

○ **Caldbeck**
● High Pike
● Blencathra
○ **Threlkeld**
● Clough Head
● The Dodds
● Helvellyn
● Grisedale Tarn
● Fairfield
○ **Ambleside**
● Wray
● Claife Heights
● Rawlinson Nab
● High Dam
○ **Finsthwaite**
● Newby Bridge
● Speelbank
○ **Cartmel**



DYNAFIT LAKES IN A DAY 2026

WELCOME

Welcome to the Dynafit Lakes in a Day Ultra which starts in Caldbeck on Saturday 10th October and finishes 50 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, a bus will be stationed at strategic points along the course this is for the purposes of shelter and is not a “sweeper bus” it will not return you to the finish line
- 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
- Your Shoe bag is for 1 pair of trainers and 1 pair of socks only, any additional items will be removed
- If you withdraw from the event and have spare trainers at Ambleside please report there to collect them or collect from Cartmel Priory School before 7am on Sunday

RACE VENUE(S)

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

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 on Friday between 7pm-10pm.

Please note: There will be **no** registration in Cartmel on Saturday morning

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

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. There is very limited parking in Caldbeck and we are unable to transport competitors back after they finish so please do not register here unless you really have no choice.

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

WEEKEND SCHEDULE

Item	Day	Time	location
Camp Ground Opens	Friday	6:00pm	Cartmel Race Course
Registration (Cartmel) Open	Friday	7:00pm-10:00pm	Cartmel Priory School
Parking Opens	Saturday	4:45am-5:30am	Cartmel Race Course
Coach Departs Cartmel for Start	Saturday	5.45am	Cartmel Priory School
Registration (Caldbeck) Open	Saturday	6:30am-7:30am	Caldbeck Parish Hall
RACE START	Saturday	8:00am	RACE START
Primal Feasts Opens	Saturday/ Sunday	4:45am Breakfast Opens 4:30pm(Sat)-08.00(Sun)	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

Friday 7-10pm at Cartmel Priory School or Saturday 6.30-7.30am at Caldbeck Parish Hall

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.

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 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.

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



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.

Shoe Bag – If you wish to drop a change of shoes for collection at Ambleside, you must use the clear bag provided. Inside you may place a change of shoes and a change of socks, anything else found in the bag will be removed



MANDATORY KIT

See next page for the mandatory kit list.

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! **This event is not like many other ultras in the UK calendar – it goes up on to the high fells and STAYS up there so don't take any chances.**

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.

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.



MANDATORY KIT

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
- **Bivvy 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)



BAG MOVEMENTS

Shoe Bags (issued when you register) – The route is almost a ‘game of two halves’, with the first part of the route taking you over the high fells & the second half over the lower trails. You have the option of a ‘shoe & sock change’ at the Ambleside feed station. As you may want fell shoes at the start and then a change to trail shoes at Ambleside. We will transport your shoes to the Ambleside feed station, they must be in the clear bag provided by us at registration. The only items allowed in this bag will be a pair of shoes & a pair of socks – **no extra kit or nutrition/drinks**. 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 in the numbered sacks ready for us to take them to Ambleside. If you are travelling under your own steam on Saturday morning & registering at Caldbeck your shoes will be transported down to Ambleside after the start. **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 & 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 at the finish on production of your race 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.**

START INFORMATION

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. 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 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.

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 & staff of the Oddfellows Arms are not responsible in any way for the organisation and running of the event. Out of goodwill they allow us to place toilets on their property 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.

ROUTE INFORMATION

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



Distance

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

Distances	km	Miles
Start (Caldbeck) to Threlkeld	18km	11m
Threlkeld to Ambleside	28.5km	18m
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 SPECIFIC NOTES

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 Blease Fell (red highlighted route). **No other routes are permitted.** If you choose to take the Blease Fell route you **MUST** reach the carpark at the road end and punch your race number, by taking this route you will become non-comp and therefore ineligible for prizes.

- This route is marked on the map.

