

# Runners Information Booklet 2023



**LAKES IN A DAY**  
50 MILE ULTRA RUN FROM CALDBECK TO CARTMEL

A journey on foot from the very top of the Lake District at Caldbeck to the very bottom, at Cartmel, taking in the stunning Helvellyn ridge and the western shoreline of Windermere. It might not be the easiest traverse but it will be the most spectacular!

Caldbeck High Pike Blencathra **Threlkeld** Clough Head The Dobbs Helvellyn Grisedale Tarn Fairfield **Ambleside** Wray Clafie Heights Rawlinson Nab The Brows High Dam **Finsthwaite** Backbarrow Spelbank **Cartmel**

Welcome to the 9th Lakes in a Day Ultra Run which starts in Caldbeck on Saturday 7<sup>th</sup> October and finishes 50 miles later in Cartmel. Below is some important information to help you prepare for race day. Please have a read through, and if at the end you still have some questions, please get in touch via email to [info@durtyevents.com](mailto:info@durtyevents.com).

**Lakes in a Day 2023**  
– Runner Information

**Event Schedule:**

Item	Day	Time	Location
Camp Ground Opens	Friday	6pm	Cartmel Racecourse
Registration (Cartmel)	Friday	7-10pm	Cartmel Priory School
Coach Departs from Cartmel to the start	Saturday	5.45am	Cartmel Priory School
Registration (Caldbeck Village Hall)	Saturday	6.30-7.30am	Parish Hall Caldbeck
Start (Caldbeck Oddfellow Arms)	Saturday	8am	Oddfellow Arms Caldbeck village
Finish	Saturday/Sunday		Cartmel Priory School

**Registration**

All runners must register even if pre-entered. Here you will receive your route map, race number, shoe Bag, tracker and any other information you may need. This will take place between 7–10pm on Friday at:

**Cartmel Priory School, Headless Cross, Cartmel, Cumbria, LA11 7SA**

Please note – there will be NO registration in Cartmel on Saturday morning.

For those of you who are unable to come to Cartmel on Friday, we will be opening a separate registration between 6.30 -7.30am on Saturday in Caldbeck at:

**Caldbeck Parish Hall, Caldbeck, Cumbria CA7 8EU**

If you are planning to leave a vehicle in Caldbeck and return for it on Sunday please arrive in Caldbeck in plenty of time to park considerately so as not to block driveways or the road through the village. You can park near the Parish Hall, at the Car Park in the Village or at the Cricket Club. If you do not know where to park please ask one of the marshals. Please do not abandon your vehicle in the village, park considerately with respect for local residents. We rely on residents and the Parish Councils goodwill to allow us to start the event in Caldbeck, please do not give them any reason not to welcome us back, the future of the event depends on it.

At registration you will need to bring with you one form of **photo identification** to show the marshals. This can be a photo-card driving licence, passport or any other identification card or membership card as long as it has your photo on. We have to be strict on this one – no ID, no start. Also, bring along the bag you intend to run with as we will need to attach the tracker to it. Make sure your run bag is packed with the mandatory kit as we will be doing kit checks at registration to make sure you have everything you need.

You will receive:

**Route Map** – this will be an A3 sheet showing a 1:50 000 scale OS map with the Lakes in a Day route pre-marked on. It will also show the locations of the 3 feed stations, and the location of the river crossing. The map is printed on waterproof paper.

**Race Number** – this must be attached to the front of your clothing so that it is visible at all times. Bear in mind you may be adding or discarding layers during the run. The barcode must be clearly visible so we can record an accurate finish time. A race belt is a great way to attach your number.

**Trackers** – these are great little gadgets to track your progress. They are a small box about the size of a matchbox which we will attach to your rucksack strap. The trackers allow us, and your followers, to see your progress along the route.

**Shoe Bags (issued when you register)** – as this route is almost a ‘game of two halves’, with the first part of the route taking you over the high fells and the second half over the lower trails, we are giving you the option of a ‘shoe & sock change’ at the Ambleside feed station. You may want to set off from the start in fell shoes and then change at Ambleside to trail shoes. We will transport your shoes in a clear bag (provided by us at registration) to the Ambleside feed station. The only items allowed in this bag will be a pair of shoes and a pair of socks – **no extra kit or nutrition/drinks**. Normally, runs of this length do not offer the option of a drop bag, so please do not abuse this facility by trying to smuggle in extra kit. If you are registering at Cartmel on Friday evening you can drop your shoe bag (you will receive a specific bag with your race number at registration) in the numbered sacks ready for us to take them to Ambleside. If you are travelling under your own steam on Saturday morning and registering at Caldbeck your shoes will be transported down to Ambleside after the start. If you have not registered on Friday night and are taking the coach transfer from Cartmel you will need to take your change of shoes with you to place in the shoe bag you will be issued with when you register at Caldbeck. Your shoes will then be transported to Ambleside. **It is strictly forbidden for anyone else to bring your change of shoes to you, all shoe changes must be dropped with us at registration, breaking this rule could lead to a DQ.**

