



MONTANE TRAIL 26 & TRAIL 13, GRIZEDALE – Sunday 16th October 2022

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

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 Grizedale Trail 26 & Trail 13.

SWAPPING OF ENTRIES

Please note that the swapping of entries between competitors is strictly forbidden as it invalidates liability insurance undertaken by Epic Events for 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

Parking will take place in the main Visitor Centre car park or Bogle Crag car park.

Please see car parking maps for reference.

Please try to car share where possible as parking is limited.

TRAVEL

The Visitor Centre postcode for sat nav is LA22 0QJ then please lookout for the Car Park signs and the event marshals.

Beware, once you are on the forest country roads, they are quite narrow with sharp bends, please drive with care and allow yourselves extra time to take this into account.

From the South, the first car park you will come across after Satterthwaite will be Bogle and then the main Visitor Centre parking. From the North, you will head in via Hawkshead, passed the Visitor Centre until you reach the Main car park and then Bogle car park.

When arriving please leave enough time to park your vehicle and get to the start.

The walk to the start can take up to 15 minutes. Please arrive early.

TOILETS

Toilets will be available within the Grizedale Visitor Centre Courtyard.

REFRESHMENTS ON SITE

Grizedale Visitor Centre Café Ambio will be open and serving hot drinks, food and snacks.

TIMETABLE

EVENT SCHEDULE

- 06:45 – Car Park & Registration Open
- 07:50 – Trail Kidz Briefing & Warm Up
- 08:00 – Trail Kidz Start
- 08:10 – Car Park Closes
- 08:15 – Registration Closes
- 08:20 – Compulsory Event Briefing for all Competitors (Start Gantry)
- 08:30 – Start for both T26 & T13.
- 11:00 – Prize Presentation (Trail 13) at the finish line
- 13:00 – Prize Presentation (Trail 26) at the finish line
- 16:15 - Marathon cut off time

ON THE DAY

Registration Information

Registration for the Montane Trail 26 & Trail 13 will open at 06:45 and closes at 08:15.

Registration for Trail Kidz will open at 06:45 and close at 07:55.

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

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

Please note that there is no registration on the Saturday before the event.

REGISTER

Competitors to show photo ID and collect your competitor t-shirt and race number/chip.

NUMBER COLLECTION

Collect your event number, pin it to the front of your running top and ensure it is always visible. **DO NOT MANIPULATE YOUR NUMBER IN ANY WAY.**

TIMING CHIP COLLECTION

Your timing chip will be attached to the back of your bib number.

KIT CHECK

The mandatory kit is listed below for both the Trail 26 & Trail 13. This is for your safety, 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 (waterproof or windproof pants are also recommended)
- Spare base layer for top of body
- Head torch (or handheld torch)
- Mobile phone (fully charged)
- Whistle

- Hat & gloves
- Emergency foil blanket/bivi bag
- Emergency food & drink

TRAIL 13 (HALF MARATHON)

- Waterproof jacket (waterproof or windproof pants are also recommended)
- Spare base layer (for top of body)
- Mobile phone (fully charged)
- Whistle

EVENT BRIEFING

The Event Briefing is compulsory. Last minute changes to the route and event will be announced at the briefing only. The briefing will take place at 08:20 at the start line.

START

The Montane Trail 26 & Trail 13 Grizedale will start at 08:30.

The race will start immediately after the compulsory race briefing.

ROUTE

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



Both the Trail 26 & Trail 13 will complete the first loop.

At the end of Loop 1 upon approach to the Start/Finish area the Trail 13 competitors will turn left into the Start/Finish Chute and can then relax whilst the Trail 26 competitors do not turn into the Start/Finish but continue straight on to Feedstation 2 and then up the hill to cross the road and proceed out 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>

FEED STATIONS

The Trail 26 route has 3 feeding stations at 8.5miles, 13 miles and 20.5 miles.

The Trail 13 route has 1 feeding station at 8.5 miles.

FINISH

The finish is under the Start/Finish Arch, at the same location 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 online immediately as you finish from the results page www.lakeland100.com.

Any queries relating to provisional results posted on the website should be e-mailed to simon@epicevents.co.uk by the 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 11:00hrs.

The Trail 26 prize presentation will take place at 13:00hrs.

Both presentations will take place at the finish line.

Prizes will be awarded to the 1st, 2nd & 3rd male and female runners overall together with 1st M/F V40/50/60/70 categories.

You must attend the presentation to collect your prize. Prizes will not be posted out following the event.

MARATHON RACE CUT OFF TIMES

Due to the time of year and available daylight hours there is a cut off for the marathon.

All competitors must be through the 2nd checkpoint (13 miles) within 3.5hrs of the start time (12:00pm).

The final cut off for finishing is 8hrs from the start time (16:30pm).

