

**The Cumbria Way Ultra  
Competitor Notes**

**Saturday/Sunday 13<sup>th</sup>/14<sup>th</sup> September 2014**



The Cumbria Way Ultra will be held on Saturday/Sunday 13<sup>th</sup>/14<sup>th</sup> September 2014.

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

We would like to wish all competitors

Good Luck!



**Event Address:**

Registration - The Old Farmhouse, Priory Rd,  
Ulverston, Cumbria LA12 9HR

Start Meeting Point - Stockbridge Lane Car Park,  
Ulverston, LA12 7BE

Start - The Gill, Ulverston, LA12 7BJ

Finish - Carlisle Castle, Castle Way, Carlisle,  
Cumbria CA3 8UR

**Emergency Contacts:**

**Event Director**

Gaynor Prior 07968836549

**Event Manager**

Dave Prior 07887930854

# The Cumbria Way Ultra Competitor Notes

## 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](http://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.

### Dogs

Competitors cannot run with their dogs due to the SSSI nature of parts of the route.

## 2 – Directions

**Registration - The Old Farmhouse pub, Priory Rd, Ulverston, Cumbria LA12 9HR**

**Tel: 01229 480324**

Parking is available in The Old Farmhouse's car park or there is ample parking on Priory Road.

Toilets are available in The Old Farmhouse.

### Shopping

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

**Start Meeting Point/Pre Race Brief Location – Stockbridge Lane Car Park, Ulverston, LA12 7BE**

**Saturday/Sunday 13<sup>th</sup>/14<sup>th</sup> September 2014**

ALL Solo runners and Leg 1 Relay Team runners must meet with Event Crew at Stockbridge Lane car park.

### **Start Location – The Gill, Ulverston, LA12 7BJ**

ALL Solo runners and Leg 1 Relay Team runners will be walked down to the Start in The Gill by Event Crew. Please DO NOT attempt to park in The Gill as there is a fair situated in The Gill on the event weekend, with no parking permitted. There are public toilets in The Gill (20p)

## 4 – Event Timetable

### Registration

Registration will open from 14:00-22:00 on Friday 12<sup>th</sup>. There will be NO Registration available on Saturday 13<sup>th</sup>. You will provide your photo id, read and sign the Event Disclaimer when you register. Relay Team Captains and individuals for absent Solo runners are able to register their team/absent runner. In this instant you MUST print the Event Disclaimer from the website and ALL members of the relay team/absent runners must complete and sign a declaration form; one form for each runner. Without a signed declaration for each absent runner they will not be issued a race number and not allowed to compete. The running order of the Relay Teams must be given at Registration. You will be given your Event T Shirt, Route Notes, Race Number, Chip Timing card, Baggage Label and Dropbag (Solo Runners only) when you register. Solo runners please return your full Dropbag with Baggage Label attached to Registration **BEFORE** 21:30 on Friday 12<sup>th</sup>. The Dropbags will be transported to the Finish.

### Kit Check

## The Cumbria Way Ultra Competitor Notes

Your FULL Mandatory Kit will be checked when you register. You will NOT be allowed to compete unless you have the full kit list. There will be no exceptions and the Event Director's decision is final. Relay Team Captains and individuals registering Solo competitors other than themselves are responsible for the team members'/absent Solo runner's kit. If ANY member of a relay team/absent Solo runner's kit does not pass the Kit Check they will NOT be allowed to compete. Any missing items can be purchased from Tony at the Ultra-Runner shop onsite. 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 or welded** seams. Windproof or showerproof **WILL NOT** be accepted.
- Spare long sleeved base layer top and long legged base layer bottoms
- Hat and gloves (a 'buff' is acceptable as a hat)
- Head torch plus spare batteries
- Mobile phone (fully charged)
- Route Notes (supplied on waterproof paper)
- Map of entire route (not supplied)
- Compass (compass app on a mobile phone **WILL NOT** be accepted)
- 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

Saturday/Sunday 13<sup>th</sup>/14<sup>th</sup> September 2014

### 5 – Race Day Timetable

Saturday 13th

05:00-05:30 ALL Solo runners and Leg 1 Relay Team runners to meet with Event Crew at Stockbridge Lane car park. There will be NO Registration available on Saturday.

05:40 Pre Race Briefing. This must be attended by ALL Solo runners and Leg 1 Relay runners. Any last minute changes to the route will only be announced at the briefing. If there are any last minute changes this information will be given to the later Relay Leg runners by the Checkpoint Managers. The briefing will take place in Stockbridge Lane car park due to the residential nature of The Gill. After the briefing all competitors will make their way via the steps down to The Gill to the Start area.



06:00 Race Start

### 6 - Route

All competitors will follow the route using the Route Notes (written description of the route)

## The Cumbria Way Ultra Competitor Notes

and maps (not provided). There will be Event Crew and Route Markers on parts of the route. Please note that the route does deviate from the Cumbria Way trail at the following points;

Cockenskell Farm (SD 275 891), this section will be marked with correx arrows and small red flags till the event route rejoins the Cumbria Way trail at Beacon Tarn.

Coniston – the Cumbria Way trail passes through the centre of Coniston, to avoid this, the event route follows the lake shore from John Ruskin school, passing the Bluebell café and boat hire to follow the path to the B5285, and the route to the CP – unmarked.

