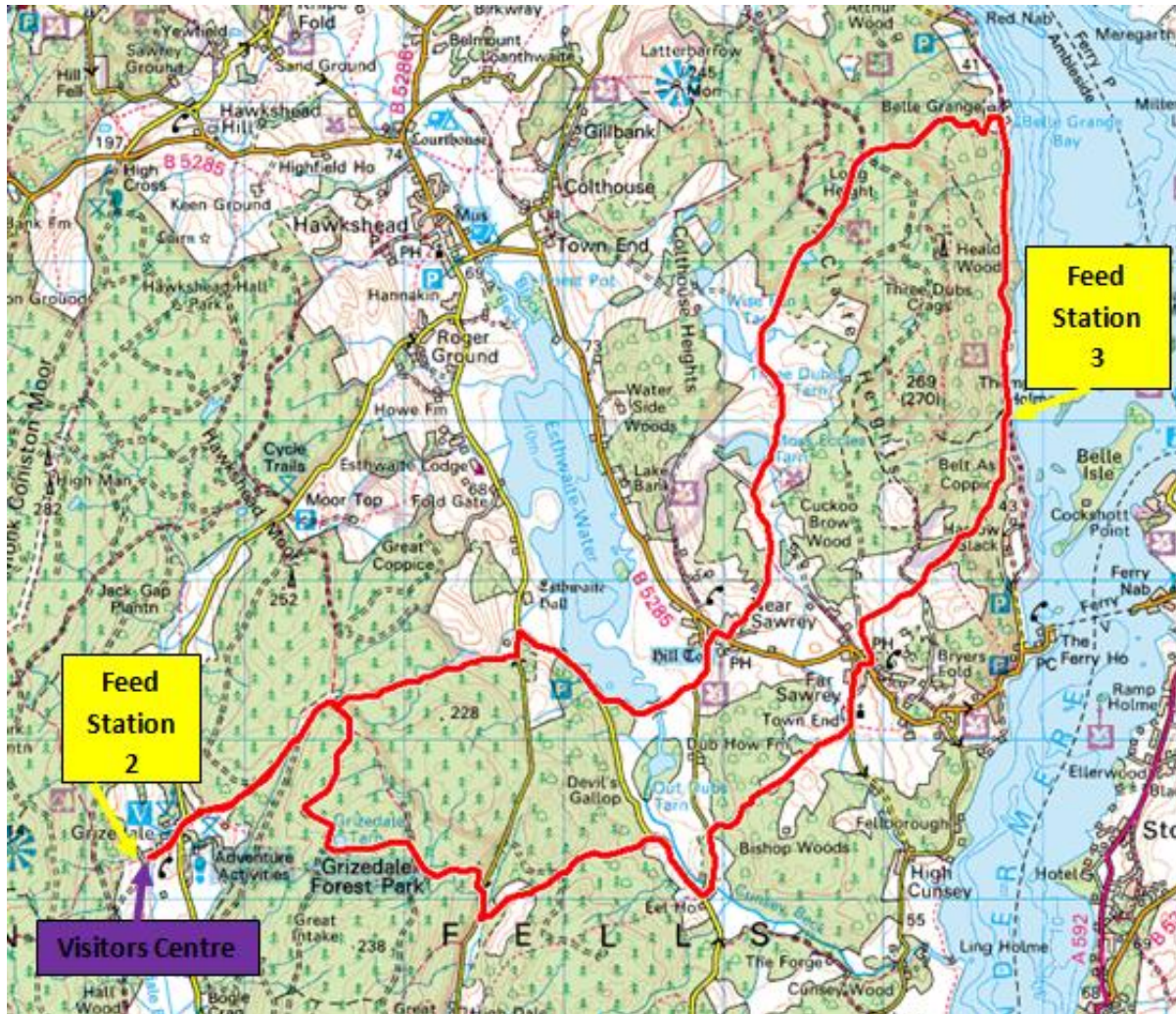
ROUTE MAP LOOP 1 (TRAIL 26 & TRAIL 13)



From the Start you will head out of the courtyard and turn right, run through the gate and start to climb up into the forest.

The route is run in a clockwise direction and the feed station is at about 5 miles, located at High Cross. Upon returning back to the courtyard the Trail 13 runners will finish under the gantry however the Trail 26 runners will turn right, into the 2nd feed station and then commence loop 2.

LOOP 2 (TRAIL 26 ONLY)



Trail 26 runners only. Upon turning back into the courtyard, the Trail 26 runners will turn immediately right, away from the finish line, and into the 2nd feed station.

You will then exit back out of the courtyard and start the 2nd loop on the other side of the forest. You will cross the main road and begin to climb up a rocky track before starting the 2nd loop in a clockwise direction.

The last feed station is alongside Lake Windermere, situated just before you turn right to begin the climb away from the Lake. The feed station is at about 20 miles. From here you will start to return towards Grizedale Forest, drop back down the stony track and back to the court yard for your sprint finish.

The two loops are very different in terrain. Loop one is mainly forest tracks/fire roads whereas loop 2 will have you crossing muddy fields, roads and technical rocky sections.