



**MONTANE TRAIL 26 & TRAIL 13, GRIZEDALE  
Sunday 27<sup>th</sup> June 2021**

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

**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-19 & SOCIAL DISTANCING**

If you have any COVID symptoms, for example, a high temperature, persistent cough, loss of taste/smell - please do not attend the event. Stay at home, follow government guidelines regarding self-isolation & ensure you recover before attending any further events. You MUST NOT attend this event if you have any COVID symptoms, see below for Govt guidelines;

The main symptoms of coronavirus (COVID-19) are:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)

- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

If you have any of these symptoms, take a COVID test and stay at home until you get your result.

**Please travel to the event alone** - we are required under COVID Secure Guidelines to discourage any unnecessary gatherings and as such we kindly request that there are **No Spectators** in attendance at the event. Any non-competitors attending the event will not have registered their details with us and could result in the event being deemed as non-compliant with COVID Secure guidelines and therefore putting the event as a whole at risk.

During the event, please ensure that you keep 2 metres away from all other competitors, event 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**

Parking will take place in the field behind the main Grizedale Visitor Centre Car Park. To get into the parking field you need to drive through the main Visitor Centre car park entrance whereupon you will be directed by marshals into the parking field. Please do not park in any of the other car parks. All event parking must be on the event field.

Please see car parking map in the 'Useful Information' section for reference.

**Please try to car share where possible as parking is limited but ensure to take onto account COVID restrictions when sharing a vehicle.**

## **TRAVEL**

The Visitor Centre 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.

When arriving please leave enough time to park your vehicle and get registered. It will take longer than normal due to COVID restrictions.

## **TOILETS**

Toilets will be available within the parking field. Please do not use the toilets within the Visitor Centre.

## **TIMETABLE**

### **EVENT SCHEDULE**

- 06:45 – Car Park & Registration Open
- 08:00 – Car Park Closes
- 08:00 – Registration Closes
- 08:15 – T26 Start
- 08:30 – T13 Start

## **ON THE DAY**

Registration Info:

Registration for the Montane Trail 26 & Trail 13 will open at 06:45 and close at 08:00.

Registration will be busy - please allow sufficient time to queue in a socially distanced manner ensure you get through registration stress free.

Registration will take place within the courtyard of the Visitor Centre.

## **REGISTER**

Competitors must present reliable photo ID to collect your competitor t-shirt, race number/chip.

## **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.

Please do not cut, bend or fold your race number as you can damage your timing chip. Please make sure you wear your number on your chest and not on your leg as this could also damage the timing chip and affect your race 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**

## **KIT CHECK**

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
- Mobile phone (fully charged)
- Whistle
- Emergency food & drink

### **TRAIL 13 (HALF MARATHON)**

- Waterproof jacket
- Mobile phone (fully charged)
- Whistle

## **EVENT BRIEFING**

The Event Briefing will take place live on the Epic Events Facebook Page in the days leading up to the event, the briefing will also be uploaded to YouTube and emailed out to all competitors to watch after the live briefing. Please ensure you watch the event briefing prior to attending the event.

## **START**

The Montane Trail 26 will start at 08:15 with the Trail 13 starting at 08:30.

The race will start in “time trial” format to comply with Covid regulations, competitors will set off in bib number order. All runners will be set off within approx. 10 minutes of the start time so please ensure you are ready for your relevant start time.

Your race will start as soon as you pass through the timing point.

## **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 will be directed to continue straight on and through the 2<sup>nd</sup> feed station and then proceed 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>

## **AID STATIONS**

The Trail 26 route has 3 x Aid Stations at 8.5miles, 13 miles and 20.5 miles.

The Trail 13 route has 1 x Aid Station at 8.5 miles.

Please avoid gathering at the Aid Stations and remember to keep a minimum of 1 metre between you and any event staff and other competitors.

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.

## **FINISH**

The finish is under the large Red Finish Arch, in the same location as the Start. Upon crossing the line, you will then collect your finish medal and water will be available.

## **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.com](mailto:simon@epicevents.com) 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/sent out post event.

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.

## **MARATHON RACE CUT OFF TIMES**

Cut off times only apply to marathon runners.

