



MONTANE TRAIL 26, TRAIL 13 & TRAIL 10, HOWGILLS
Sunday 9th May 2021

Full Address: The Peoples Hall, Howgill Ln, Sedbergh, Cumbria, LA10 5DQ

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.

COVID SYMPTOMS & SOCIAL DISTANCING

Should you be exhibiting any Covid symptoms, for example, a high temperature, persistent cough, loss of taste/smell etc please do not attend the event. Stay at home, follow government guidelines on self-isolating & ensure you recover before attending any further events. You **MUST NOT** attend this event if you are exhibiting any Covid symptoms.

Please travel to the event alone. There are to be **no spectators** on the event site, any non-competitors present make the event non COVID compliant therefore putting the whole event at risk.

During the event, please ensure that you keep 2mtrs away from all other competitors & all staff and marshals at all times. When in a queue or coming close to any event staff at registration or racking in transition (for example) please ensure to wear a face covering. Please do not congregate in groups and please use the hand sanitiser whenever you pass it.

It is important that everyone plays their part in ensuring that all social distancing measures are met. There are strict regulations in place for this event to go ahead. Please help us to ensure the success and safe delivery of this event and that we can continue with further events in the future.

EVENT PARKING

Please refer to the parking map at the end of the notes. We will be using Lupton Field, Back Lane for the majority of parking. There are also several pay and display car parks within the town centre.

There is to be no parking on Station Road which is the main road running through Sedbergh. There will be signs and traffic cones here. Anyone caught parking here will not be allowed to race.

There is also no parking at the start/finish area.

TIMETABLE

EVENT SCHEDULE

- 07:00 - Registration Open
- 08:30 - Trail 26 Start
- 08:45 - Trail 13 Start
- 09:00 - Registration Closes
- 09:15 - Trail 10 Start

ON THE DAY

Registration will open at 07:00 and close at 09:00 and will take place on the start field.

Registration can be extremely busy at peak times so please allow extra time and extra space to ensure you get through registration in plenty of time and please wear a face covering when queueing and/or are near to event staff and/or other participants pre and post-race.

REGISTER

Competitors to show reliable ID to prove it is yourself and collect your competitor t-shirt, race number and race pack.

NUMBER 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 is on the reverse of your race number. It is vital you always wear your race number to ensure you receive your finish time.

Please make sure to always wear your race 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 at registration.

TRAIL 26 (MARATHON)

- First aid kit
- Waterproof jacket
- Spare base layer for top of body
- Mobile phone (fully charged)
- Whistle
- Hat & gloves
- Emergency foil blanket/bivi bag
- Emergency food & drink

TRAIL 13 (HALF MARATHON)

- First aid kit
- Waterproof jacket
- Mobile phone (fully charged)
- Whistle
- Hat & gloves
- Emergency foil blanket/bivi bag

EVENT BRIEFING

The Event Briefing is online and can be viewed via Facebook and will also be emailed to you prior to the event taking place. Please make sure to watch the briefing before the event to avoid missing key information.

START

The Montane Trail 26 starts at 08:30hrs

The Montane Trail 13 starts at 08:45hrs

The Montane Trail 10 starts at 09:15hrs

You will start in time trial format in bib number order. Please be ready in the field at the appropriate start

time to avoid any delays.

ROUTE

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



Both the Trail 26 & Trail 13 climb up Winder, around the side of Arant Haw and over to The Calf whereupon the routes separate. The routes climb very sharply within the first few miles and accounts for the majority of the overall course height. The wind can be very strong and in poor weather, temperatures can be very low. For this reason, the kit requirements are in place and compulsory for all event distances.

From The Calf, the Trail 13 route drops down Cautley Spout, England's highest cascade waterfall. From The Calf, the Trail 26 route stretches out over the Howgill Fells and down into Bowderdale before reaching Ravenstonedale.

You will then make your way around Harter Fell before meeting back up with the Trail 13 route at Cross Keys near Cautley Spout.

The descents tend to be grassy and very slippery when wet, so an aggressive tread is required to stay on your feet.

In the half marathon, the descent down Cautley Spout is 'extremely steep'. There is a clear footpath, but the gradient is very severe. You should take your time on this descent and you may even opt to walk in places, if for no other reason than to give your thighs a break!!

The two routes then follow the river back over to Sedbergh until you reach Thursgill Farm where you will turn right onto the permissive path and climb back onto the fells. From here you will follow the path back towards Lockbank farm and then People's Hall.

For the 10k course, we wanted to ensure that you didn't miss any of the enjoyable climbs. The route initially climbs to the summit of Winder, followed by Arant Haw. From there, you enjoy a downhill breather before the final push to Calder. Of course, what goes up must come down, so once you've enjoyed the views from the top, it's back to Sedbergh for the finish.

Trail 10:

<https://www.strava.com/routes/2728295486946009384>

Trail 13:

<https://www.strava.com/routes/7847354>

Trail 26:

<https://www.strava.com/routes/7847670>

FEED STATIONS:

Trail 26

There are 2 feed stops at approx. 23km (Ravenstonedale Nursery) & 33km (Cross Keys Inn)

Trail 13

There is one feed and refreshment stop at approx. 11 km (Cross Keys Inn)

At all the feeding stations there will be a checkpoint where you must give your race number to a marshal. This is to ensure that we can keep track of everyone.

Refreshments will be lay out on a table for you to take. Marshals will have sanitised all touch points before you arrive so please take what you need and avoid touching anything else.

Failure to check in at the checkpoint may result in the emergency plan being implemented.

FINISH

The finish is under the gantry, in the same place as the start. Upon crossing the line, you will then be able to collect your finish medal and a bottle of water. Each will be lay on a table, please take your medal and water and leave the finish area to avoid any crowding.

RESULTS

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

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

PRIZE PRESENTATION

There will be no presentation on event day. Prizes will be emailed out post event.

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.

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

On behalf of Epic Events, 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 PARKING

