

○ Ambleside
● Wray
● Claife Heights
● Rawlinson Nab
● High Dam
○ Finsthwaite
● Newby Bridge
● Speelbank
○ Cartmel



DYNAFIT LAKES IN A DAY HALF 2026

WELCOME

Welcome to Dynafit Lakes in a Day Half which starts in Ambleside on Saturday 10th October and finishes 23 miles later in Cartmel.

Contained within this document is important information to help you prepare for race day. Please have a read through, and if at the end you still have some questions, get in touch via email to info@durtyevents.com.

This document includes information on the following:

- Race Timings
- Venues
- Registration Information
- Bag Movements
- Parking, Transport and Accommodation
- Mandatory Kit, Race Rules, etc
- Route Information & Penalties
- Spectator Information
- Finish & Prizegiving

We look forward to welcoming you to the race.

See you in the Lakes!



IMPORTANT INFO..

- Please do not arrive at the Cartmel Race Course for Camping/Parking before 6pm on Friday
- Race Course Camping is for competitors only, it is not suitable for family/spectators
- Click [here](#) for location of Entrance to Race Course for Parking (this is outside the main village). There is no event parking in the public car park accessed from the village.
- You must be clear of the Race Course Campsite by 10am on Sunday
- You must bring Photo ID and your race bag complete with mandatory kit to registration
- The Race Route is mandatory unless otherwise stated on the map, penalties will be given for straying from the marked route
- Cut Off times must be adhered to it is not acceptable to continue on the route if you have missed a cut off
- If you withdraw or are cut off you will need to find your own way back to Cartmel
- The Event Control phone number is **0330 223 5706** this is to be used in the case of emergency or to report your retirement from the event. If you are retiring please follow Event Control instructions

RACE VENUE(S)

REGISTRATION – Ambleside United Football Club

All runners must register even if pre-entered. Here you will receive your route map, race number, tracker and any other information you may need. This will take place on Saturday between 12pm-2pm.

Please note: There will be **no** registration in Cartmel

START LINE – Rothay Park, Ambleside

The Start Line will be outside Ambleside United Football Club there will be a bag drop vehicle for any items that need transporting to the finish line, please make sure any items are in a small sealed bag (not a poly bag) labelled with your race number. Bags should weigh no more than 5kg.

PARKING & CAMPING – The Racecourse, Cartmel, Grange-over-Sands, LA11 6QF

Parking and camping for the event will be located at Cartmel Racecourse. Camping will open at 6.00pm on Friday (please do not arrive before this time). There is no access to power for vans at the racecourse. You will not be able to park next to your tent.

How to get there

On arrival at Cartmel Village head to the Race Course for Parking/Camping, click [here](#) for a google pin drop of the parking/campsite entrance, please note this is just outside of Cartmel Village. There is no event parking in the public car park accessed from the village.

WEEKEND SCHEDULE

Item	Day	Time	location
Camp Ground Opens	Friday	6:00pm	Cartmel Race Course
Parking Opens	Saturday	9:00am-10:45am	Cartmel Race Course
Coach Departs Cartmel for Start	Saturday	11.00am	Cartmel Priory School
Registration Open	Saturday	12:00pm-2:00pm	Ambleside United Football Club
RACE START	Saturday	2:30pm	RACE START
Primal Feasts	Saturday/ Sunday	4:30pm-8:00am	Cartmel Priory School
Finish	Saturday/ Sunday	4:30pm-8:00am	Cartmel Priory School
Campsite Closed & Site Cleared	Sunday	10:00am	Campsite Closed & Site Cleared

REGISTRATION & TIMING

Saturday 12-2pm at Ambleside United Football Club

All runners must register even if pre-entered. Here you will receive your route map, race number, tracker and any other information you may need.

At registration you will need to bring with you one form of **photo identification** please have this ready 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.

If you are planning to leave a vehicle in Ambleside and return for it later please arrive in plenty of time to park considerably, there is no official event parking in Ambleside so you will need to make your own arrangements on where to park and how to get back to your car.

