

Welcome to the 16th running of the Montane Lakeland 50 & 100.
John Ruskin School, Coniston, July 26th to 28th 2024
“Everyone here is the best they can be”



John Ruskin School, Lake Rd, Coniston, Cumbria LA21 8EW1

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1. Entry status

1.1 Entry confirmation:

All competitors have been automatically forwarded an email confirming their entry and will therefore be listed on the current entry list. Competitors should make themselves familiar with all of the information provided on the event website and within these notes before arriving at the event.

1.2 Terms and conditions of entry:

Terms and conditions of entry are clearly stated on the website www.lakeland100.com. In making the application, competitors have agreed to abide by these terms and conditions.

1.3 Swapping of entries:

Please note that the swapping of entries between competitors is strictly forbidden as it invalidates insurances undertaken by the promoters to cover the event.

2. What's on site?

2.1 Event parking and camping:

Event parking and camping for competitors and their family, is available Friday and Saturday night at the John Ruskin School and the cost of this is included in your race entry fee. There are 2 camping fields, the first field on your right will be the main camping field. The 2nd field which is a further 150m along Lake Road on your left, will be the overflow and drop off field. All cars should drive past the main school entrance and enter the field through the gate on the right, just before the sharp left bend on Lake Road. Please be patient, you will be directed to a pitch.

Motorhomes and caravans are acceptable but there is no electricity hitch up. Note that all motorhomes and caravans will be on the overflow field a further 150m along Lake Road. You will be directed here upon arrival.

The camping and parking is open from 9am on Friday, but closes during 100 start. The Montane Lakeland 100 starts at 6pm on Friday and the road through Coniston will be closed. We ask that you don't arrive at 6pm or you will further increase the traffic issues. Please try to arrive before 5:30pm or after 6:30pm to avoid being sat in a queue and adding to the congestion. The Montane Lakeland 1 starts at 6:30pm and takes place on the main camping field. For this

reason, there is no traffic to enter or leave the field, for safety reasons. If you arrive at 6:30pm you will therefore be directed to the overflow field (it is likely that the main field will be full by this time anyhow). There is no parking or waiting on Lake Road at any time throughout the weekend. Traffic wardens regularly patrol this road, in particular on Sunday afternoon during presentation. Park on Lake Road you will receive a penalty notice.

If you arrive on Friday to pitch your tent, you will not be able to leave the main field until Saturday morning. If you're planning to come and pitch your tent and then leave to drive to another location, this won't be possible due to the single point of access and for safety purposes on site. If you are not camping and you wish to drop off competitors to register before leaving, please avoid Lake Road and park in the village. This will help to reduce congestion on Lake Road and prevent you trying to exit a camping field as others are arriving to enter.

Dogs are allowed on the camping field but must be kept on a lead at all times (please clean up). Dogs are NOT ALLOWED IN THE SCHOOL at any time but they are allowed in the marquee. DOGS ARE NOT ALLOWED TO RUN WITH YOU DURING THE EVENT. No campfires on the camping fields will be allowed and you should not leave any litter on the site when you leave. We cannot guarantee the safety of your possessions and valuables so please ensure that they are locked away safely.

Booking & arrival for camping & parking

All competitors have free camping and parking as part of their entry fee. You have a pitch for 1 car and 1 tent, no bigger than a large car. If you bring a large family tent, it will not be possible to pitch on the field. Partners and children are welcome to stay with you, but your pitch size is limited to the space outlined above. Camping and parking is not available for extended friends, family and supporters.



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Checking in for camping and parking

Each competitor will be allocated a barcode, which will reside within your resultsbase entry (Barcodes will not be accessible until 2 weeks prior to the event). When you arrive, you will need to show the barcode to identify yourself as a competitor. We requested prior to the event, that you add your car registration number to your resultsbase entry, this will be checked when you arrive. If your car registration has changed or you did not add within the specified time frame, you can add on the day when you arrive.

Only the vehicle which matches your registration, will be allowed to enter the camping field or parking areas throughout the weekend. If friends and family are coming to spectate, they will not be able to access either the camping or parking areas and will need to find alternative options. The car park and camping will be staffed by our volunteers from 9am Friday through to 10am Saturday and then by security staff for the remainder of the weekend, to ensure that only competitor's cars can access parking and camping. All camp sites are locked down from 11pm to 6am on Friday and Saturday. If you are arriving during Saturday night, through to Sunday morning to collect a finisher, then you will use the 'car park' which remains open and accessible, so you can pick up and leave. As above, the car park is only accessible to cars which are registered with the event.