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 needs assistance please inform the nearest marshal and also call the Emergency Event Phone Number 07494 029628 (please note this number is for Emergency Use only please do not use this for any other reason to ensure the line is kept clear for emergencies). There will also be medical cover on the course and at Event HQ.

TRAIL KIDZ

Registration for the free 1 km Trail Kidz for the children of participants in the main race will open at 06:45hrs and close 07:55hrs.

There will be a separate registration table for the Trail Kidz 1k event.

You DO NOT need to pre-register on-line for Trail Kidz.

The Trail Kidz briefing and warm up for all participants will be at 07:55hrs under the start gantry in the visitor's centre courtyard. The race will start at 08:00hrs.

The Trail Kidz start will be straight after the briefing and medals will be given to all finishers.

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

Websites:

www.epicevents.co.uk

www.lakeland100.com

USEFUL INFORMATION

CAR PARK LOCATION & WALK TO START:



Please only use the designated car parks. There will be car parking marshals who will assist you so please listen to their instructions. Please allow for a 15min walk from Bogle Crag Car Park to the Visitor Centre where registration will take place.

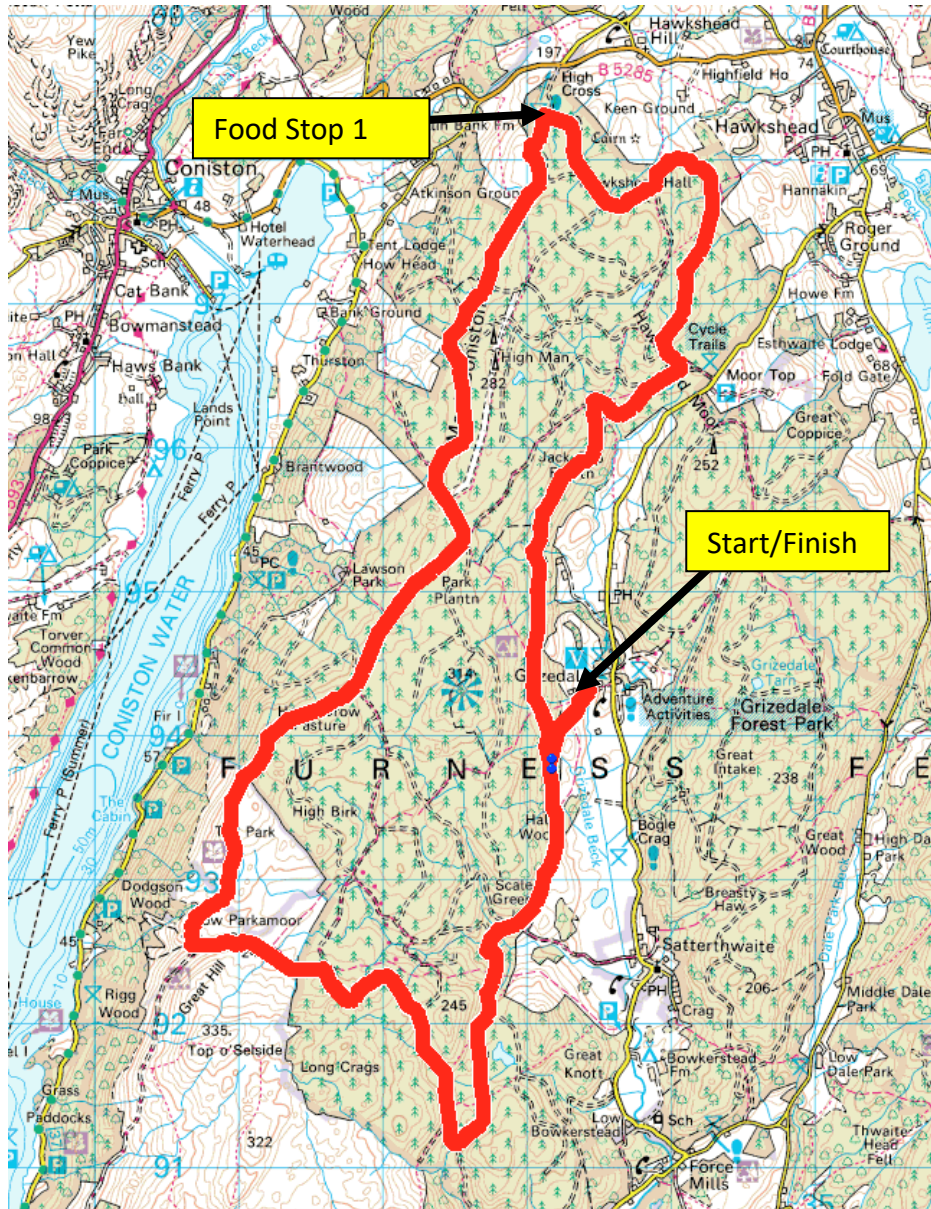
MAIN CAR PARK



BOGLE CRAG CAR PARK



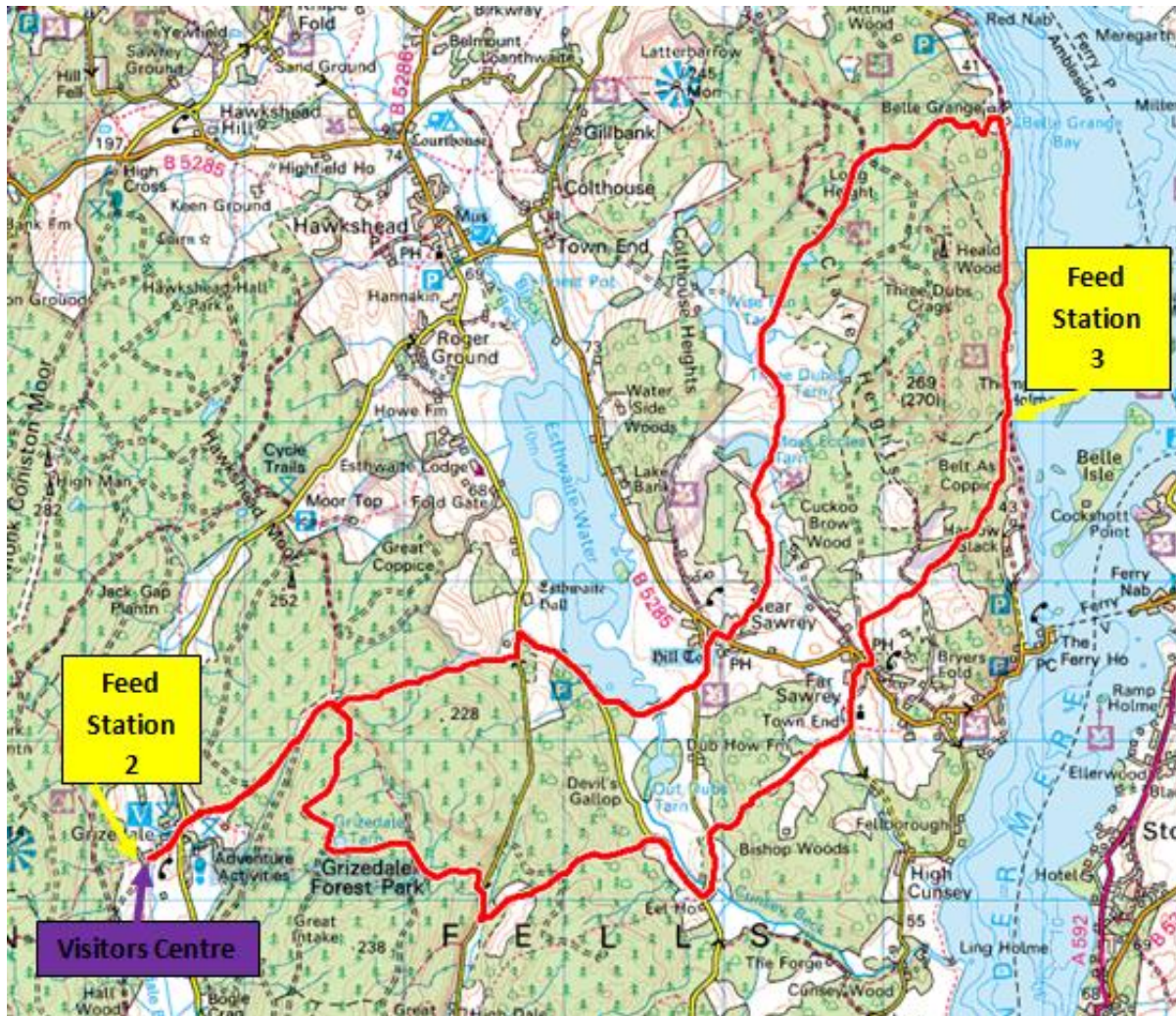
ROUTE MAP LOOP 1 (TRAIL 26 & TRAIL 13)



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 feed 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 Start/Finish Arch however the Trail 26 runners will continue straight on to the 2nd feed station and up the hill to commence Loop 2.

LOOP 2 (TRAIL 26 ONLY)



Trail 26 runners do not turn into the Start/Finish but continue straight on to Feedstation 2 and then up the hill to cross the road and proceed out onto loop 2. You will then head to the road at the top of the hill and start the 2nd 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 2nd loop in a clockwise direction.

The last feed station is alongside Lake Windermere, situated just before you turn right to begin the climb away from the Lake. The feed station is at about 20 miles. From here you will start to return towards Grizedale Forest, drop back down the stony track and back to the courtyard for your sprint finish.

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