Please note – there will be NO registration in Cartmel



REGISTRATION & TIMING CONT..

At Registration 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.

Tracker – 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.

Finish Bag drop – for those wishing to have a bag with a change of clothes & shower stuff at the finish you can make a bag drop into the appropriate vehicle outside Ambleside United Football Club prior to the race start. Please make sure bags are labelled (there will be luggage labels and pens available at registration) with your name and runner number. Bags can be collected at the finish on production of your race number.



MANDATORY KIT

This is the kit list regardless of the weather – even if there is bright blue sky and not a cloud to be seen. With the length of this event and the fickle nature of weather in the Lakes, all of this kit will come in useful and therefore needs to be carried. This list is the minimum and you will most likely be grateful for more!

The organisers reserve the right to disqualify any competitors who, in their opinion, do not have the necessary kit to survive in an emergency situation. Cotton clothing is not suitable.

You are required to take with you the following items:

- **Waterproof jacket with hood** - not a bin bag or fashion jacket, but one suitable for mountain running and walking. It needs to have a waterproof membrane and taped seams.
- **Waterproof trousers** – suitable for mountain running (see above) - midweight, rather than skinny 'race weight. Knee length zips are recommended to aid rapid deployment
- **Full Leg Cover** (worn or carried) – Additional to your waterproof trousers
- **Insulated layer** - fleece / lightweight synthetic duvet jacket (not sure what you are looking for check out this [guide](#) for details and inspiration)
- **Long sleeve top** – In addition to any top you may be wearing
- **Hat** (not a buff) & **Gloves** (Wind & Waterproof over mitts are highly recommended)
- **Map** (Supplied) & **Compass** (Not a phone or watch version) & Whistle
- **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.
- **Torch & spare batteries** (or spare torch) – Your torch should be capable of giving useable light for a minimum of 12 hours
- **Bivy bag** (not a foil blanket) e.g. [This one](#)
- **Mobile phone**. If you are using your mobile phone for navigation you will need to a) bring another phone for use in emergencies or b) bring a fully charged battery pack to recharge your phone if needed in an emergency
- **Money** (not just a credit card)

All spare clothing must be waterproofed (i.e. in a drybag)

Please use your common sense. This is a long run in wild terrain. If you are at the start line wearing a t-shirt and shorts carrying nothing but a bum bag, expect us to be asking a few questions. If the weather is bad then pack additional extra layers of kit.



START INFORMATION

Coach Transfer to the Start

The coach transfer is included in your entry fee. It will be leaving Cartmel Priory School at 11.00am 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.

Toilets at the start in Ambleside - we are aware that after an 60 minute coach ride you will all be wanting the loo before you start. There are a number of toilets located inside the football club and there are also public toilets on Vicarage Road near Rothay Park in Rothay Park Ambleside.

Start

This will take place outside of the Ambleside Unite Football Club (Hillard Park, Ambleside LA22 0EE). The event is a mass start at 2.30pm prompt.



ROUTE INFORMATION

The Route

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 - hi-vis yellow arrows with reflective insert on a black background.



- 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.

Distance

The full route is 23miles (37km). The feed station on the route will be located at Finsthwaite, this will be shared with runners on the Ultra course.

Distances	km	Miles
Ambleside to Finsthwaite	21.5km	13.5m
Finsthwaite to Finish (Cartmel)	12km	7.5m

