



MONTANE DELAMERE TRAIL 13 & TRAIL 10 **Sunday 15th January 2023**

Address: Delamere Forest Main Visitor Centre Car Park, Delamere, Northwich.

Sat Nav Postcode = CW8 2JE www.forestry.gov.uk/delamere

Thank you for entering the 2023 Montane Delamere Trail 13 & Trail 10 Races. We're looking forward to seeing you all in the forest, please read through this document in full and it will help to ensure that you have a safe and enjoyable day.

ENTRY CONFIRMATION

All entrants 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

The Terms and Conditions of entry are clearly stated on the website [HERE](#) and as part of the entry process it is mandatory for entrants to agree 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 insurance undertaken by the Epic Events to cover the event. If you are unable to race, please follow the instructions outlined in the Terms and Conditions.

EVENT PARKING

Event parking is available on the day in the following locations:

- Main car park
- Additional car park (located next to the main car park)

When you arrive at Delamere Forest, follow the tarmac entrance road, which leads towards the main visitor centre (under the barriers) and continue to follow the event car parking signs and/or marshals.

Car Parking is £3.00 per car. A code will be emailed out in the week before the event that you will need to enter at the pay machines as you leave to ensure that you are only charged £3, if you forget the code please don't worry the marshals and registration team will be able to help. The pay machines are located just past the Main Visitor Centre at the start of the car park. Please note that there is an ANPR machine in the car park at the barriers, which means that you will need to pay before you return to your vehicle and attempt to exit the car park.

Signs will be in place from the main B5152 road. See the appendices for event site and parking map.

We cannot guarantee the safety of your possessions and valuables so please ensure that they are locked away safely. There will be a bag drop tent near the start/finish area, but we advise anyone with a car to leave items in there as the car park is only a short walk from the start/ finish area.

TOILETS

Toilets will be available at the Main Visitor Centre near to the Cafe.

REFRESHMENTS ON SITE

Delamere Forest Visitor Centre Café will be serving a selection of hot and cold refreshments but are only able to open after the races have started – therefore please bring along any pre-race fuel with you but enjoy the Café once finished.

TIMETABLE & EVENT SCHEDULE

- 06:45 hrs Car Park open
- 07:00 hrs Registration open
- 08:30 hrs Trail 13 event briefing
- 08:40 hrs Trail 13 event start
- 08:45 hrs Registration closed
- 08:50 hrs Trail 10 event briefing
- 09:00 hrs Trail 10 event start
- 10:30 hrs Trail 10 presentation
- 11:00 hrs Trail 13 presentation

REGISTRATION

Registration will open at 07:00 and close at 08:45. Registration will be extremely busy so please allow extra time to ensure you get through registration stress free.

Registration will take place in the event shelter near to the Main Visitor Centre.

Competitors to show photo ID to prove that it is you taking part and to collect your competitor t-shirt and race number with timing chip attached.

Please note we cannot change your t-shirt size at registration. However, if you return after registration has closed there could be some alternative sizes available.

NUMBER & TIMING CHIP COLLECTION

Collect your race number and pin it to the front of your running top and ensure it is visible at all times. Your timing chip will be stuck to the reverse of your race number. It's important that you don't fold your number in any way as this could damage the chip and result in you not receiving a time and a result for the race.

EVENT BRIEFING

The Event Briefing for Delamere Trail 13 takes place at 8:30 hrs and Trail 10 takes place at 8:50 hrs.

The briefings are compulsory. Last minute changes to the route and event may be announced at the briefing so you must ensure that you are present at the appropriate time.

The briefing will take place in the Start/Finish Chute

START

The Montane Delamere Trail 13 starts at 8:40 hrs and Trail 10 starts at 9:00 hrs. The start location will be under the Start/Finish arch at Old Pale Car Park. This is a short walk (1-2mins) from the Main Visitor centre and Registration.

FINISH

The finish for The Montane Delamere Trail 13 and Trail 10 will be at the same location as the start, finishing under the Start/Finish Arch where you will be presented with your finisher's medal and water.

ROUTE

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



There will be marshals at key points on the route. Please respect the forest surroundings and residents and do not drop litter. The routes can be found at the end of this document. Please be aware that the forest will be used by members of the public during the event. This is not a closed route.

There will be a food and drinks station situated on the course. The station will be passed once during the 10k (at 5km). On the half marathon the same feed station will be passed 3 times at 6.3k, 12.7k and 16.5k. At the feed station you will find water, jelly sweets and flapjack.

ROAD CROSSING

On the half marathon course there is a single road crossing point, which will be crossed twice (once on the way out and once on the way back).

The road crossing will be marshalled therefore it is particularly important that you listen to their instructions in this area but please be aware that Marshals are not legally permitted to stop the traffic and it is your responsibility to follow the highway code and cross the road safely.

