

**The inov-8 Grand Tour of Skiddaw
Competitor Notes**

Saturday 23rd August 2014



The inov-8 Grand Tour of Skiddaw will be held
on Saturday 23rd August 2014.

**Please ensure that you read everything
included in this event information.**

We would like to wish all competitors

Good Luck!



Event Address:

Lime House School, Holm Hill, Dalston, Carlisle,
Cumbria, CA5 7BX

Emergency Contacts:

Event Director

Gaynor Prior 07968836549

Event Manager

Dave Prior 07887930854

The inov-8 Grand Tour of Skiddaw Competitor Notes

Saturday 23rd August 2014

1 - Event Entry

Event Entry Confirmation

All competitors have been forwarded a confirmation email upon entry and will be therefore listed on the entry list.

Terms and Conditions of Entry

The terms and conditions of entry are stated on the website www.pureoutdoorsevents.co.uk. On entering all competitors agree to abide by these terms and conditions.

Swapping of Entries

Swapping of entries is strictly forbidden as it invalidates the event insurance. All photo id will be checked at Registration.

2 - Directions

Lime House School is situated 10 mins from Junction 42 of the M6. Take the exit signed 'Durdar', into Durdar, straight across the x roads signed Dalston. At the T junction at the Bridge End Inn, turn left onto B5299. As the road bends to right, turn left signed 'Rose Castle'. Lime House School entrance is on the next corner on the left. Post Code: CA5 7BX

3 – On Site

Parking

Enter the School site and drive to the school building, turn left towards the School Hall and parking/camping on the school field.

Parking/camping is available for 1 vehicle plus 1 tent per runner. Please ensure all valuables are locked away as we cannot guarantee their safety.

Toilets

Toilets are available in the School Hall and there will be portaloos available on the School grounds. The School Hall will be locked overnight on Friday 22nd.

Showers

Showers are available in the School Hall.

Catering

There will be catering available to purchase on site from Friday afternoon until Sunday evening, provided by www.mobilewoodfiredpizzas.co.uk. Sample menus of the catering available, which will include breakfast options, will be available on the event facebook/twitter pages prior to the event. All competitors will be given soup, bread and hot drinks at the Finish. Hot water will be available on Saturday morning from 06:00. There are numerous places in nearby Dalston to purchase food/drinks including the Co op, which closes at 22:00.

Newark Brewery

Newark Brewery will be onsite with a selection of beers and ciders available to purchase from 17:00-23:00 on Saturday 23rd and 12:00-23:00 on Sunday 24th. All finishers will receive a 'drink token' for a free drink of their choice.

www.newarkbrewery.co.uk

Shopping

There will be a shop onsite provided by Tony Holland of Ultra-runner.com, for all those last minute kit purchases.

The inov-8 Grand Tour of Skiddaw

Competitor Notes

Saturday 23rd August 2014

Dogs

Although competitors cannot run with their dogs, any spectators are allowed dogs on site, please keep them on a lead **AT ALL TIMES** and clean up after your dog.

4 – Event Timetable

Registration

Registration will open from 17:00-22:00 on Friday 22nd and again from 06:00-07:00 on Saturday 23rd. You will provide your vehicle reg number, photo id, read and sign the Event Disclaimer when you register. You will be given your Event T Shirt, Route Notes, Race Number, Baggage Label and Dropbag when you register. Please return your full Dropbag with Baggage Label attached to Registration **BEFORE** 07:00 on Saturday 23rd. The Dropbags will be returned to Registration for collection by 12:00 on Sunday 24th.

Kit Check

Your FULL Mandatory Kit will be checked when you register. You will not be allowed to compete unless you have the full kit list. ALL prize winners will be kit checked at the Finish and there will be spot kit checks for finishing competitors.