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>

ROUTE INFORMATION

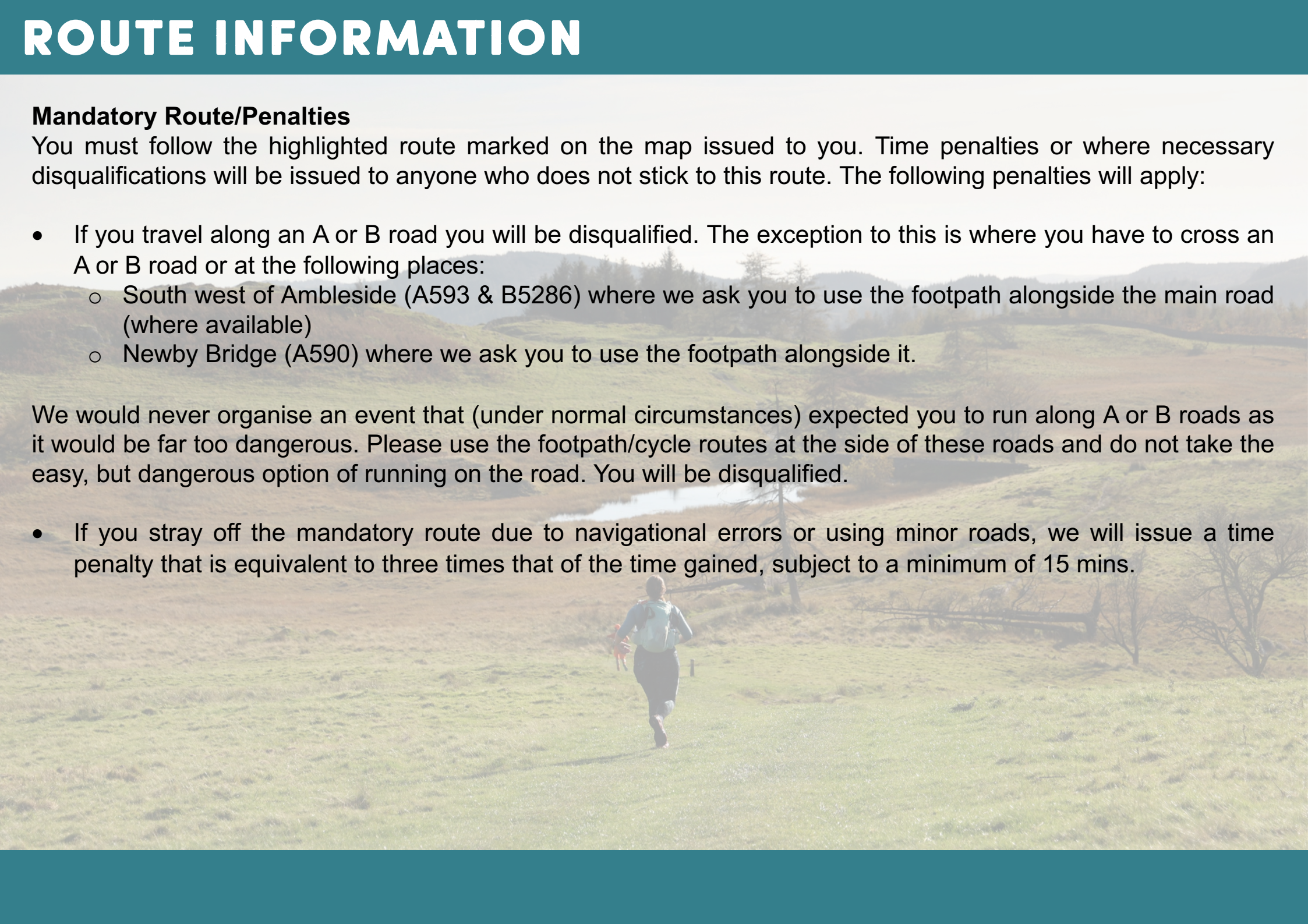
Mandatory Route/Penalties

You must follow the highlighted route marked on the map issued to you. 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:
 - 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 do 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.



AID STATIONS & CUT OFFS

Feed Station

There will be 1 feed station on the route. You do not have to eat at the feed station or go in 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.