2.2 Toilets and Showers

Toilet and limited shower facilities will be available on site. There are toilets within the school and there will also be portable toilets available on the camping fields throughout the weekend. There will also be a water tap available on the school field for camping purposes and a bowser on the bottom field. **IMPORTANT** – Those bringing caravans and campervans, **DO NOT** use the drinking water bowser to fill your shower supply or other large containers. The camping is free for everyone, but this is not affordable and manageable if people act selfishly. Work with the limited resources or please find another site.

The water pressure and supply is limited at the school which impacts on how many showers we can provide so please be understanding of this issue. As above, we can supply these services free of charge, but you must understand and accept our limitations.

2.3 Refreshments and entertainment on site:

Catering will be available in the event marquee courtesy of the Farmers Wife catering company and other local traders. They will be serving breakfast, lunches, evening meals and snacks throughout the 3 days. This year we will have a fully licensed bar in the event marquee on both Friday and Saturday evening. There will also be guest speakers on Friday evening, so come along and enjoy the atmosphere.

3. Event Schedule

3.1 Timetable for the weekend

(Friday)

09:00 hrs Registration opens L100 & L50

09:00 hrs Event HQ and catering open

15:30 hrs La Sportiva social running

16:00 hrs Registration closes

16:30 hrs L100 briefing (compulsory)

18:00 hrs L100 start

18:30 hrs L1 (fun run) start

19:00 hrs Registration re-opens for L50

19:15 hrs L50 briefing (number 1)

20:00 hrs Guest speakers in marquee

22:00 hrs Registration closes

23:00 hrs Camp site closes

(Saturday)

06:30 hrs Camp site opens

06:30 hrs Emergency registration L50

08:00 hrs Emergency registration closes

08:30 hrs L50 briefing 2

09:20 hrs L50 competitors transported by coach to L50 start at Dalemmain

10:00 hrs Dalemmain closes to supporters

11:30 hrs L50 start

12:30 hrs Dalemmain opens to supporters

15:00 hrs First anticipated L100 finisher

19:30 hrs First anticipated L50 finisher

(Sunday)

10:00 hrs Cut off final L100 finishers

11:30 hrs Cut off final L50 finishers

12.00 hrs Presentation of prizes



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Anton Krupicka, Dolomites.

3.2 Registration procedures and times

Registration is open on Friday 26th from 09:00 to 16:00 for both L100 and L50 competitors and again for L50 competitors, from 19:00 to 22:00. We require all competitors arrive and register on Friday, there is an emergency registration on Saturday between 06:30 and 08:00 but this is likely to be a particularly hectic time. Registration, for all competitors, will take place in the event marquee.

The registration procedure is as follows:

Sign in

Competitors will all receive a barcode which can be accessed from your resultsbase account. You will show this barcode to begin the registration process. You will also need PHOTO ID to complete your registration.

Kit check

All of the compulsory equipment must be present at registration for all competitors.

Running pack – bring it with you

First aid kit

Full waterproof body cover

Spare base layers

Head torch

Mobile phone

Whistle and compass

Hat and gloves

Emergency foil blanket or bivi bag.

Emergency food

Cup (soup & hot drinks) cannot collapse

Spork (or foon)

Emergency money (incl £1 Jacob's Ladder)

Event pack collection

Your event pack will contain the following items:

Event number: This must be visible at all times. You will also collect an event number to be used on your drop bag (see below). Pins will be available at registration.

Map & road book: Collect your Harvey waterproof 1:40,000 event map and your waterproof road book.

Event headscarf & car sticker: The 2024 headscarf will be in your event pack. This is an iconic headscarf, which is recognised worldwide and gain you access to some of the most exclusive places. You will also receive a free Lakeland 50 & 100 car sticker.

Car park and camping pass: You will receive a car parking and camping pass which must be placed in your front window for access throughout the weekend.

Drop bag: If you are a L100 competitor you have the opportunity to have items of kit transferred by us to Dalemmain. This is the only point you may access personal belongings. L50 competitors can also use this facility to return any items to Coniston that are discarded at Dalemmain.

L100 collect a bag to be delivered to us before the start (bring it to the start line, a drop area will be clearly identified). The bag should be labelled with a numbered tag, you will receive this with your event number. Drop bags will be available in the Marquee when you reach Dalemmain checkpoint. Anything you leave in the bag will then be returned to Coniston for you to collect at the finish. L50 competitors can take a bag to the start and leave it at Dalemmain and we will return it to Coniston (can wear clothing on the bus journey, then remove prior to start).