All competitors must be through the 2<sup>nd</sup> checkpoint (at 13 miles) within 3.5hrs of the start time (11:45am).

The final cut off for finishing is 8hrs from the start time (16:15pm).

## **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 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 then notify the Event Medical Team who will assist.

Please also refer to the Covid-19 Symptoms section on page 1 & 2.

## **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.

## **FINAL NOTE**

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

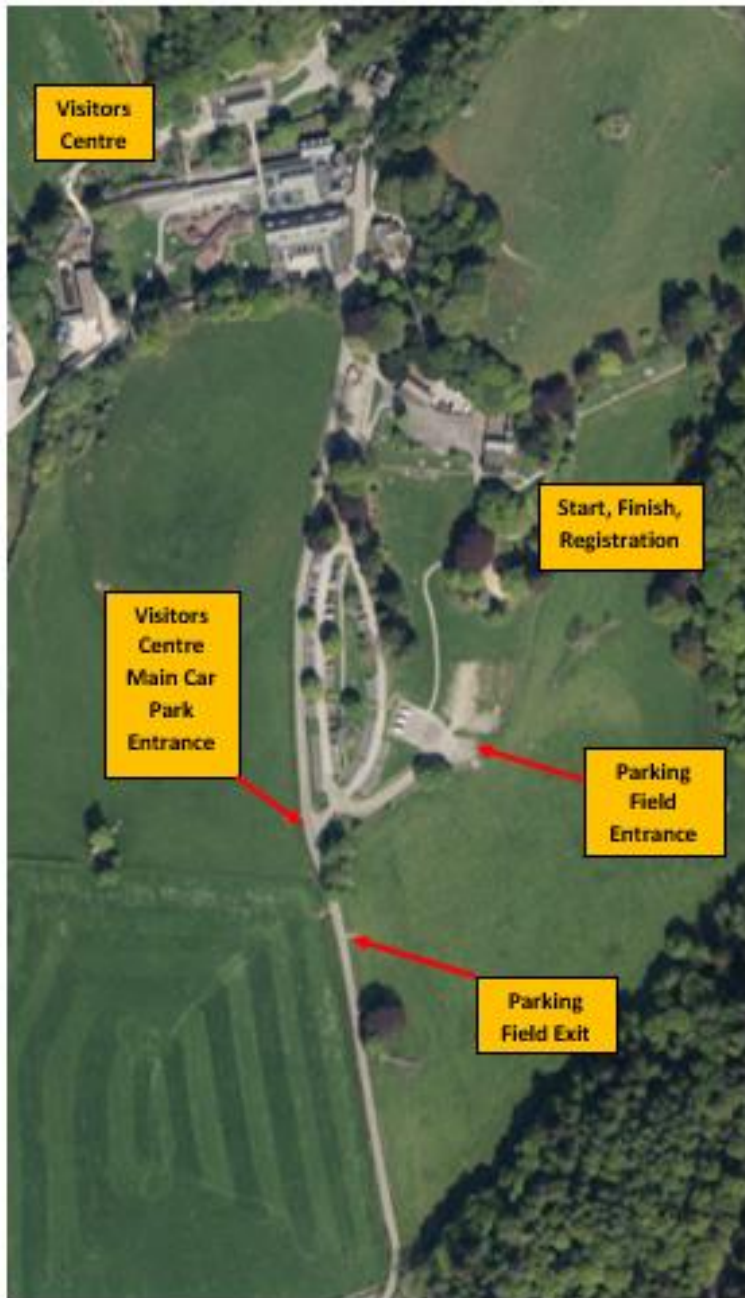
Websites:

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

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

# USEFUL INFORMATION

## CAR PARK LOCATION



Please use the designated car park field for parking. Do not park in the visitors centre car park as this is designated for paying visitors and you will be charged. Parking in the event field is free.

There will be car parking marshals who will direct you into the field & to your parking spot so please listen to their instructions.

