



MONTANE ULLSWATER WAY TRAIL 10 & 20
Saturday 5th June 2021

Full Address: Jenkins Field, Glenridding, Ullswater. CA11 0QQ

ENTRY CONFIRMATION

All competitors receive an automatic email from the entry system (Resultsbase) confirming their entry and will be included in the list of participants [HERE](#).

TERMS AND CONDITIONS OF ENTRY

Terms and conditions of entry are clearly stated on the website [HERE](#). In making your entry all participants 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 liability insurance 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 website [HERE](#).

COVID SYMPTOMS & SOCIAL DISTANCING

Should you be experiencing 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. No spectators are permitted 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 distance away from all other competitors, staff and marshals at all times. When in a queue or coming close to any event staff at registration (for example) please ensure you 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 COVID Secure 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 Patterdale Cricket Club for the majority of parking. There are also several pay and display car parks within Glenridding.

There is to be no parking on the A592 which is the main road running through Glenridding. There will be signs and traffic cones here n.b. any participants deliberately ignoring this request and parking on the main road A592 will not be allowed to race.

There is no parking at the start/finish area – please do not attempt to drive onto Jenkins Field, the vehicles here will be from the staff, contractors and crew only.

TIMETABLE EVENT SCHEDULE

- 06:30 - Registration Opens at Jenkins Field, Glenridding
- 08:00 – Trail 20 Start at Jenkins Field, Glenridding
- 08:15 – Trail 10 Bus Wave 1 Pick Up from Jenkins Field, Glenridding
- 08:35 – Trail 10 Bus 1 Start at Pooley Bridge
- 08:50 – Trail 10 Bus 2 Departs from Jenkins Field, Glenridding
- 08:55 – Registration Closes
- 09:10 – Trail 10 Bus 2 Start at Pooley Bridge
- 09:25 – Trail 10 Bus 3 Departs from Jenkins Field, Glenridding
- 09:45 – Bus 3 Start at Pooley Bridge
- 11:30 – Trail 20 Pooley Bridge Cut Off
- 16:00 – Trail 10 & 20 Final Cut Off

ON THE DAY

Registration will open at 06:30 and will take place on Jenkins Field at Glenridding.

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 will need to show Photo ID that matches your entry at Registration. You will then be able to collect your 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 on your

running top to ensure you receive your finish time.

And please make sure to always wear your race number whilst on and around the event site as any non-competitors maybe asked to leave site

TRAIL 10 TRANSPORT

Trail 10 competitors will board a bus from Jenkins field to the start field in Pooley Bridge. You will pre-book your bus time via the entry system Resultsbase. Please ensure you are ready at the pick-up point 15 minutes before your bus time. The pick-up point is at the side of Jenkins Field. You will have a designated seat on the bus, it is important that you board the correct bus to comply with track and trace. You will not be able to board the incorrect bus. When on the bus, you will need to wear a face covering, sanitise your hands when boarding the bus & face the front at all times.

KIT CHECK

The mandatory kit is listed below for both the Trail 20 & Trail 10. This is for your safety and spot checks will take place at registration.

TRAIL 20

- First aid kit
- Waterproof jacket
- Mobile phone (fully charged)
- Emergency food & drink

TRAIL 10

- First aid kit
- Waterproof jacket
- Mobile phone (fully charged)
- Emergency food & drink

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 20 will start in Time Trial format in bib number order at 08:00 from Jenkins Field, Glenridding runners will start in socially distanced pairs every 2-3 seconds and the start process will be complete within 15-20mins

The Montane Trail 10 starts from 08:30, your start time will be dictated by the bus time you have booked on to. The Trail 10 will start in the field area directly behind the Sun Inn in Pooley Bridge, the bus will drop you off at the start field. You will start in time trial format. 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 routes follow the Ullswater Way Trail.

The Trail 20 route begins from Jenkins Field, you first head to Howtown. The first section to Howtown see's you follow the lake closely on an undulating, flowing trail. Once you reach Howtown you will then follow the Lakeland 50 & 100 route in reverse, running up the fell to Cockpit before heading left and downhill into Pooley Bridge. At this point you will reach both the halfway point and your first food stop.

The Trail 20 then joins the Trail 10. Leaving Pooley Bridge, both routes head South East above Watermillock, taking in views of Ullswater. At 5km (Trail 20 – 23km) you then begin climbing Gowbarrow Fell. After reaching the top you then head down towards Dockray and the 2nd food stop before continuing on to Aira Force and then the following the trail on the 3 miles back to Glenridding heading back down to the lake shore before finishing under the gantry on Jenkins Field.

Trail 10:

<https://www.strava.com/routes/2751097703395671808>

Trail 20:

<https://www.strava.com/routes/2751109214383560034>

FEED STATIONS:

Trail 20

There are 2 x Aid Station/Checkpoint - the 1st at Pooley Bridge at approx 18km and the 2nd Aid station on the approach to Dockray at approx 28km.