IMPORTANT - The size of the drop bag is limited, if you cannot tie the top, it's too big. IF YOU FAIL TO COLLECT POST-RACE they will be disposed of. Please note, when we leave the site Sunday evening, we will not take any drop bags home with us as lost property.

Tracker collection

Collect your GPS tracker which will be attached to your pack. Details of how to use this will be given at this stage in the Registration process.



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3.3 Briefings

Briefings are absolutely compulsory. Last minute changes to the route and event will be announced at the briefing only and you must ensure that you are present at the appropriate time. We will also live stream the briefing via our Facebook page, but please be warned, the 4G reception in Coniston is very poor, so watching the live stream on your phone, from the camping field may not work at all.

L100 briefing: Friday, 16:30 to 17:00

L50 briefing: Friday 7:15pm & Saturday 08:30am. You need only attend 1 of those briefings.

3.4 Starts

Montane Lakeland 100 start

The Montane Lakeland 100 starts at 18:00 hrs on Friday 26th July from The John Ruskin School in Coniston. Competitors will be funneled into the start area close to the main reception. The start gantry is positioned at the main gates and competitors will turn left to the end of the lane and then right into Coniston village centre. Marshals will stop traffic and a lead runner will guide competitors for the initial 800m through the village. Prior to starting you should take your 'drop bag' to the allocated point close to the start line, this will be transported to CP8 at Dalemain.

The Montane Lakeland 1 start

The Montane Lakeland 1 Fun Run will start at 18:30 hrs under the main start and finish gantry. The course is a 1 mile fun run which will take place on the main camping field. Children under 8 years must be accompanied by an adult. All children will receive a medal. The event is free to enter, just register in the main marquee from 4pm onwards to collect your number.

Montane Lakeland 50 start

The Montane Lakeland 50 starts at 11:30 hrs on Saturday July 27th from Dalemain Country House, Pooley Bridge, CA11 0HB. Competitors will be transported from Coniston to Dalemain by coach, leaving Coniston at 09:20 hrs on Saturday morning. If your friends and family are heading to Dalemain to spectate and support, please be aware that parking closes at 10am and they will not be allowed access after this time. If you attend the Saturday morning briefing and then choose to drive in your car to Dalemain, you will not arrive before 10am and will not be able to park your car. Send your family ahead (leave 8:30am) and then you should use the coach. Note that not every

competitor has automatically been given a seat on the coach, you need to be booked in advance and you would have done this at time of entry.

Competitors in the Montane Lakeland 50 will be funneled into the start area close to marquee. The course starts with a 4-mile loop around the Dalemain estate and you will pass the start area before starting the remaining 46-mile journey to Coniston.

If friends and family wish to join you on the initial 4 miles, they are more than welcome but should not enter the 'start pen'. Please ask them to wait 100m further along the route. If they are not as 'athletic' as yourself, they will get the opportunity to support you as you pass by at the 4-mile point. Parking at Dalemain will be clearly marked and there will be portable toilets available. If you are competing in the Montane Lakeland 50, please do not enter the marquee, which is CP8 for the 100 mile competitors. Please note, there is NO WATER OR REFRESHMENTS for 50 mile competitors at this point so take them on the coach with you if required. The café will be open at Dalemain estate so friends and relatives will have access to refreshments.

Prior to starting you should take your 'return bag' to the allocated point (anything you wish to return to Coniston for collection). This will be close to the start.

3.5 Finish

The finish for both the Montane Lakeland 50 & 100 is at Coniston John Ruskin School and the finish gantry is over the main entrance. When you cross the line you will be escorted into the marquee, awarded with your finisher medal, your finisher shirt and your free post-event meal.

3.6 Presentation

The presentation will take place at 12:00 hrs on Sunday in the event marquee and is sure to be a special ending to the weekend. Prizes will be awarded to the overall and category winners and we will be awarding a whole host of 'spot prizes' for the best stories throughout the weekend! In the hour prior to the presentation we would like to hear the best stories and experiences from competitors and those that make us laugh or cry will be automatically read out and rewarded!!

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4.0 Checkpoints

4.1 Cut off times

As both events have a timed element to them, competitors will be expected to hit certain times at particular checkpoints. Forced withdrawals will be made at the checkpoints if those times have not been achieved. You can check the cut off times by [GOING HERE](#). The cut off times will also be written on your event map.

4.2 Broom wagon and collection from the course

There is a timetable in place for minibus and coach transportation, to collect competitors who have dropped out of the event. You may be required to wait several hours before being collected and you should be prepared for this. We recommend that you carry money for a taxi so you have the option should you prefer not to wait for the timetabled minibus or coach.

