



MONTANE ULLSWATER WAY TRAIL 10 & 20

Saturday 4th June 2022

Car Park Address: Patterdale Cricket Club, CA11 0PP

What 3 Words Location: <https://w3w.co/deprive.strongman.kitchen>

Event HQ & Registration Address: Jenkins Field, Glenridding, Ullswater, CA11 0QQ

What 3 Words location: <https://w3w.co/minute.twitches.mouths>

Thank you for entering the 2022 Montane Trail 20 & 10 Ullswater Way. We're very much looking forward to seeing you all in Glenridding and this document will help to ensure that you have a safe and enjoyable day.

THE EPIC ULLSWATER WEEKEND

This event is part of the 'Epic Ullswater Weekend' so we'd also like to let you know about our EPIC Open Water Swim on the following day, from the same location. We're also organising a children's fun duathlon event on the Saturday afternoon, following the trail race. Why not join us for the full weekend? You can read more about the other events [HERE](#).

ENTRY CONFIRMATION

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

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](#). It is also not possible to switch distances on the day of the event as all timing equipment has been pre-programmed.

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. Parking is £5 on the day, which is cash payment only. Please have this ready when you arrive. The postcode for the cricket club is CA11 0PP and the What 3 Words reference is <https://w3w.co/deprive.strongman.kitchen>

There is to be no parking on the A592 which is the main road running through Glenridding. 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 staff, contractors and crew only.