**Finish Bag drop at Cartmel** – for those wishing to have a bag with a change of clothes and shower stuff at the finish you can make a bag drop at Cartmel in the school hall on Friday evening or Saturday morning before getting the coach transfer. Please make sure bags are labelled (there will be luggage labels and pens in the hall) with your name and runner number. Bags can be collected on your return on production of your number.

**Baggage Transfers from Caldbeck** - for those registering at **Caldbeck (who have not been to Cartmel)**, we can transport a small kit bag (max. 5kg) to the finish so that you have some warm, dry clothes to put on after the event. Please make sure your bag is either a drawstring or rucksack type bag so nothing drops out. Attach a label to the bag with your race number clearly marked. For security reasons you will only be allowed to collect the bag on production of your race number. Labels will be available at registration. **Any bags/extra clothing brought on the coach from Cartmel will have to be carried back by the runner.**

**Camping** – camping and parking for 2023 will be located at Cartmel Racecourse. Camping will open at 6.00pm on Friday (please do not arrive before this time) and is restricted to tents and small campervans up to a maximum of 5m in length (eg VW T4’s & T5’s) any long wheel base vehicles or motor homes must find alternative camping sites. There is no access to power for vans at the racecourse. You will not be able to park next to your tent.

There will be access to the Racecourse toilets, however showers are only available at Cartmel Priory School after the race on Saturday. If you are camping and racing we suggest you take a small bag (with your name and race number on) with your shower kit and change of clothes and leave it in the school hall on Saturday morning before you get on the coach so it is there for when you finish. That way you do not have to go back to your car/tent to collect it before you can shower and change.

The campsite must be clear by 10.00am Sunday morning.

## Lakes in a Day 2023 – Runner Information

**Parking at Cartmel** – there is **no parking** at the school. **All** vehicles must be parked at **Cartmel Racecourse**. This applies to participants who are camping, those who are coming to register on Friday night and for those who will be parking Saturday morning before taking the coach transfer. Please do not park in and around the village. Cartmel is very limited for parking anyway and we rely on residents goodwill to allow us to finish the event in Cartmel, please do not give them any reason not to welcome us back - the future of the event depends on it.

The parking at the Racecourse is approximately a 7 minute walk from the school. Please leave plenty of time on Saturday morning to park and get to the school for the coach.

Parking on Friday will open at 6.00pm – the parking is marshalled and you will be directed where to park. Please follow marshals instructions. On Saturday morning parking will open at 4.45am and you will be directed where to park. There will be a lot of vehicles to park in a short space of time so please do as you are asked.

### **Food Cartmel – for runners and supporters**

The Farmers Wife catering team will be on site from Friday evening selling food and hot drinks for anybody arriving to camp or coming to register.

They will be selling food for breakfast on Saturday morning before the coaches depart at 5.45am. They will be serving from 4.45am.

On Saturday afternoon and into Sunday morning as well as providing the **runners meal** they will also be selling hot food and drinks to any supporters waiting to see friends and family members finish.

A list of food that will be available for the weekend will be updated & published prior to the event.

### **Coach Transfer to the Start**

The coach needs to be pre-booked online. It will be leaving Cartmel Priory School at 5.45am prompt. If you miss the coach, we do not have an alternative way to get you to the start. The journey is approximately 1 hour 20mins. **Toilets at the start in Caldbeck** - we are aware that after an 80 minute coach ride you will all be wanting the loo before you start. There will be a number of porta loos located in the village and we are adding extra porta loos in the Parish car park, which you will have to pass after the coach drop off (please make use of these as soon as you get off the coach). There are also public toilets in the village and access to the toilets in the Oddfellow Arms. For those registering at the Parish Hall in Caldbeck there are toilets available for your use before you head down to the start. Marshals will be on site and the loos will be signed. We are very limited on space in the village to provide additional toilet facilities so please be patient and think ahead as there will be queues.

Please note this year the coaches will approach the village from the North and will drop off before arriving in the village close to the Parish car park. This is for the safety of runners already congregating in the village and to ease congestion, it has also allowed us to add extra porta loos for your comfort.