4.3 Spectators and helpers on the course

At no point during either the 50 or 100 miles event are you allowed support from anyone other than teammates and checkpoint staff. Outside assistance is against the values of this event and is considered 'cheating'.

The rules state that you must be self-sufficient aside from the support available at official checkpoints. Friends, family or supporters should not hand you personal drinks, food or equipment at any point on the course. The same rule applies to competitors 'stashing' drinks, food or equipment at points on the course prior to the event day. The rule is very simple: 'You must carry it from the start or take what's supplied at checkpoints'.

READ THIS AND AVOID DISQUALIFICATION

We recognise that family and friends may wish to follow and support you during the event but this is only allowed in specific places. Many of the checkpoint locations have been granted to us under the condition that only the marshal's vehicle will be present at that location due to the delicate nature and impact of the event on localised areas of Cumbria. Our marshals will be busy looking after our competitors and we do not want them to be distracted by other visitors to their checkpoint. Should you visit a restricted checkpoint to support competitors, the competitor will be disqualified from the event.

You can read more about the restricted areas by [GOING HERE](#)

If your supporters congest the roads in specific areas it may result in the event being discontinued and that would be devastating for all the team who have worked so hard to make it happen and all the competitors who would not get to sample this great event.

4.4 Food at checkpoints

There is a variety of food available at each checkpoint but you should carry sufficient snacks and fluid to cover the ground between. A full list of the food available at each checkpoint will be published and distributed prior to the event.

5. Navigation

The course for both the Montane Lakeland 50 & 100 has been carefully planned to provide you with a variety of challenges and experiences, not least the Lake District itself! You will need to use a variety of techniques to help you navigate around the course and you should be aware that navigation becomes increasingly problematic in the dark and in adverse weather conditions.

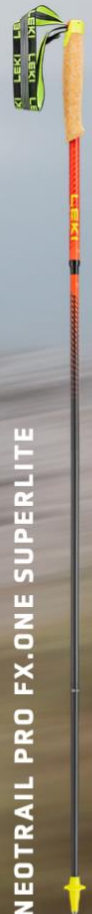
Use a combination of map, road book, GPS (if you have one) and common sense. Make shared decisions if you manage to buddy-up with a fellow competitor along the course. If in doubt, wait for someone else to come along and work it out between you. Distances and elevations between checkpoints are detailed in the roadbook and areas where care should be taken are also highlighted. The map will provide you with a general overview of the route and help you to see the 'bigger picture' whilst the road book is a detailed written description of what you should see on the ground in front of you. The route and other course information is [HERE](#).

Some sections involve negotiating traffic and busy roads so take particular care here as tiredness and fatigue can affect your reaction times. This event is a 'set route'. Taking 'direct lines' to checkpoints or deviating from the route marked on the map is cheating.

6. Medical support & dealing with an emergency

The event is supported by a team of race medics. They will monitor your progress throughout the weekend. You will not be stopped by the medical team if you appear healthy, so look after yourself! Most medical issues are

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dealt with at checkpoints, all of which have a medic present. On the rare occasion that an issue occurs on the fell, this would be a mountain rescue call out to resolve. If you have an issue which requires mountain rescue call out then you should call 999 to report it, then call the event emergency contact number found on your road book. There will be areas where signal is very poor and in these circumstances you should press the SOS button which is found on your tracking device. Please note that pressing then SOS button will trigger a mountain rescue call out, so don't press it for anything less than an emergency.

7. Competitor conduct

Competitors are reminded that they share the Lake District with others. Please make sure that you discard any unwanted wrappers and other items at the checkpoints. Please make sure that you shut all gates behind you as you progress through the course. Please respect the rights of others, who live within earshot of the course and live on the actual route. Be quiet when the road book asks you to do so.

Ensure that the journey you take follows the route which is marked on the Harvey course map. We request that you treat members of public, marshals, other competitors, event officials and venue staff with respect.

8. Results & tracking

Results will be live on the OpenTracking website. There will also be live results at Coniston John Ruskin School throughout the weekend. In the week prior to the event, the tracking page will be posted on the Lakeland100 website homepage and Facebook page. You can then share with family and friends, so they can track you throughout the event.

9. Photography

A commissioned photographer will be located at various points along the course. They will take shots and video footage of all runners, to include a finish line shot with your medal. These pictures will be free to download after the event.

On behalf of the Montane Lakeland 50 & 100 Event Team, we wish you a safe journey to Coniston and hope you have an enjoyable weekend.