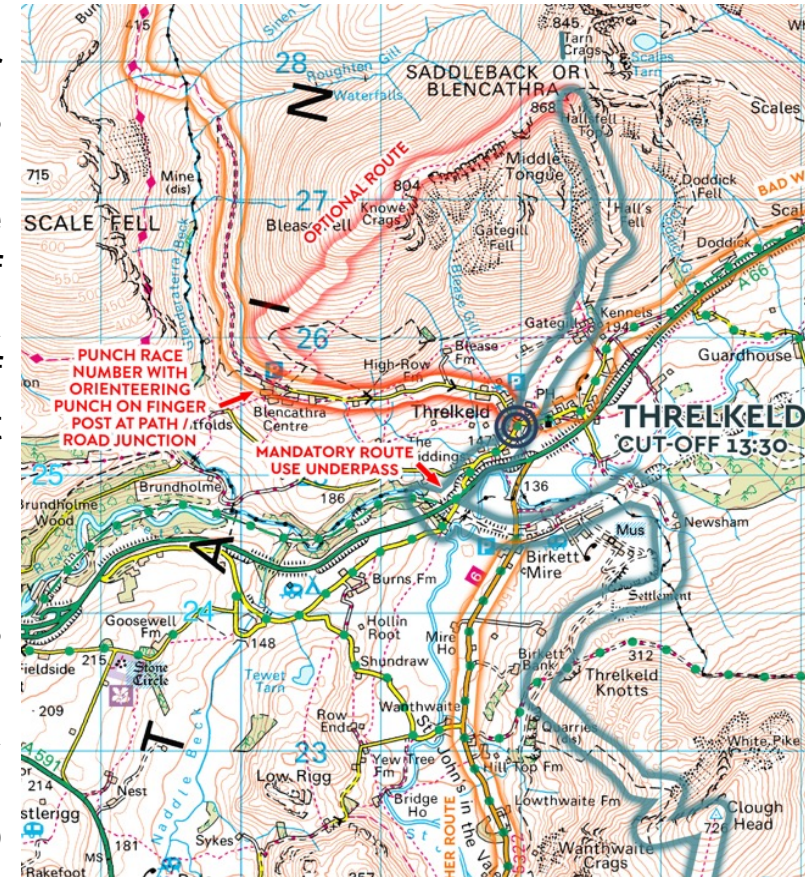
- The underpass at the A66 (grid ref: NY 313 247) is mandatory. It is marked on the map as such. Do not cross the A66 at any other point.

- If you have competed in this event before then please note we made a slight amendment to the route in 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.



ROUTE INFORMATION

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 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.

CUT OFFS

Cut Offs – including 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 - 13:00hrs – Amended Cut Off Time

Grisedale Tarn – 17.30hrs

Ambleside - 22:00hrs – Amended Cut Off Time

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.

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 and make arrangements to get back to Cartmel. The coach will go on to Ambleside 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. This coach will not take you to the finish you must make your own arrangements to get from Ambleside to Cartmel. For information on travel options see [Ambleside to Cartmel Racecourse](#)

If you are asked to leave the fell by this marshal please do so, continuing under your own steam is not an option and will jeopardise the future of this event

AID STATIONS

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



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.

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 [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 is also a cash prize of £500 if the course record for male or female is broken. The men's course record is currently 8hours 40mins 46 seconds having been won in 2022 by Jarlath Mckenna. The women's course record is currently 8 hours 50 mins 13 secs having been won in 2025 by Anna Llewellyn. Note podium awards (1st / 2nd and 3rd overall) will only be given to participants who have descended Hallsfell Ridge.

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 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. 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, 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.

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 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 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 stations – these are competitor only zones. 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, 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.

This is of particular concern in **Threlkeld Village** and we ask that supporters park in the Threlkeld Cricket Club Car Park on the A66, park and walk up to the Village Hall. There is no supporter parking in the village, please note the Cricket Club Car Park is pay as you go. 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. The Cricket Club Parking is pay as you go with the option to pay by phone, please be aware that there is a high chance a parking warden will be in the vicinity issuing fixed penalties to anyone who has not paid the parking fee.

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 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).

SPECTATOR INFORMATION

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.



hybrid
CONCEPT®



WITH THANKS TO OUR SPONSORS



DYNAFIT



DURTY
BREWING