### Mandatory Kit

The mandatory kit list has been on our website for a while now, so hopefully you will have already got your kit sorted, but just as a reminder you are required to take with you the following items:

- Waterproof jacket - not a bin bag or fashion jacket. It needs to have a waterproof membrane and taped seams.
- Waterproof trousers - as above
- Insulated layer - fleece / lightweight duvet jacket
- Long sleeve top
- Hat and gloves
- Map (supplied)
- **MUG** - a device that can take at least 200ml of hot water and not fall apart or damage the user. And can be used for hygienically drinking from (so you can't use your shoe!) The soft / flexible / foldable cups are NOT suitable.
- Compass
- Torch and spare batteries (or spare torch)
- Bivy bag (see info on website)
- Mobile phone, not to be used for navigation or have GPS (eg strava). If necessary carry another phone.
- Whistle



This is a **minimum** kit list, keep checking the weather on the run up to the event and pack accordingly, the route goes up on the high fells and STAYS there.

### Event Emergency Phone Number

In the event of an incident that requires urgent medical attention in hospital call 999 or 112 and depending on your location request either the ambulance (if you are near a road or town) or if you are somewhere remote ask for the police and then ask for the mountain rescue. Note – 112 is the better choice for mobiles as you will not need to enter the phones pin number and the phone will search for other networks. After calling the emergency services, please notify our Event HQ – number below.

The Lakes in a Day Event Headquarters has an emergency contact number which is printed on the route map. Please call this if you require any assistance during the event. The number is:

**0330 223 5706**

Please put this number in your phone before the start of the race – just in case! This number is for runners only, and not to be given out to friends/family to ring to check where you are or ask for directions to the finish line.

### Start

This will take place just outside the Oddfellows Arms Pub in the centre of Caldbeck (postcode CA7 8EA). The event is a mass start at 8am prompt.

Please be aware that the owners and staff of the Oddfellows Arms are not responsible in any way for the organisation and running of the event. Out of goodwill they offer the sale of breakfast rolls and drinks to participants and allow the use of their facilities prior to the start. Please do not abuse this goodwill. If you as a participant have any questions regarding the event please speak to one of the marshals.

### The Route

On the whole, the route is NOT waymarked but the route is highlighted on the map you will be given at registration. However, at certain points on the route we will have put some signage out to direct you along certain routes. From Ambleside to Cartmel the route is well signed however you still need to be able to navigate as we cannot guarantee that the signs will not have been moved or removed by a member of the public. The signs will be A4 size – Black Arrows with a hi-vis yellow background and reflective insert.



### Distance

The full route is 50miles (80.8km). The approximate distances between feed stations are shown in the table below:

Distances	
Start (Caldbeck) to Threlkeld	18km
Threlkeld to Ambleside	28.5km
Ambleside to Finsthwaite	21.5km
Finsthwaite to Finish (Cartmel)	12km

### Mandatory Route/Penalties

You must follow the highlighted route marked on the map issued to you. There is a section early on that is marked as open route choice (see section below), where you can make your own route decisions, but the other sections must be followed, so no racing lines down Dollywaggon Pike or short cuts on the road. Time penalties or where necessary disqualifications will be issued to anyone who does not stick to this route. The following penalties will apply:

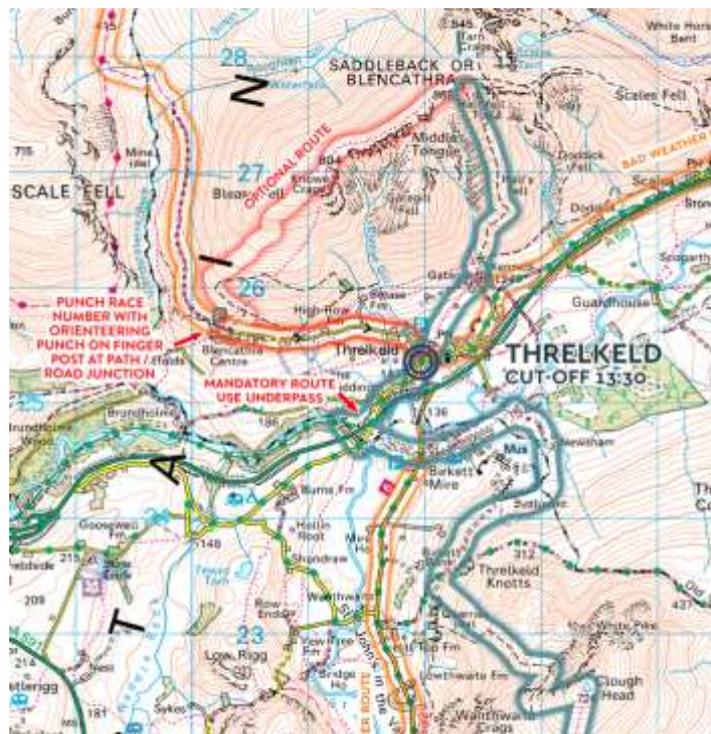
- If you travel along an A or B road you will be disqualified. The exception to this is where you have to cross an A or B road or at the following places:
  - Ambleside – A591 into the feed station
  - South west of Ambleside (A593 & B5286) where we ask you to use the footpath alongside the main road (where available)
  - Newby Bridge (A590) where we ask you to use the footpath alongside it.