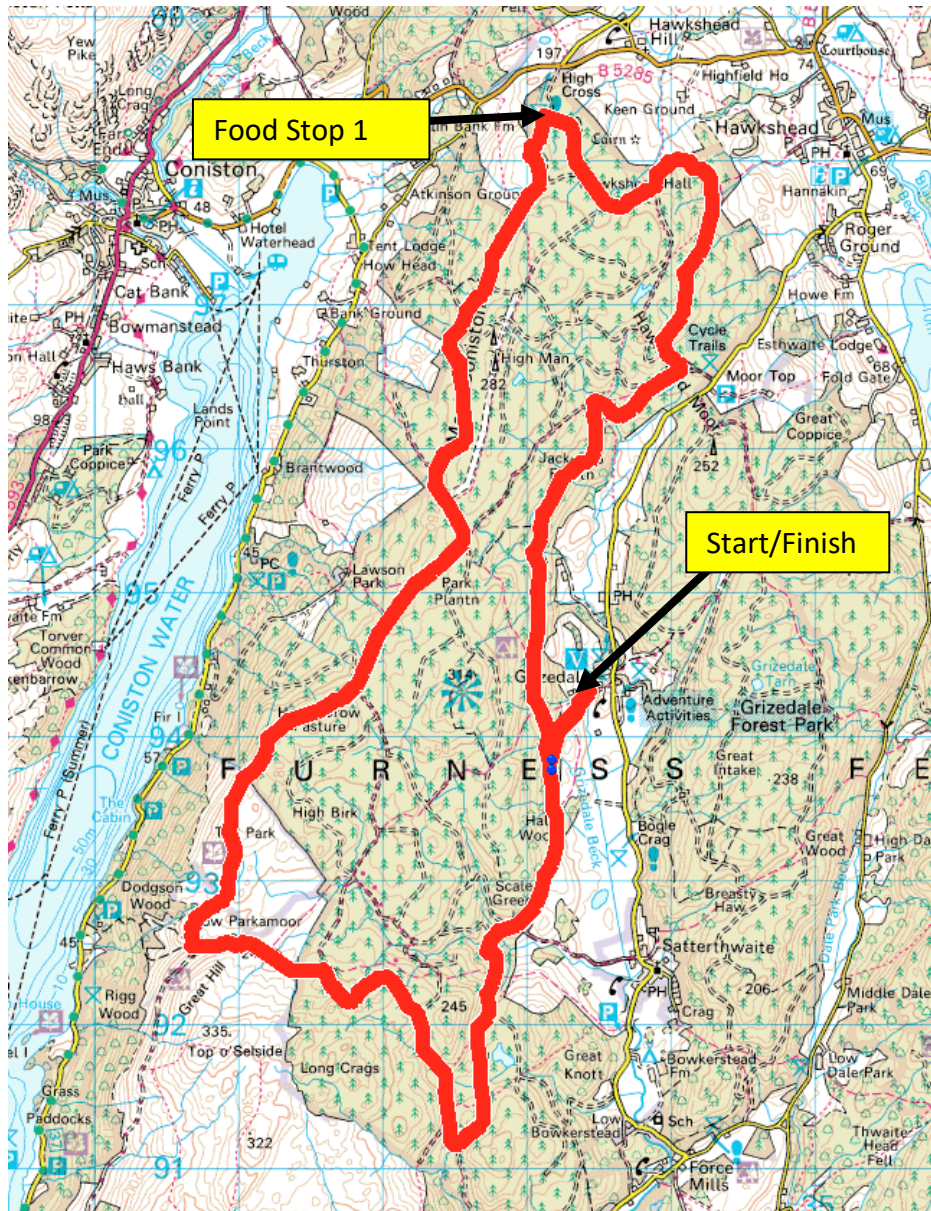
Registration, the start & finish area and event toilets are all in this field.