ROUTES

To see a GPS version of the routes, select the relevant link below:

Trail 13:

<https://www.strava.com/routes/3048985915129964228?v2=true>

Trail 10:

<https://www.strava.com/routes/3048989242679823710?v2=true>

RESULTS

Your result and time will be available immediately as you cross the Finish line on our website [HERE](#) and will remain provisional for 24 hours.

Any queries relating to provisional results should be submitted via e-mail to simon@epicevents.co.uk by Monday following the event, after which time all results will be deemed as final.

PRIZE PRESENTATION

The Trail 13 prize presentation will take place at 11:00hrs.

The Trail 10 prize presentation will take place at 10:30hrs.

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.

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 entry information.

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 to ensure we are aware there is further information to review.

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

Thank you for entering Delamere Forest Trail 13 and Trail 10. We hope you enjoy your day and the course we have prepared for you. We wish you the best of luck!!

Regards

Epic Events

info@epicevents.co.uk

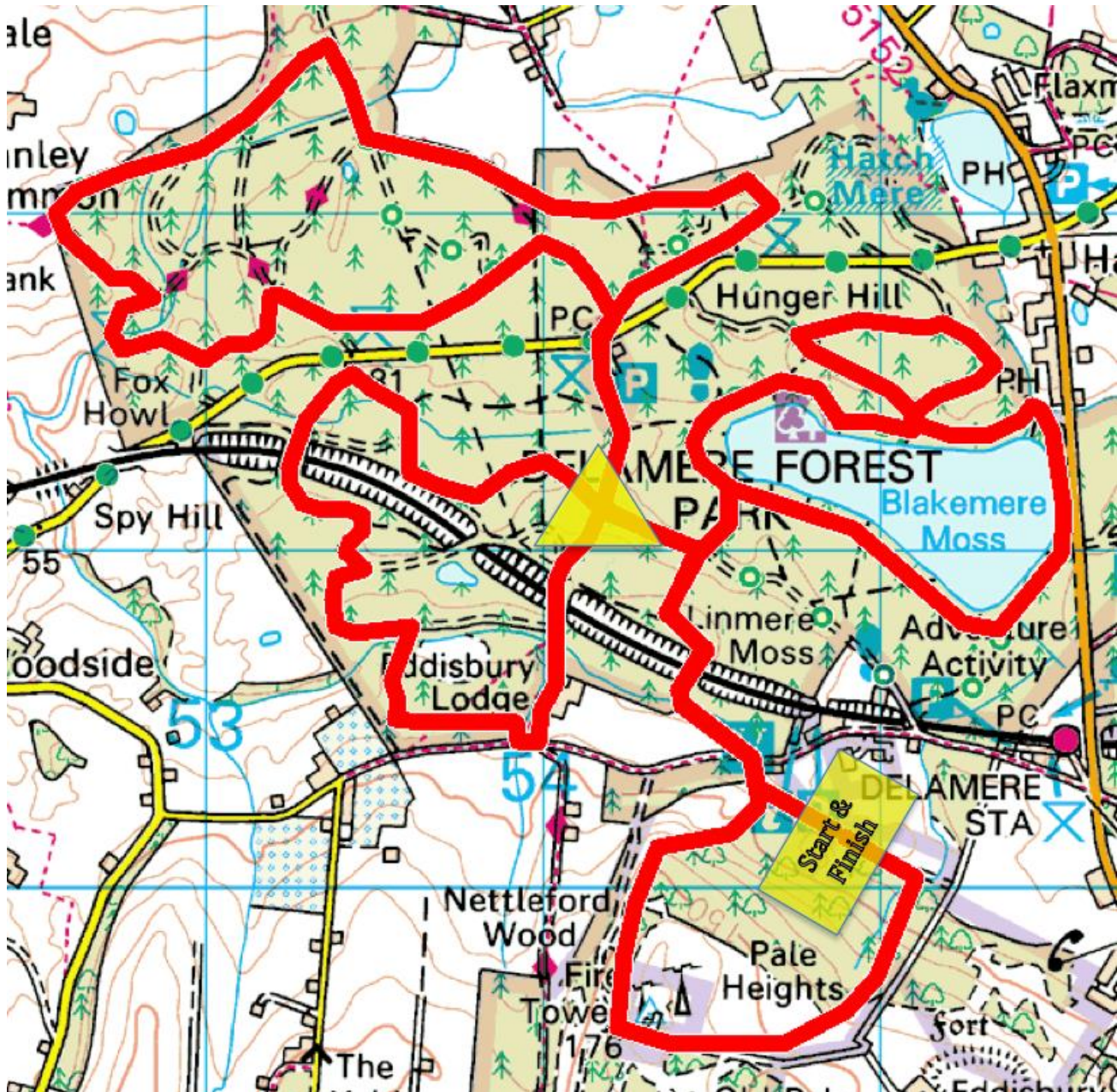
Websites:

www.epicevents.co.uk

www.lakeland100.com

MONTANE TRAIL 13 COURSE

The yellow triangle indicates the food stop location. This is the same food stop location for the half marathon and the 10km runners.



MONTANE TRAIL 10 COURSE