We would never organise an event that (under normal circumstances) expected you to run along A or B roads as it would be far too dangerous. Please use the footpath/cycle routes at the side of these roads and not take the easy, but dangerous option of running on the road. You will be disqualified.

- If you stray off the mandatory route due to navigational errors or using minor roads, we will issue a time penalty that is equivalent to three times that of the time gained, subject to a minimum of 15 mins.

### Route Specific Notes

- There is a section of open route choice between Nether Row (nr Caldbeck) and Blencathra. High Pike summit (trig point), however is compulsory.
- There is a choice of routes down from Blencathra – The race route shown on the map is via Hall's Fell (blue highlighted route). However if you have real issues with this ridge, you are allowed to take the route via Bleas Fell (red highlighted route). **No other routes are permitted.** If you choose to take this route you MUST reach the carpark at the road end – there will be an orienteering punch on the finger post. You must punch your race number with this punch. This route is marked on the map.
- The underpass at the A66 (grid ref: NY 313 247) is mandatory. It is marked on the map as such. Do not cross the A66 at any other point.
- If you have competed in this event before then please note we have made a slight amendment to the route for 2023, just after Threlkeld we are taking you off road at an earlier point along the old railway line, this is to help improve safety on the course.
- You must use the cycle path from grid ref: NY 371 038 to Low Wray. It does cross from one side of the road to the other on occasions, but the crossing will be signed with the race signage arrows. **DO NOT** run along the road please.
- Please respect the local residents in the villages of Finsthwaite and Cartmel by keeping any noise to a minimum – especially where you will be passing through these villages at night.
- At Newby Bridge (grid ref: SD 370 861) you will need to cross the busy A590 – please use the section of road with the central island/crossing point near the junction to Canny Hill.



### Feed Stations

There will be 3 feed stations on the route. You do not have to eat at the feed station or go in them if you do not wish to, however, it is not in the spirit of this event to have supporters supplying you with food on the route or to call in cafes & shops.

Each feed station will have a good selection of hot & cold food, hot & cold drinks, and there will be water available to refill bottles and bladders. The locations and type of food available at each is listed below:

1. Threlkeld Village Hall (grid ref NY 319 253)  
Food – Baguettes, Danish Pastries, Fresh Fruit, Cakes, Crisps & Sweets
2. Ambleside Parish Centre (grid ref NY 374 043)  
Food – Hot Pasta, Pizza, Fresh Fruit, Cakes, Savoury snacks & Sweets
3. Finsthwaite Village Hall (grid ref SD 368 878)  
Food – Hot Soup, Baguettes, Fresh & tinned fruit, Creamed Rice, Cakes & Sweets

## Lakes in a Day 2023 – Runner Information

Gf/Veg/Vegan options are available at all the feed stations. This food is kept separate from the main food so that it does not get eaten by non gf/veg/vegan runners. Please ask one of the marshals if you have any of these special dietary requirements and they will look after you.

Food will be supplied unpackaged, if you wish to take food on the course with you then please feel free to bring a freezer bag (or 2) to place “take away” items in.

### **Cut Offs – including a NEW on the hill location at Grisedale Tarn**

We have decided to be generous with the cut offs, to hopefully allow everyone to complete the route without any added stress. You must leave the feed stations/Check Points by the times given below:

**Threlkeld - 13:30hrs**

**Grisedale Tarn – 17.30hrs**

**Ambleside - 22:30hrs**

**Finsthwaite - 03:30hrs**

If you are unfortunate enough to not make the cut off time, please make your way to the nearest feed station or call the Event Emergency number and we will advise you what to do.

**For Grisedale Tarn only** – there will be a marshal based at Grisedale Tarn during the event, if you miss the cut off at Grisedale Tarn you will be directed down off the fell (the route is marked on the map) where there will be a safety coach parked in the layby. You may get on the coach to stay dry and warm however, you must be prepared to wait on the coach until other runners who may be behind you have come off the hill. This wait could be long, before being taken to the feed station at Ambleside. This coach will not take you directly to the finish. Depending on what time you arrive in Ambleside you may want to make your own arrangements to get to Cartmel. There will be a final sweep coach leaving Ambleside for Cartmel at 10.30pm only.