**MAIN CAR PARK**



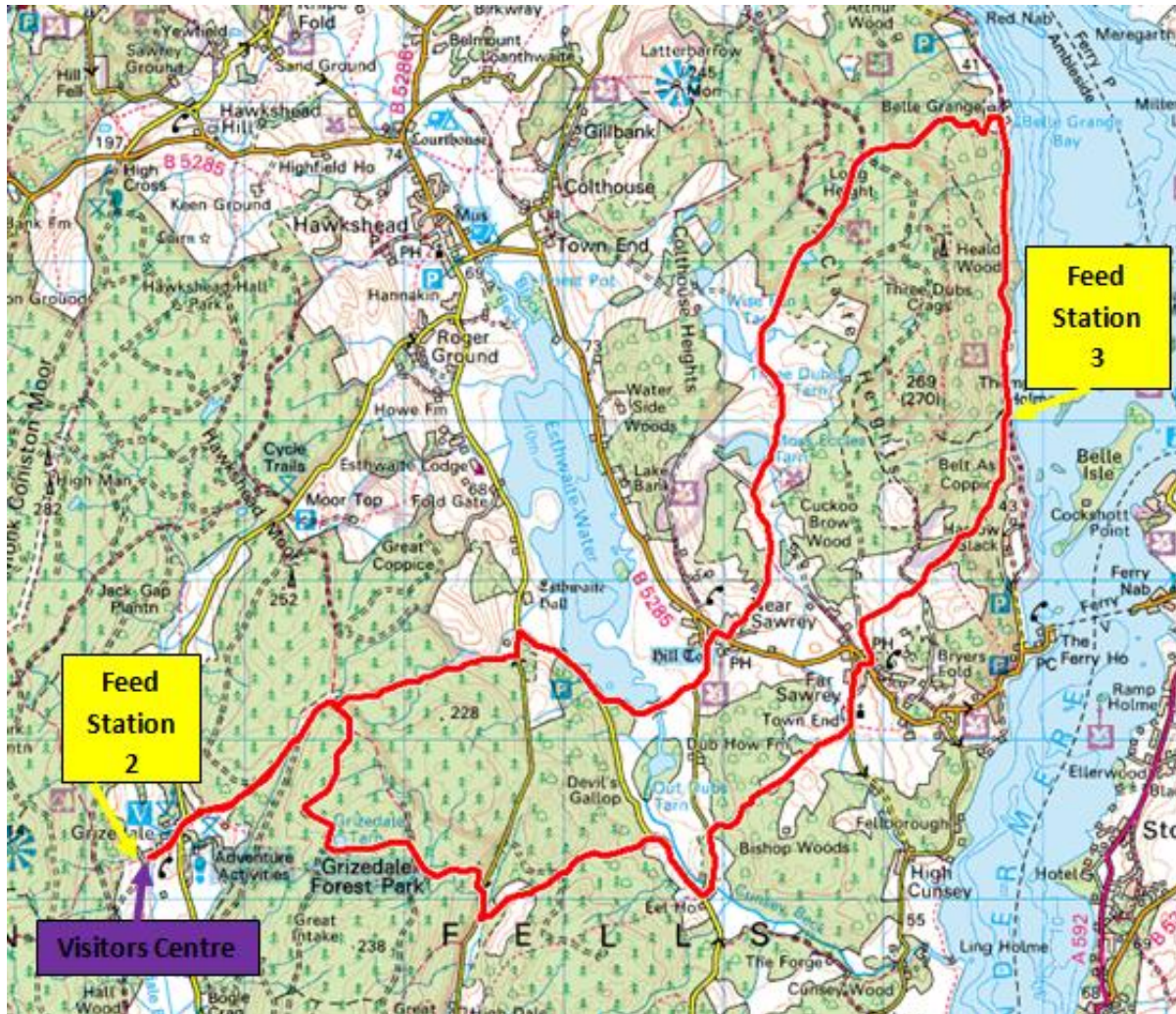
## ROUTE MAP LOOP 1 (TRAIL 26 & TRAIL 13)



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 Aid Station is at approx. 8.5 miles, located at High Cross. Upon returning back to the courtyard the Trail 13 runners will finish under the large Red Finish Arch but the Trail 26 runners will be directed straight on and through the 2<sup>nd</sup> feed station to then commence loop 2.

## LOOP 2 (TRAIL 26 ONLY)



Trail 26 runners only - after loop 1 (13 miles) Trail 26 runners will be directed straight on (n.b. do not turn into the finish), and through the 2<sup>nd</sup> Aid Station

You will then start the 2<sup>nd</sup> 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 2<sup>nd</sup> loop in a clockwise direction.

The final Aid Station is alongside Lake Windermere, situated just before you turn right to begin the climb away from the Lake. The feed station is at approx. 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 through the large Red Race Arch where you started.

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