



MONTANE ULLSWATER WAY TRAIL 10, 20 & ULTRA 55k – GUIDANCE

NOTES

Saturday 24th May 2025

Car Park Location: Patterdale Cricket Club, CA11 0PP

What3Words: [///deprive.strongman.kitchen](https://www.what3words.com/deprive.strongman.kitchen)

Event HQ Location: Jenkins Field, Glenridding, Ullswater, CA11 0QQ

What3Words: [///minute.twitches.mouths](https://www.what3words.com/minute.twitches.mouths)

Thank you for entering the 2025 Montane Ullswater Way Trail 10, 20 & Ultra. The Epic Team are looking forward to seeing you all in Glenridding, please read through the information contained in this document which will help to ensure that you have a safe and enjoyable day.

ENTRY CONFIRMATION

All competitors receive an automatic email from the Resultsbase entry system confirming their entry and will be included in the list of participants [HERE](#)

TERMS AND CONDITIONS OF ENTRY

The terms and conditions of entry are clearly stated on the website [HERE](#) and as part of the entry process all participants are required to agree to abide by these terms and conditions.

SWAPPING OF ENTRIES

Please note that the swapping of entries between competitors is strictly forbidden as it invalidates the insurance that Epic Events takes to cover the event. If you are unable to race, please follow the instructions outlined in the Terms and Conditions [HERE](#) – please note it is not possible to switch distances on the day of the event as the data has been loaded into the timing system.

EVENT PARKING

Please refer to the parking map at the end of the document. We will be using Patterdale Cricket Club for the majority of parking. Parking is **£5 per car** on the day, which is a cash payment only. Please have this ready when you arrive. **Please try to car share where possible as parking is limited.** Please do not park on the A592 - this is the main road running through Glenridding. Any participants deliberately ignoring this request and parking on the A592 will not be allowed to race. There is no parking at the start/finish area. Please do not attempt to drive onto Jenkins Field, the vehicles here will be staff, contractors and crew only.

TOILETS

Toilets will be available via the portaloos which are located at Event HQ near the Start/Finish Area. There will also be portaloo toilets located at the Car Park to the rear of The Sun Inn (Trail 10 Start and Feedstation). There are limited toilets available at the Trail 10 start, so we advise you to use the toilet before you depart on the bus.

TIMETABLE AND EVENT SCHEDULE

- 06:00 - Car Park Opens at Patterdale Cricket Club
- 06:15 - Registration Opens at Jenkins Field, Glenridding
- 07:50 - Ultra race briefing
- 08:00 - Car Park closes
- **08:00 - Ultra Starts at Jenkins Field, Glenridding**
- 08:10 - Trail 20 race briefing
- 08:15 - Registration Closes
- **08:20 - Trail 20 Start at Jenkins Field, Glenridding**
- 08:15 - Trail 10 Start Shuttle Buses Pick Up from Jenkins Field, Glenridding
- 08:30 - Trail 10 Start Shuttle Buses Depart from Jenkins Field, Glenridding
- **09:30 - Trail 10 Start at Pooley Bridge**
- 11:30 - Presentation Trail 10
- 12:30 - Presentation Trail 20
- 14:30 – Presentation Ultra
- 14:30 - Ultra Cut Off at Pooley Bridge (18.5 miles) (6.5 hours from the start)
- 18:30 - Ultra Cut Off at Aira Force (30.5 miles) (10.5 hours from the start)
- 19:30 - Final Course Cut Off for all competitors (11.5 hours from the start)

REGISTRATION

Registration for the Montane Ullswater Way Trail 10, 20 & Ultra 55k will open at 06:15am and closes at 08:15am on the Saturday 24th May. There is no registration on the Friday before the event.

Registration will be **extremely busy** so please allow extra time to ensure you get through registration stress free. This will take place in an Event Shelter on Jenkins Field. There will be signs directing you there from the car park. Competitors are to show photo ID and collect your competitor t-shirt (if you have ordered one) and race number/chip.

T-shirts

T-shirts are pre-ordered only. If you find your t-shirt is the wrong size, please ask at the finish area after you have finished your race. We cannot guarantee we have the size you need, but we will accommodate you as best we can with the t-shirts we have left over from the runners who have not attended.

Please note that you cannot purchase t-shirts on the day.

NUMBER AND TIMING CHIP COLLECTION

Collect your event number, pin it to the front of your running top and ensure it is **always visible**. **DO NOT MANIPULATE YOUR NUMBER IN ANY WAY.**

Your timing chip will be attached to the back of your bib number. You do not need to give this back to us at the end of the event.

BAGGAGE DROP

There will be an Event Shelter available near to Registration to drop your bags. Please note the Bag Drop is not manned and bags are left at your own risk, do not leave valuables in your bag.

KIT CHECK

This is a trail running event and as such we advise wearing appropriate trail shoes for the event.

