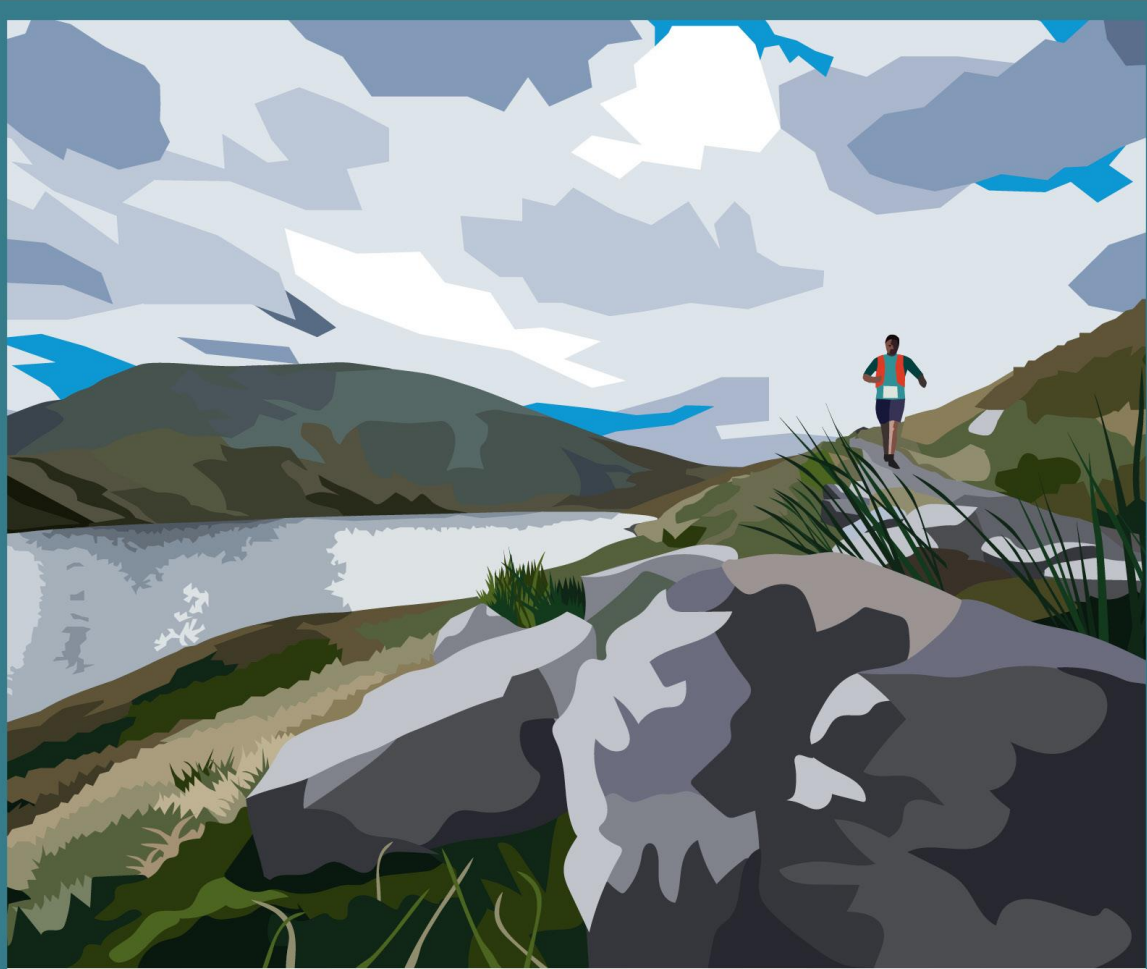


Runners Information Booklet 2019



LAKES IN A DAY

50 MILE ULTRA RUN FROM CALDBECK TO CARTMEL

Saturday 12 October 2019

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!



Presented by **open**
adventure

www.lakesinaday.co.uk

12.10.19

Lakes in a Day 2019 – Runner Information

Welcome to the 6th Lakes in a Day Ultra Run which starts in Caldbeck on Saturday 12th 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 from the [Contact Us](#) page of the website.