Bottom of Stake Pass (NY 264 099), the event route will use the better path on the left of Langstrath Beck, rejoining the Cumbria Way trail at the footbridge at the end of the valley - unmarked

The approach to Caldbeck CP, the event route will follow the lane into Caldbeck to reach the CP, avoiding the right turn through fields on the Cumbria Way trail. If you follow the Cumbria Way trail at this point you will miss the CP, which MUST be visited – marked with correx arrows.

The use of GPS, compass and common sense are allowed.

### Checkpoints

There are 4 Checkpoints on the route.

**Saturday/Sunday 13<sup>th</sup>/14<sup>th</sup> September 2014**

### Checkpoint 1

**Coniston Sports and Social Club, Shepherds  
Bridge Lane, Coniston, Cumbria, LA21 8AL**

**Tel: 015394 41812 (SD 305 978)**

Food/Drink available; GU gels (Espresso Love flavour), 9Bars, crisps, ginger cake, biscuits, jelly babies, salted peanuts, flapjack, water melon, coke, water, tea, coffee, hot chocolate

Toilets/Parking available (fees apply)

### Checkpoint 2

**Sticklebarn Tavern – tent in National Trust car  
park adjacent to the Tavern, Great Langdale,  
Ambleside, Cumbria, LA22 9JU.**

**Tel: 015394 37356 (NY 295 065)**

Food/drink available; GU gels (Espresso Love flavour), 9Bars, crisps, ginger cake, biscuits, jelly babies, salted peanuts, flapjack, water melon, grapes, coke, water

Toilets/Parking available (fees apply)

### Checkpoint 3

**Crosthwaite Parish Rooms, Main Street,  
Keswick, CA12 5NN, next door to the Co Op  
(NY 264 236)**

Food/drink available; Soup, bread, cheese or jam sandwiches, pasta and sauce (with cheese), GU gels (Espresso Love flavour), 9Bars, crisps, ginger cake, biscuits, jelly babies, salted peanuts, flapjack, water melon, grapes, coke, water, tea, coffee, hot chocolate

## The Cumbria Way Ultra Competitor Notes

Toilets/parking available in and around Keswick  
(fees apply)

### Checkpoint 4

**Caldbeck Parish Hall, Caldbeck, Wigton,  
Cumbria, CA7 8HF (NY 323 396)**

Food/drink available; Soup, bread, cheese or  
jam sandwiches, rice pudding, GU gels  
(Espresso Love flavour), 9Bars, crisps, ginger  
cake, biscuits, jelly babies, salted peanuts,  
flapjack, water melon, coke, water, tea, coffee,  
hot chocolate

Toilets/Parking available in the car park in  
Caldbeck a short walk from the CP (no fees)

### Finish

**Carlisle Castle, Castle Way, Carlisle, Cumbria  
CA3 8UR. Tel: 01228 591922 (NY 397 564)**

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

Toilets/Parking available at the nearby  
Devonshire car park, CA3 8UL, which has  
pedestrian access to the castle (fees apply)

There is NO competitor parking available in  
Carlisle Castle.

### Event Finish

The Cumbria Way Ultra will finish in the Inner  
Ward of Carlisle Castle. All competitors will run  
through the Main Entrance gate, under the  
portcullis and into the Finish area. All  
Competitors will be presented with their  
Finishers Medal including the medals for the  
other members of the Relay Teams if they  
aren't present.

**Saturday/Sunday 13<sup>th</sup>/14<sup>th</sup> September 2014**



### 7 – Prize Presentation

The Prize Presentation will take place at 12:00  
on Sunday 14<sup>th</sup> September in the Inner Ward of  
Carlisle Castle. Please park in the nearby  
Devonshire car park, CA3 8UL, which has  
pedestrian access to the castle (fees apply).

The prize categories are;

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Male Solo

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Female Solo

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Relay Teams of 2

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Relay Teams of 5

Various Spot Prizes presented by Tony Holland  
of Ultra-runner.com.

### 8 – Coach Transfer from Carlisle to Ulverston

We will offer a coach transfer service from  
Carlisle to Ulverston on Sunday 14<sup>th</sup> September  
at 14:00, after the prize giving. This service must  
be booked online through SI Entries @ £10 per  
person. The coach will leave from Carlisle Castle  
Inner Ward.

### 9– Results

A set of Provisional Results will be available to  
download from the event website  
[www.pureoutdoorsevents.co.uk](http://www.pureoutdoorsevents.co.uk) on Monday



## The Cumbria Way Ultra Competitor Notes

Saturday/Sunday 13<sup>th</sup>/14<sup>th</sup> September 2014

15<sup>th</sup> September. Any queries relating to the provisional results must be emailed to [info@pureoutdoorsevents.co.uk](mailto:info@pureoutdoorsevents.co.uk) by Wednesday 17<sup>th</sup> September, after which time all results will be considered final.

### 10 – 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 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. Please DO NOT leave a voicemail for the Emergency Numbers; if you can't get through using these numbers please send a text, which is more likely to reach them. In an extreme emergency please call Mountain Rescue on 999.

If any runner decides to retire from the event they MUST inform a member of the Event Crew and hand in their Chip Timing Card.

**Finally the organisers of The Cumbria Way Ultra wish you a safe and enjoyable event, have fun on the trails!**

Supported by;



**The Cumbria Way Ultra  
Competitor Notes**

**Saturday/Sunday 13<sup>th</sup>/14<sup>th</sup> September 2014**