The 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 of the feed station is

Finsthwaite Village Hall (grid ref SD 368 878)

Food – Hot Soup, Baguettes, Fresh & tinned fruit, Creamed Rice,
Cakes & Sweets



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

The cut offs have been kept the same as the Ultra Event so you should find you have plenty of time to complete the route without any added stress. You must leave the feed station/Check Point by the time given below:

Finsthwaite - 03:30hrs

Finish Cartmel – 08:00hrs

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 **0330 223 5706** and we will advise you what to do.

FINISH, RESULTS ETC

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.

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 as well as 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 results list will appear on the [Durdy Events website](#) shortly after the event has finished.

Prize-giving

Awards for 1st, 2nd, 3rd placed Male and Female will be awarded on the finish live. Prizes will be awarded by email after the event to 1st place male and female in the following categories: Senior 18-39/V40/V50/V60/V70

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>



RETIREMENTS

Retirements

If for any reason you decide not to continue to the finish, please either report to an event marshal at the feed station – 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 station will do their best to advise you how to do this however it may involve a lengthy bus ride. 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. The website www.rome2rio.com is a good place to start when looking for transport options.

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.

IN AN EMERGENCY

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.



PARKING & CAMPING

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, and 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.

Camping on Friday will open at 6.00pm – the camping is marshalled and you will be directed where to park. Please follow marshals instructions. On Saturday morning parking will open at 9.00am 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.

Camping – camping and parking 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 6m 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 bag drop at the race start so it will be 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 will be closed and gates locked during the event, the site must be clear by 10.00am Sunday morning.

CAMPING AREA

If you have purchased camping at the Race Course.

Please stick to the authorised camping areas. We need to keep the Race Course happy and so there's a handful of things we ask you not to do please;

- a) Please, no vehicles on the race course track
- b) Campervans/Caravans are fine by us – either on the hard standing areas next to the main reception area, or on the gravel areas on the main drive in (but no vehicles on the track itself please).
- c) Please make sure you take everything away with you after you pack your tent. We do not have the personnel to pick up after you.
- d) Tents should not exceed 12'x12' unless accommodating more than four people. Gazebos and tents for common areas are not permitted.
- e) Litter: please take all camping litter away with you. Please don't dump stuff in the Race Course bins – they need the capacity themselves.
- f) Cooking: open fires, barbeques (of any kind) or large 'Calor Gas' bottle style cooking units/heating units are not allowed in the camp site. Small personal gas cooking appliances are fine. There are catering options in the village or at the finish line at Cartmel School.
- g) Glass: glass bottles or glass drinking vessels of any kind are also not permitted in the camp site, thank you.
- h) Noise: There is not a designated quiet area at this event. However, we insist that all revellers retire quietly to the camping area. Noisy neighbours (however musical or funny they think they are) are not nice ☺. We'll turf you off the campsite if you're being a PITA and annoying others.
- i) Please, no generators. Ta.

SPECTATOR INFORMATION

Your supporters are very welcome to come along to cheer you on, but we do not allow them in the feed station – this is a competitor only zone. We would also ask that spectators do not park on the roads near the feed station 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, in previous years 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.** Spectators behaving in this manner may jeopardise your race.

Ambleside in the park just beyond the Parish Hall this area 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).

Food Cartmel – for runners and supporters

The Primal Feasts 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.

DYNAFIT



ULTRA SYSTEM

#SPEEDUP

PETZL HEADLAMP - NAO® LT

Lightweight and rechargeable headlamp with rear red lighting. 600 lumens
Whether you're a casual runner or preparing for a big race, this headlamp is designed for you! Lightweight and featuring a breathable headband, you'll forget you're wearing the NAO LT with every stride. The battery pack is in the rear for better weight distribution and optimized comfort when you're working hard. With the ability to cast 600 lumens of brightness for 2 hours, you can confidently hit the trail whether you're doing a city loop or a long run off the beaten track. Equipped with a rear red light, you are more visible to others from behind. Rechargeable via USB-C, the NAO LT is also compatible with three standard batteries, with its HYBRID CONCEPT design.



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DYNAFIT



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