



MONTANE TRAIL 26 & TRAIL 13, HOWGILLS - Sunday 15th May 2022

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.

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 won't be allowed to race.

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

PLEASE CAR SHARE WHERE POSSIBLE AS PARKING IS LIMITED.

TOILETS/SHOWERS:

Toilets will be available inside the changing rooms next to the field as well as the portaloos which are located on the car park at Peoples Hall.

TIMETABLE

EVENT SCHEDULE

- 07:00 – Registration Open
- 09:30 – Compulsory Event Briefing Trail 26
- 09:40 – Trail 26 Start
- 09:45 – Registration Closes
- 09:50 – Compulsory Event Briefing Trail 13
- 10:00 – Trail 13 Start
- 12:30 – Prize Presentation (Trail 13)
- 14:30 – Prize Presentation (Trail 26)

ON THE DAY

Registration will open at 07:00 and close at 09:45 and will take place inside People's Hall.

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

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 COLLECTION

Collect your event number and pin it to the front of your running top and ensure it is visible at all times.

TIMING CHIP COLLECTION

Your timing chip is stuck to the reverse of your race number. Do not fold your race number as it will damage the chip and will fail to read when crossing the timing points.

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 compulsory. Last minute changes to the route and event will be announced at the briefing only, therefore you must ensure that you are present at the appropriate time (see timetable).

The briefing will take place under the start/finish gantry.

START

The Montane Trail 26 starts at 09:40hrs

The Montane Trail 13 starts at 10:00hrs

The race will start immediately after the compulsory race briefing.

ROUTE

The routes will be marked by small yellow 'run route' arrows, pictured below.



The Trail 26 will start with a lap of the field. The Trail 13 will start and head straight off the field to Howgill Lane.

Both the Trail 26 & Trail 13 climb up Winder, around the side of Arant Haw and over to The Calf whereupon the two 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.

2022 ROUTE CHANGE:

At Thursgill Farm, mile 23.2 for Trail 26 & mile 10 for Trail 13, you will turn left, heading through the farmyard to a footpath, taking you to a bridge on Long Lane. Here you will turn right, following the main road to Sedbergh.

You will then reach Sedbergh at mile 24.6 or 11.5 and turn right from the road into Castlehaw Lane next to Westwood Books. You will then follow the road and track up to re-join the normal route, turning left.

Trail 13:

<https://www.strava.com/routes/2958060021892715506>

Trail 26:

<https://www.strava.com/routes/2958058888109219244>

FEED STATIONS:

Trail 26

There are 2 feed stops at approx. 23km (Ravenstonedale School) & 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.

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 presented with your finish medal and a bottle of water.

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 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 12:30hrs.

The Trail 26 prize presentation will take place at 14:30hrs.

Both presentations will take place at the marquee on the field.

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

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

www.thenightrunner.com

USEFUL INFORMATION:

CAR PARKING

