



MONTANE DELAMERE TRAIL 10 & TRAIL 13 – GUIDANCE NOTES **Sunday 14th January 2024**

Race Day HQ Location: Delamere Forest Main Visitor Centre, Delamere, CW8 2JD
www.forestry.gov.uk/delamere

Trail 13 Half Marathon Car Park from 0645hrs = Delamere Forest Main Visitor Centre
what3words Location = <https://w3w.co/sectors.educates.smoothly>

Trail 10k Car Park from 0745hrs = Whitefield Car Park
what3words Location = <https://w3w.co/compliant.mushroom.probable>

Thank you for entering the Montane Delamere Trail 10 & Trail 13 2024 event. 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 Epic Events to cover the event. If you are unable to race, please follow the instructions outlined in the Terms and Conditions above.

EVENT PARKING – PLEASE NOTE THE CHANGE TO CAR PARKING FOR 10KM RUNNERS DUE TO AREAS OF THE MAIN CAR PARK BEING WATERLOGGED

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

- **Half Marathon Car Park – Trail 13 runners to park at the Main Visitor Centre from 0645hrs**
- **10k (Whitefield) Car Park** (located approx 15 min walk from Race HQ) - **10km runners to park at Whitefield from 0745hrs**

On arrival at Delamere Forest, please follow marshal instructions;

Trail 13 Runners should access the Visitor Centre Car Park follow the tarmac entrance road, which leads towards the main Visitor Centre (see link <https://w3w.co/sectors.educates.smoothly>) and pass under the barriers then continue to follow the event car parking signs and/or marshal instructions.

Trail 10 Runners should access Whitefield Car Park which is located on the same B5152 road approx 600m North of the access road to the Main Visitor Centre (see link <https://w3w.co/compliant.mushroom.probable>)

Car Parking is £3.00 per car for all car parks.

For Trail 13 Runners a code will be emailed out in the week before the event that should then be entered at the Pay on Exit machines at the Delamere Main Visitor Centre Car Park when leaving to ensure that the discounted £3 rate is charged. If you forget the code, please don't worry the marshals and registration team will be able to help. The code is valid until 12:30pm. The Pay on Exit machines are located just passed 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.

All 10km runners should park at Whitefield car park and pay for 1 hour parking which is £3 per vehicle. This will still allow runners to stay longer than 1 hour, and has been set by the Forestry Commission team to be the same rate as the Visitor Centre car parking. At Whitefield Car Park please pay before the event and display your parking ticket in your vehicle.

Signs will be in place from the main B5152 road.

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 Half Marathon Car Park opens at the Visitor Centre for TRAIL 13 RUNNERS ONLY**
- **07:00 Registration opens at the Visitor Centre for TRAIL 13 RUNNERS ONLY**
- **07:45 10k Car Park Opens at Whitefield for TRAIL 10 RUNNERS**
- **08:00 Registration opens for TRAIL 10 (do not try and register before this time)**
- 08:20 Trail 13 event briefing
- 08:30 **Trail 13 event start**
- 09:15 Registration closes
- 09:20 Trail 10 event briefing
- 09:30 **Trail 10 event start**
- 10:30 Trail 10 presentation
- 10:50 Trail 13 presentation

- 12:00 Cut off Trail 13 (3.5 hours from the start)

REGISTRATION

Registration for the **Montane Delamere Trail 13** will open at **07:00am—08:15am**. **Trail 10 registration** will open at **08:00am-09:15am**. **Please do not try and register for the Trail 10 event during the registration time for the Trail 13 event. You will be turned away if you try to register during this time.** There is no registration on the Saturday before the event.

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 Event HQ. There will be signs directing runners from the car park. **Please follow the tarmac footpath to get to Old Pale Car Park, do not climb over the rope fence and follow the dirt track.** The forestry team have requested this to reduce the damage on the grass in that area. It will be dark during registration, so please wear a head torch or have a torch to get from the car park to Event HQ.

Competitors are to show photo ID and collect your competitor t-shirt (if pre-ordered) and race number with timing chip attached to the number.

EVENT T-SHIRTS

Event Technical T-shirts are pre-order only. 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 need but will accommodate as best as we can with any shirts that remain.

Please note that you cannot purchase t-shirts on the day.

NUMBER AND TIMING CHIP 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.**

Your timing chip will be attached to the back of your bib number. You do not need to give this back to us at the end of the event.

EVENT BRIEFING

The Event Briefing for Delamere Trail 13 takes place at 08:15am and Trail 10 takes place at 09:20am. 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 will start at 08:30am and Trail 10 will start at 09:30am. 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

All results and times will be available immediately on crossing the Finish line on the Epic Events website [HERE](#) and will remain provisional for 24 hours.

Any queries relating to provisional results should 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

The Trail 13 prize presentation will take place at 10:50am.

The Trail 10 prize presentation will take place at 10:45am.

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.

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 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.

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

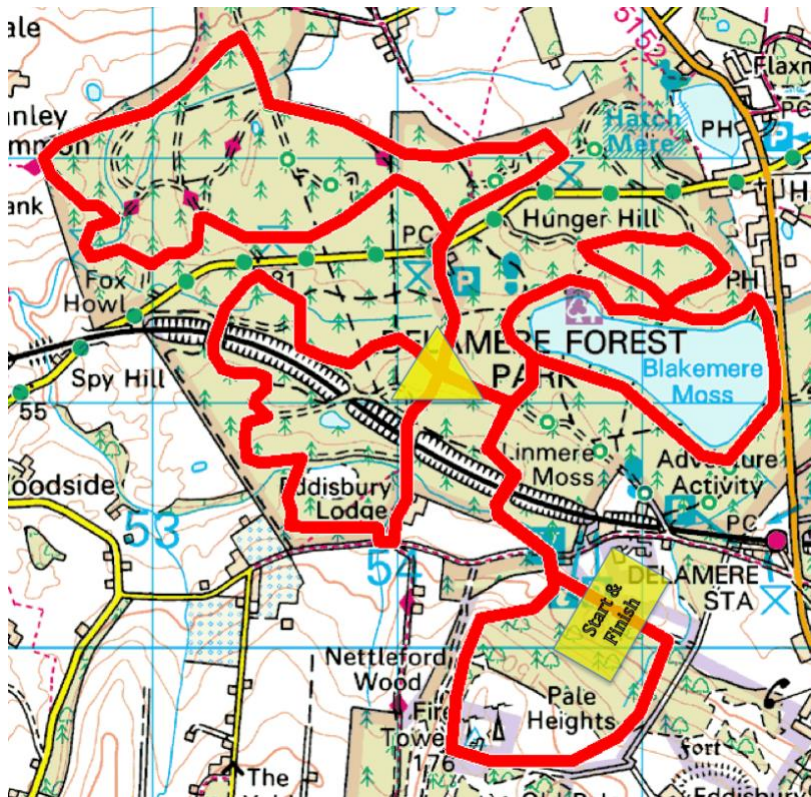
Websites:

www.epicevents.co.uk

www.lakeland100.com

MONTANE TRAIL 13 COURSE (click the image to open in Strava)

The yellow triangle indicates the food stop location for both the Half Marathon and 10km runners.



MONTANE TRAIL 10 COURSE (click the image to open in Strava)

