



MONTANE ULLSWATER WAY TRAIL 10 & 20 Saturday 3rd June 2023

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 2023 Montane Trail 10 & 20 Ullswater Way. The Epic Team are looking forward to seeing you all in Glenridding, please read through the information contained in this document which 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' which also includes EPIC Lakes Swim Ullswater on Sunday, from the same location in Glenridding. We're also organising a children's fun duathlon event on 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](#) and as part of the entry process all participants are required 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 Epic Events to cover the event. If you are unable to race, please follow the instructions outlined in the Terms and Conditions [HERE](#)

It is also not possible to switch distances on the day of the event as the data has been loaded into the timing system.

EVENT PARKING

Please refer to the parking map at the end of the document. 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>

Please do not park on the A592 - this is the main road running through Glenridding. Any participants deliberately ignoring this request and parking on the 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
- 06:45 – Registration Opens at Jenkins Field, Glenridding
- 08:00 – Trail 20 Start at Jenkins Field, Glenridding
- 08:15 – Trail 10 Start Shuttle Buses Pick Up from Jenkins Field, Glenridding
- 08:15 – Registration Closes
- 08:30 – Trail 10 Start Shuttle Buses Depart from Jenkins Field, Glenridding
- 09:15 – Trail 10 Start at Pooley Bridge
- 11:30 – Trail 20 Cut Off at Pooley Bridge (n.b. 11 miles into the course)
- 16:00 – Trail 10 & 20 Final Course Cut Off

REGISTRATION

Registration will open at 06:45am and closes at 08:15am and will take place in an Event Shelter on Jenkins Field. Registration will be extremely busy - please allow extra time to ensure you get through registration process stress free.

REGISTRATION PROCESS

Competitors are required to show photo ID to collect their Event T-shirt and race number/chip. Please note 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 will have the size that you want to change to but will accommodate as best we can with any t-shirts that maybe left over at the Finish.

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 and is for Emergencies only.

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.

BAGGAGE DROP

There will be an Event Shelter available near to Registration to drop your bags. Please note the Bag Drop is not manned and bags are left at your own risk, do not leave valuables in your bag.

KIT CHECK

Mandatory kit is listed below for both the Trail 10 & Trail 20. This is for your safety and spot checks will take place at registration.

TRAIL 10

- First aid kit
- Waterproof jacket
- Mobile phone (fully charged)
- Emergency food & drink

TRAIL 20

- First aid kit
- Waterproof jacket
- Mobile phone (fully charged)
- Emergency food & drink

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

The Montane Trail 20 will start at 08:00am from Jenkins Field and the Montane Trail 10 starts at 09:15am in Pooley Bridge. The 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 Race Arch.

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 08:15am and will leave at 08:30am 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. There will be water and jelly babies available.

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. There will be water and jelly babies available at this food stop.

TRAIL 10 & 20 CUT OFF TIMES

All Trail 20 competitors must pass through the Pooley Bridge feed station by 11:30. All Trail 10 & 20 competitors must finish in Jenkins field by 16:00. This is 8 hours from the start for Trail 20 miles.

FINISH LINE

The finish is under the Race Arch on Jenkins field. Upon crossing the line, you will then be able to collect your finish medal.



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RESULTS

Your finish time will be available online immediately as you cross the finish line on the Results page of the Epic website [HERE](#). Any queries relating to provisional results should 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.

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 [HERE](#) and from the official photographer's website within 48hrs of the event finishing [HERE](#)

PRIZE PRESENTATION

Prizes will be awarded to the 1st, 2nd & 3rd Male and Female runners overall together with 1st M/F V40/50/60+ categories. If you win an open prize, you will not be eligible for the Vets prizes. The presentation will take at the Finish area at midday.

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.

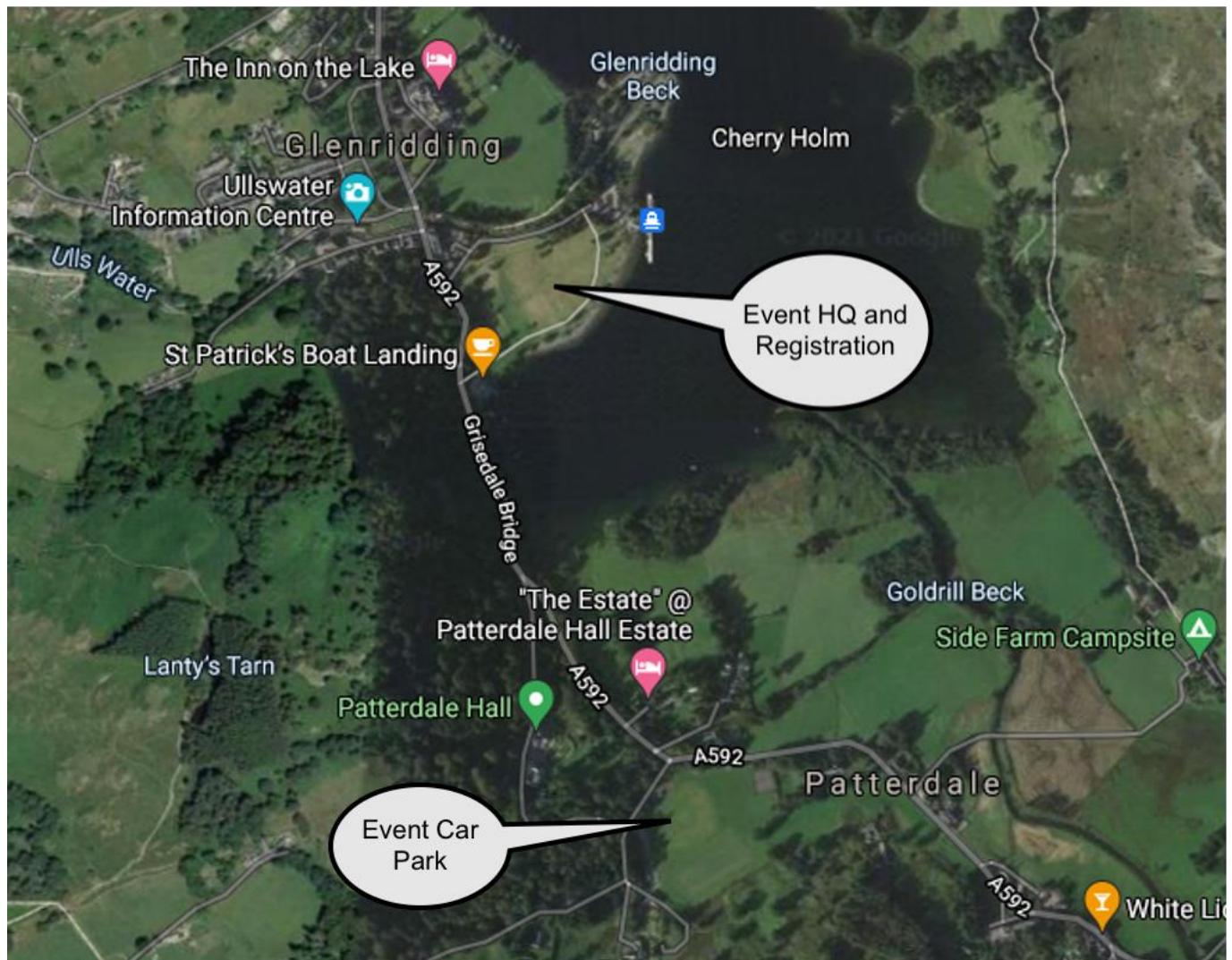
Strava Routes

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