### **Retirements**

If for any reason you decide not to continue to the finish, please either report to an event marshal at one of the feed stations – giving them your name, race number and tracker - or call the Event Emergency number and we will advise you what to do. Please do not jump on a bus, get a lift, go home or back to your hotel before doing this. If we do not hear from you and your tracker is outstanding at the end of the event, we will have no choice but to call out the emergency services to look for you.

If you do retire from the race you will be expected to make your own way back to the finish at Cartmel. Marshals at the feed stations will do their best to advise you how to do this however it may involve lengthy bus rides. Taking a taxi would be more direct. Please ensure that you bring money for a taxi or bus ride or a contact number for friends or supporters to collect you

In case of a mass evacuation we have a coach to pick up runners however this will not run shuttles to the finish it will continue to work its way down the course throughout the day and into the evening. If you choose to get on the coach you may have to wait several hours for the feed station to close before returning to Cartmel. For a swift return to the finish a bus or taxi ride would be recommended.

### Photography

We will have our event photographers popping up along the route taking pictures of you all. The event photographs will be available on our website shortly after the event

<https://www.durtyevents.com/galleries>

### The Countryside code

We would like to draw your attention to the Countryside Code which provides information on how to behave when out in the British countryside. <https://www.gov.uk/government/publications/the-countryside-code> and <https://www.gov.uk/government/publications/the-countryside-code/the-countryside-code-advice-for-countryside-visitors>

### Spectators & Parking

Your supporters are very welcome to come along to cheer you on, but we do not allow them in the feed stations – this is a competitor only zone. We would also ask that spectators do not park on the roads near the feed stations as this will result in congestion and may impede runners and put them in danger from other road users (whose vision may be blocked). In addition, last year it was brought to our attention that later in the evening supporters were following participants and parking in residents yards and outside their houses, keeping engines running and lights on. **This is not acceptable behaviour and we ask that supporters stay off the route and meet runners at the finish.**

This is of particular concern in **Threlkeld Village** and we ask that supporters park in the Threlkeld Cricket Club Car Park on the A66 and walk up to the Village Hall. There is no supporter parking in the village. The parking will be signposted on the main road. The Parish Council have asked for the Village to be kept clear of support vehicles to keep the bus route open. Threlkeld is very limited for parking anyway and any excess vehicles can cause a safety hazard for runners. We rely on resident's goodwill, please do not give them any reason not to welcome us back - the future of the event depends on it. **Supporters will not know this unless you tell them.**

Good vantage points for watching you while on the run are going through Threlkeld village (see above re parking), just beyond the feed station and down to the underpass.

Ambleside in the park just beyond the Parish Hall has many viewing locations with plenty of public car parking, cafes etc. There is no parking at the Parish Centre, please park in one of the public car parks nearby.

Finsthwaite late at night is not great, as we need to keep the noise down in the village, spectators are not welcome and should not plan to meet runners here.

Newby Bridge has a couple of pubs, where spectators could wait in the warmth until runners pop out from Water Side Knott.

**Remember, it is against the rules of this event to obtain outside assistance from supporters ie no food, clothing to be passed to runners or for items to be passed to supporters (e.g. spare clothing).**

### Finish

The finish will be in the grounds of Cartmel Priory School. There will be arrows directing you into the grounds. Any finish kit bags will be available here and there will be access to changing rooms, toilets & showers.

## Lakes in a Day 2023 – Runner Information

### **Post-race Meal**

We have arranged hot food for all runners at the finish and you will be provided with a token to exchange for your meal. This will be served at the catering tent outside the dining hall at the school. Each participant is provided with a well-earned hot meal and copious amounts of tea & coffee. Please note the post race meal is for runners only. Any supporters will need to purchase their own food from the catering team.

### **Results**

The final result list will appear on the Durty Events website shortly after the event has finished.

### **Prize-giving**

This will take place soon after the first three men & first three ladies have finished. Trophies will be given to the first 3 men, first 3 ladies and 1st from each of the following age categories V40/V50/V60 (male & female). There are also cash prizes if the course record for male or female are broken. The men's prize currently stands at £500, having been won in 2022 by Jarlath Mckenna. The women's prize now stands at £500 having been won in 2022 by Jasmin Paris. Note podium awards (1st / 2nd and 3rd overall) will only be given to participants who have descended Hallsfell Ridge. This rule does not apply to the age category awards.

If you have any further questions – please get in touch via [info@durtyevents.com](mailto:info@durtyevents.com).

We look forward to seeing you on the start line.

### **Paul and the Team at Durty Events**