Trail 10

There is 1 x Aid Station/Checkpoint at approx 10km on the approach to Dockray.

Refreshments will be laid out on a table for you to serve yourself. Marshals will have sanitised all touch points before you arrive, please take what you need and avoid touching anything else and leave the table as soon as possible to allow the next runner to approach.

YOU MUST PASS THROUGH EACH AID STATION CHECKPOINT. WITHOUT CHECKING IN AT EACH FEED STATION YOU WILL NOT HAVE A FINISH TIME.

TRAIL 10 & 20 CUT OFF TIMES

All Trail 20 competitors must pass through the Pooley Bridge feed station by 11:30.

All Trail 10 & 20 competitors must finish in Jenkins field by 16:00.

FINISH

The finish is under the large Red Finish Arch in Jenkins field. Upon crossing the line, you will then be able to collect your finish medal and a bottle of water. Each will be laid on a table, please take your medal and water and leave the finish area to avoid any overcrowding.

RESULTS

A set of provisional results will be available to download immediately after your race from <https://lakeland100.com/results/>

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

Due to COVID Secure Guidelines 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 medical conditions (such as but not limited to diabetes, asthma, allergy to penicillin, etc.) please ensure you have informed us prior to the race on your entry.

Following registration 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 information 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, do not 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 Medical Team who will assist.

EMERGENCIES

During the race, should you come across another competitor 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

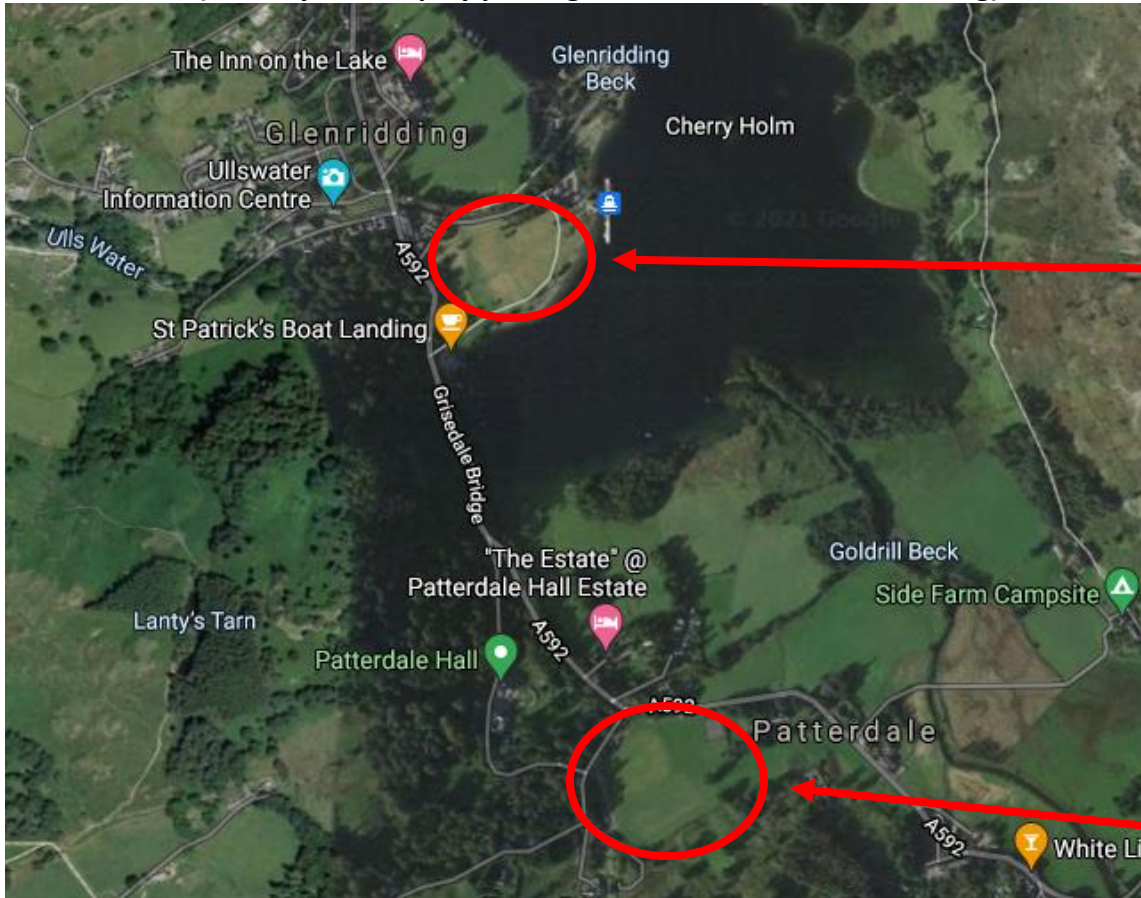
Websites:

www.epicevents.co.uk

www.lakeland100.com

USEFUL INFORMATION:

CAR PARKING (n.b. Pay and Display parking is also available in Glenridding)



Event HQ

Cricket club
car parking