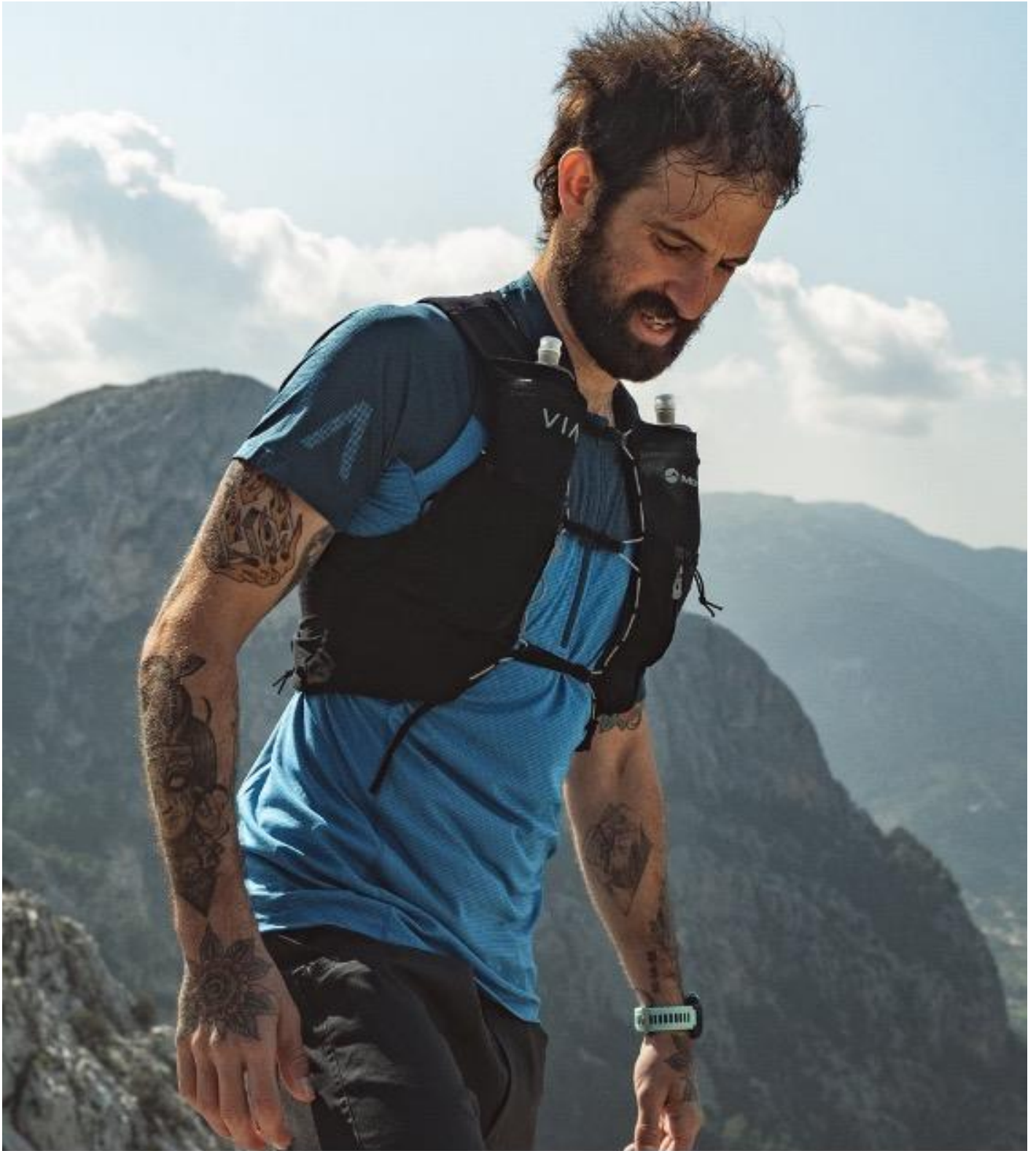
TIMETABLE EVENT SCHEDULE

- 06:45 – Car Park Opens at Patterdale Cricket Club
- 07:15 – Registration Opens at Jenkins Field, Glenridding
- 08:30 – Trail 20 Start at Jenkins Field, Glenridding
- 08:15 – Trail 10 Buses Start to Pick Up from Jenkins Field, Glenridding
- 08:15 – Registration Closes
- 08:30 – Trail 10 Buses Depart from Jenkins Field, Glenridding
- 09:15 – Trail 10 Start at Pooley Bridge
- 12:00 – Trail 20 Pooley Bridge Cut Off
- 16:30 – Trail 10 & 20 Final Cut Off

REGISTRATION

Registration will open at 07:15 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. Competitors will need to show ID

that matches your entry at Registration. You will then be allowed to collect your race pack. At registration you will collect your bib number. Please pin your bib number to the front of your running top and ensure it is visible at all times. Your timing chip is on the reverse of your bib number, so if you don't wear your number, you will not record a time.



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 will be online and can be viewed via Facebook or Youtube. All competitors will be sent a link to the briefing video in the week prior to the event. There will be a shortened version of the briefing on race day should there be any changes.

START

The Montane Trail 20 will start at 08:30 from Jenkins Field and the Montane Trail 10 starts from 09:15 in Pooley Bridge. Trail 10 will start in the large field area directly behind the Sun Inn in Pooley Bridge, the bus will drop you off at the start field and you should then line up at the start gantry.

TRAIL 10 TRANSPORT

Trail 10 competitors will board a bus from Jenkins field, the pick-up point at Jenkins field will be clearly visible. The bus will start loading at 8:15 and will leave at 8:30 sharp.

ROUTE

The routes will be marked by yellow 'run route' arrows. Both routes follow the Ullswater Way Trail, which itself is well marked.



The Trail 20 route is actually 21.5 miles in total and begins from Jenkins Field, you will complete the route in an anti-clockwise direction, following the East

side of the lake towards Howtown. Once you reach Howtown you will then follow the Lakeland 50 & 100 route in reverse, with stunning views of Ullswater. You will head downhill into Pooley Bridge. At this point you will reach both the halfway point and your first food stop, situated in the large Car Park field behind the Sun Inn in Pooley Bridge.

The Trail 20 continues to follow the same route as the Trail 10. Leaving Pooley Bridge, both routes head South East above Watermillock, taking in more great views of Ullswater. The route heads past Gowbarrow, then towards Aira Force. As you descend into the Aira Force car park, you will shortly after reach a road crossing and here there will be a 2nd water stop.

FEED STATIONS:

Trail 20

There are 2 x feed stations on the route. The first is at Pooley Bridge, in the field behind the Sun Inn at 11.2 miles. The second stop is at 18.5 miles at the road crossing, shortly after Aira Force.

Trail 10

There is 1 x feed station on the route. It is situated at 7 miles, at the road crossing shortly after Aira Force.

TRAIL 10 & 20 CUT OFF TIMES

All Trail 20 competitors must pass through the Pooley Bridge feed station by 12:00. All Trail 10 & 20 competitors must finish in Jenkins field by 16:30.

FINISH LINE

The finish is under the main finish gantry in Jenkins field. Upon crossing the line, you will then be able to collect your finish medal and your finisher T-shirt.



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RESULTS

Your finish time will be available online immediately as you cross the finish line after your race from <https://lakeland100.com/results/>. Any queries relating to provisional results should 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.