Mandatory Kit List

- Waterproof jacket and trousers with taped seams. Windproof or showerproof will not be accepted.
- Spare long sleeved base layer top
- Hat and gloves
- Head torch plus spare batteries
- Mobile phone (fully charged)

- Route Notes and Map (supplied on waterproof paper)
- Compass
- Whistle
- First Aid Kit to include blister plasters, sterile dressing, tape to secure as a minimum
- Emergency Foil Blanket or bivi bag
- Mug or cup
- Sufficient food and drink. The runners will be self sufficient between Checkpoints

5 – Race Day Timetable

Saturday 23rd

06:00-07:00 Registration opens

07:30 Pre Race Briefing. This must be attended by ALL competitors. Any last minute changes to the route will only be announced at the briefing. The briefing will take place in the Sports Hall. After the briefing all competitors will make their way to the Start area, which will be in front of the Sports Hall.

08:00 Race Start

6 - Route

All competitors will follow the route using the Route Notes (written description of the route) and Route Map. There will be Event Crew and Route Markers on parts of the route. The use of GPS, compass and common sense are allowed.

Checkpoints

There are 4 Checkpoints on the route.

The inov-8 Grand Tour of Skiddaw Competitor Notes

Saturday 23rd August 2014

Checkpoint 1

Caldbeck Parish Hall (NY 323 396) 7.69miles

Toilets

Food/drink available; GU gels, 9Bars, crisps, ginger cake, biscuits, jelly babies, salted peanuts, flapjack, jam or cheese sandwiches, ice cream, coke, water, tea, coffee, hot chocolate

Checkpoint 2

Latrigg Marquee (NY 281 254) 19.7miles

Competitors' Dropbags will be available

Food/drink available; GU gels, 9Bars, crisps, ginger cake, biscuits, jelly babies, salted peanuts, flapjack, water melon, coke, water

Checkpoint 3

Peter House Farm (NY 249 323) 26.7miles

Food/drink available; GU gels, 9Bars, crisps, ginger cake, biscuits, jelly babies, salted peanuts, flapjack, strawberries, grapes, coke, water

Checkpoint 4

Caldbeck Parish Hall (NY 323 396) 35.3miles

Toilets

Food/Drink available; GU gels, 9Bars, crisps, ginger cake, biscuits, jelly babies, salted peanuts, flapjack, Glorious! soup, bread, jam or cheese sandwiches, ice cream, coke, water, tea, coffee, hot chocolate

Finish

Lime House School (NY 376 472) 44miles

Food/Drink available; Glorious! Soup, bread, tea, coffee, hot chocolate

Event Finish

The Grand Tour of Skiddaw will finish in front of the Sports Hall. All competitors will be presented with their Finishers Medal and hot food/drinks/Newark Brewery drinks token in the Sports Hall.

7 – Prize Presentation

The Prize Presentation will take place at 12:00 on Sunday 24th August in the Sports Hall. We are very happy to announce that Billy Bland, the record holder for the infamous Bob Graham Round will be presenting the prizes. The prize categories are;

1st, 2nd, 3rd Male Solo

1st, 2nd, 3rd Female Solo

1st, 2nd, 3rd Pairs

Various Spot Prizes presented by RunFurther.

8– Results

A set of Provisional Results will be available to download from the event website www.pureoutdoorsevents.co.uk on Monday 25th August. Any queries relating to the provisional results must be emailed to info@pureoutdoorsevents.co.uk by Wednesday 27th August, after which time all results will be considered final.

9 – Medical Advice

All competitors must inform the organisers of any pre existing medical conditions e.g. asthma, allergies, diabetes etc. Please write any medical information on the reverse of your Race

The inov-8 Grand Tour of Skiddaw Competitor Notes

Saturday 23rd August 2014

Number. If you feel unwell or are carrying an injury please do not start the event.

There will be First Aiders at all Checkpoints and the Finish and they will also be mobile around the route. If you require First Aid please inform the nearest Event Crew/Checkpoint or ask another Competitor to inform the nearest Event Crew/Checkpoint or use the Emergency Numbers provided on the Route Notes. In an extreme emergency please call Mountain Rescue on 999.

Finally the organisers of The inov-8 Grand Tour of Skiddaw wish you a safe and enjoyable event, have fun on the trails!

Supported by;



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