



MONTANE TRAIL 13 & TRAIL 26 HOWGILLS
SUNDAY 14TH MAY 2023

Full Address: The Peoples Hall, Howgill Ln, Sedbergh, Cumbria, LA10 5DQ

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

Please refer to the parking map at the end of the notes. The official event car park will be Lupton Field, Back Lane for the majority of vehicles. There are also several pay and display car parks within the town centre.

Please do not park on Station Road – this is the main road running through Sedbergh. There will be signs and traffic cones here and any participants parking here will not be permitted to race.

Please note that there is no parking at the Start/Finish area.

PLEASE CAR SHARE WHERE POSSIBLE AS PARKING IS LIMITED.

TOILETS

Toilets will be available via the portaloos which are located on the car park at The Peoples Hall adjacent to the Start/Finish Area.

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)
- 13:40 – Trail 26 Cut off time at Ravenstonedale (4 hours from the start)
- 14:30 – Prize Presentation (Trail 26)
- 17:10 – Trail 26 cut off time (7.5 hours from the start)

ON THE DAY

Registration will open at 07:00 and closes at 09:45 and will take place outside The People's Hall adjacent to the Start/Finish Area.

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

REGISTRATION PROCESS

Competitors are to show photo ID and collect their Event T-shirt and race number/chip n.b. t-shirt size cannot be changed at Registration. If you find your t-shirt is the wrong size, please ask at the Finish area after you have finished your race. We cannot guarantee we have the size that you want to change to but will accommodate the best with can with any t-shirts that maybe left over after finishing.

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**. Please note that the Event HQ emergency contact number is printed on your bib numbers.

TRAIL 26 CUT OFF

Please note that the first cut-off time for the Trail 26 runners is 4 hours from the start (1340hrs) at the Feedstation at Ravenstonedale. After this the final Trail 26 course cut off is 7 hours 30 minutes.

TIMING CHIP COLLECTION

Your timing chip is attached to the reverse of your race/bib number. Do not fold your race number as it will damage the chip and will fail to read when crossing the timing points. Please wear your bib on the front of your body – n.b. you do not need to hand your timing chip or bib number back at the end of the event.

KIT CHECK

This is a trail running event, and as such we advise wearing appropriate trail running shoes for the event. 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 and at the Finish – any runners not carrying mandatory kit will not be allowed to race or will be DQ'd

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
- Mobile phone (fully charged)
- Whistle
- Hat & gloves
- Emergency foil blanket/ bivi bag
- Emergency food & drink

TRAIL 13 (HALF MARATHON)

- First aid kit (as above)
- Waterproof jacket (waterproof or windproof pants are also recommended)
- Mobile phone (fully charged)
- Whistle
- Emergency foil blanket/ bivi bag

EVENT BRIEFING

The Event Briefing is compulsory. If any final changes to the route and event are required they 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 at the Start/Finish Area.**

START TIMES

- Montane Trail 26 starts at 09:40hrs
- Montane Trail 13 starts at 10:00hrs

N.B. The races 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 and Trail 13 races will start on the field at the side of The People's Hall and then turn left from the field onto 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 this accounts for the majority of the course elevation. The wind can be very strong and in poor weather, temperatures can be very low. For this reason, the aforementioned mandatory 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.

Runners will then head around Harter Fell before meeting back up with the Trail 13 route at Cross Keys near Cautley Spout.

The descents on the route tend to be grassy and very slippery when wet, so an aggressive tread is recommended to help stay on your feet.

On the Trail 13 route 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.

2023 ROUTE CHANGE (n.b the same route as in 2022)

At Thursgill Farm, approx mile 23 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 approx mile 24.5 or 11.4 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 stations at approx 14 miles (Ravenstonedale School) & 20 miles (Cross Keys Inn)

Trail 13

There is one feed and refreshment stop at approx 7 miles (Cross Keys Inn)

At all the feed 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 to recover the runner from the route – [lease ensure you check in.

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 water.

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 must be submitted via e-mail to info@epicevents.co.uk by Monday following the event, after which time all results will be deemed as final.

PRIZE PRESENTATION

Prize Presentations will take place at the finish line.

- The Trail 13 prize presentation will take place at 12:30hrs.
- The Trail 26 prize presentation will take place at 14:30hrs.

Prizes will be awarded to the 1st, 2nd & 3rd Male and Female runners Overall and to the 1st M/F V40/50/60+ categories. If a runner wins an Overall prize, they will not be eligible for the Vets prizes which will then be rolled down to the next eligible runner.

You must attend 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 needs assistance please inform the nearest marshal and please 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.

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 PARKING