PHOTOGRAPHY

As part of your entry fee you will receive free to download pictures. The pictures will be available to download from the Epic Events Facebook page <https://www.facebook.com/epiceventsmanagement> and from the official photographer's website within 48hrs of the event finishing <https://mickhallphotos.thesearchfactory.com/library/events>

PRIZE PRESENTATION

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. The presentation will take place close to the finish gantry as close to 12 noon as possible.

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.

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.

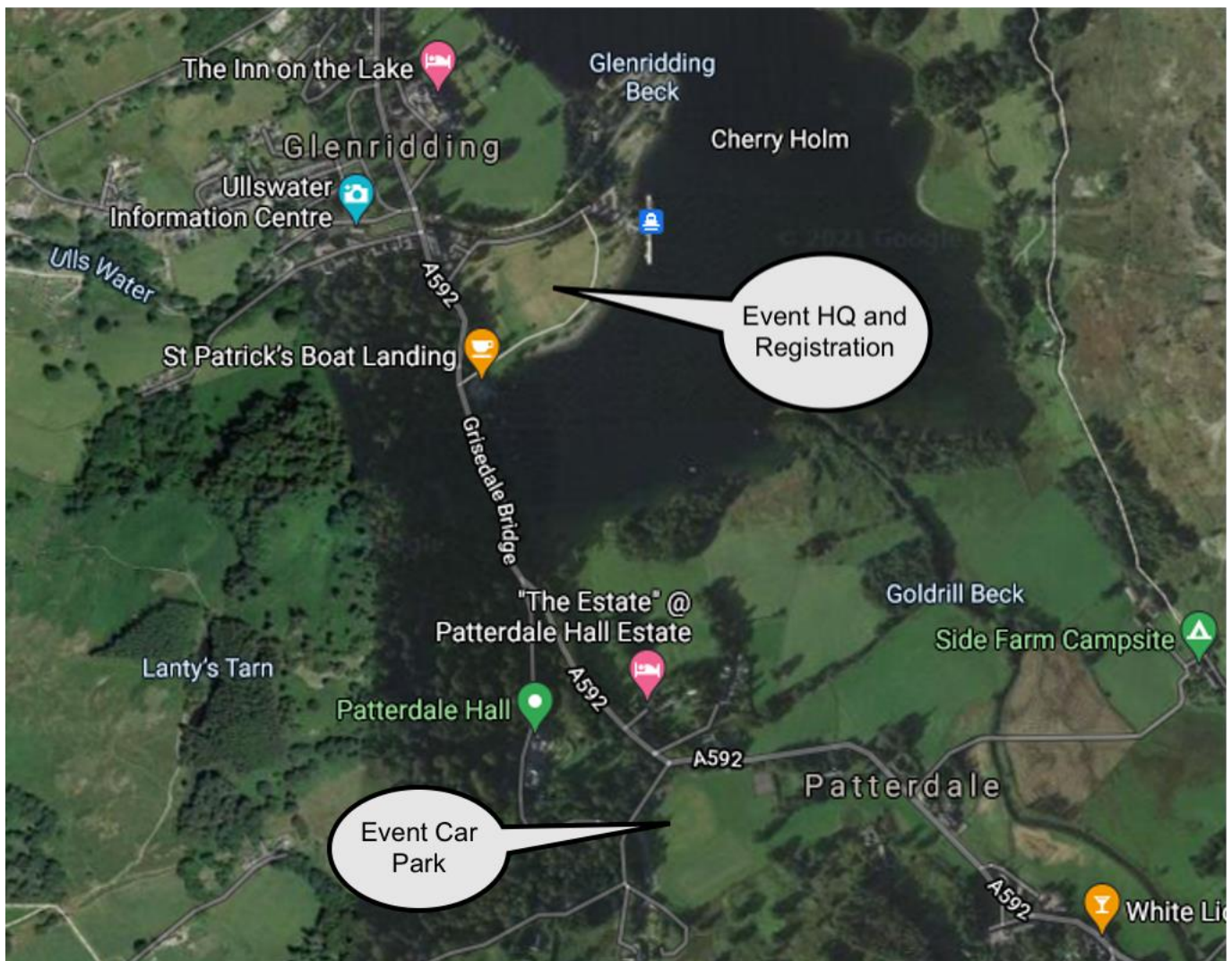
Strava Routes

Trail 10 Strava Route: <https://www.strava.com/routes/2751097703395671808>

Trail 20 Strava Route: <https://www.strava.com/routes/2751109214383560034>

CAR PARKING

Parking is £5 cash payable on arrival, please have the correct change available.



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