Event Schedule:

Item	Day	Time	Location
Registration (Cartmel)	Friday	7-10pm	Cartmel Priory School
Camp Ground Opens	Friday	6pm	Cartmel Racecourse
Registration (Cartmel)	Saturday	5-5.30am	Cartmel Priory School
Coach 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, safety pins, tracker and any other information you may need. This will take place between 7–10pm on Friday and again between 5-5.30am on Saturday at:

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

For those of you who do not wish to come to Cartmel before the start, we will be opening a separate registration between 6.30 -7.30am on Saturday in Caldbeck at:

Caldbeck Parish Hall, Caldbeck, Cumbria CA7 8EU

You will have selected if you wish to register at Caldbeck or Cartmel. Please email Lisa prior to the event via Talkto@openadventure.com if your situation has changed since you signed up.

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 LDNP 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 donot 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 your run pack (rucksack/bumbag etc) as we will need to attach the tracker to it.

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 tracker needs to be able to detect a GPS signal, so should not be buried deep in a pocket or the bottom of a rucksack). The trackers allow us, and your followers, to see your progress along the route.

Shoe Bags – 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) from the start 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.

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 only**, 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 2019 will be located at Cartmel Racecourse. Camping will open at 6.00pm (please donot arrive before this time) and is restricted to tents and small campervans (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. 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 9.00am Sunday morning.

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 – **ESPECIALLY** if you are registering at Cartmel on the Saturday morning between 5.00 + 5.30am.

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 please do as you are asked. 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 to collect it before you can shower and change.

Food Cartmel – for runners and supporters

Carrying on from the success of 2018 – 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 prompt. We are currently looking at the option of having the breakfast catering wagon based at the racecourse/camping & parking area – we will confirm this in an update just prior to the event.

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, so please make sure you have registered before getting on the coach, as there will not be time in Caldbeck. **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 LDNP 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 queue.

Please note this year the coaches will drive through the village and drop off close to the LDNP car park. This is to ease congestion in the village and has 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) new for 2018
- 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 2840

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.

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



Lakes in a Day 2019 – Runner Information

signage out to direct you along certain roads. 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	
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:

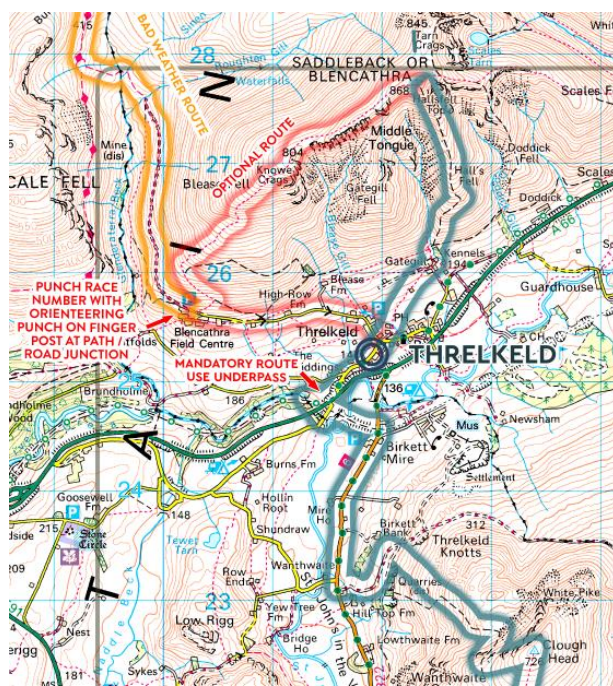
- If you travel along an A or B road you will be disqualified. The exception to this is where you have to cross an A or B road or at the following places:
 - Ambleside – A591 into the feed station
 - South west of Ambleside (A593 & B5286) where we ask you to use the footpath alongside the main road (where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

We would never organise an event that 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 (highlighted route). However if you have real issues



with this ridge, you are allowed to take the route via Blease Fell . **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.
- 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 green 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

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.

Cut Offs

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 by the times given below:

Threlkeld - 13:30hrs

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.

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 & 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 best 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 Facebook page shortly after the event <https://www.facebook.com/openadventure>

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 residents 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.

Lakes in a Day 2019 – Runner Information

Finsthwaite late at night is not great, as we need to keep the noise down in the village, spectators should not congregate 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.

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 Lakes in a Day 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 £2000 having rolled over since 2015. The women's prize is £500 with the record having been broken last year. 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 the [Contact Us](#) page of the website.

Look forward to seeing you on the start line. **James and the Team at Open Adventure**