The mandatory kit is listed below for the Trail 10, 20 & Ultra. This is for your safety and spot checks will take place at Registration and at the Finish – any runners not carrying mandatory kit will not be allowed to race or will be DQ'd

TRAIL 10

- First aid kit
- Waterproof jacket
- Mobile phone (fully charged)
- Emergency food & drink

TRAIL 20

- First aid kit
- Waterproof jacket
- Mobile phone (fully charged)
- Emergency food & drink
- Emergency foil blanket/ bivy bag

ULTRA

- First aid kit
- Waterproof jacket
- Mobile phone (fully charged)
- Emergency food
- 1 litre of water (either a water bladder or two soft water bottles)
- Emergency foil blanket/ bivy bag
- Running pack to carry the above items

EVENT BRIEFING

The Event Briefing is compulsory. If any final changes to the route and event are required, they will be announced at the briefing only, therefore, you must ensure that you are present at the appropriate time (see timetable). **The briefing will take place at the Start/Finish Area.**

START

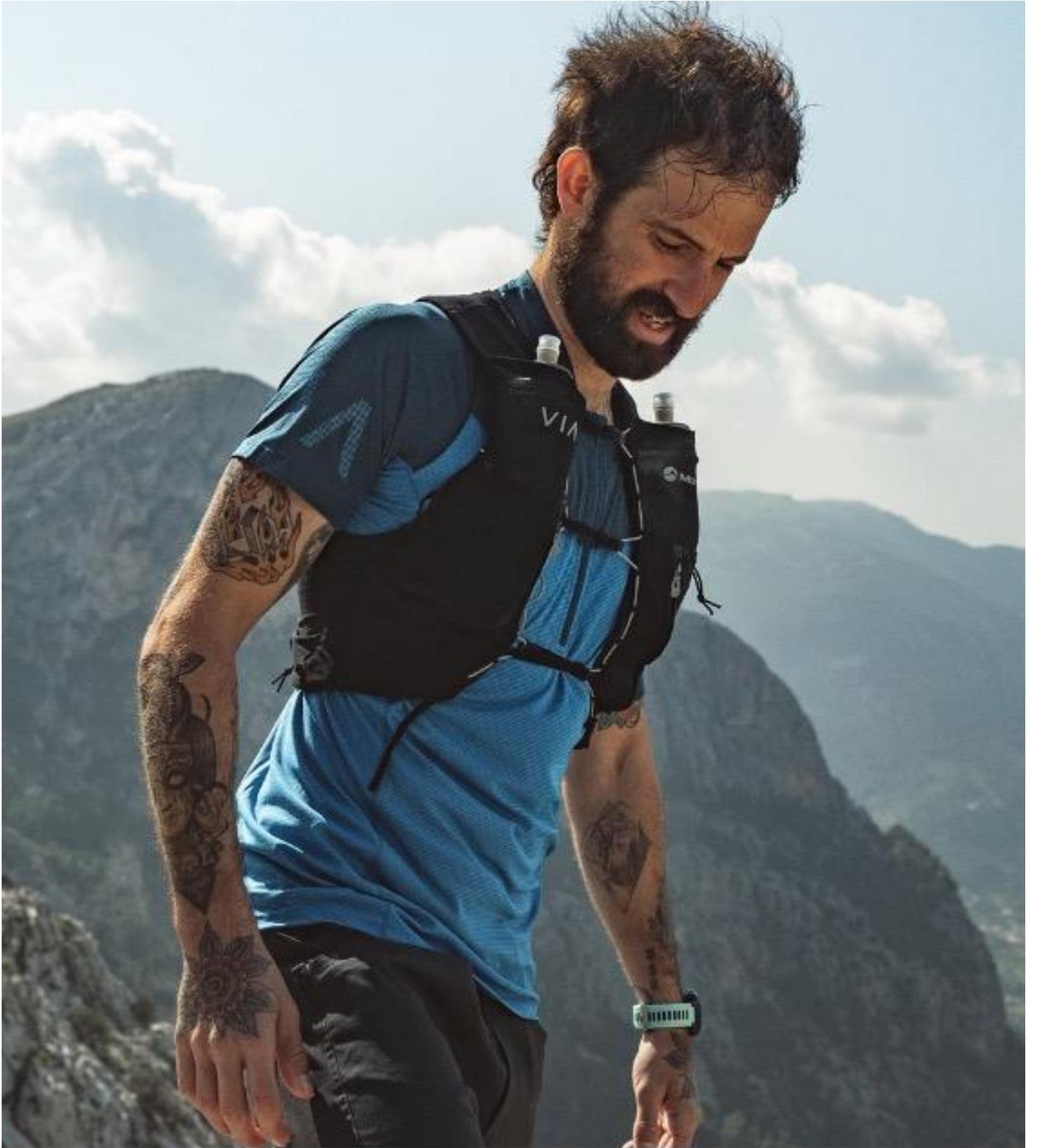
- Montane Ultra starts at 08:00am from Jenkins Field
- Montane Trail 20 starts at 08:20am from Jenkins Field
- Montane Trail 10 starts at 09:30am from The Sun Inn

N.B. The races will start immediately after the compulsory race briefing.

The Trail 10 will start in the large field and car park area directly behind the Sun Inn in Pooley Bridge, the bus will drop runners off at the start field to then line up at the Start Race Arch.

TRAIL 10 TRANSPORT

Trail 10 competitors will board a bus from Jenkins field, the pick-up point at Jenkins field will be clearly visible. The bus will start loading at 08:15am and will leave at 08:30am sharp. The buses are only for competitors, not spectators. Competitors have to pay for the bus in advance.



ROUTE

The routes will be marked by small yellow 'run route' arrows, pictured below. The routes follow the Ullswater Way Trail, which itself is well marked.



Trail 20 Route

The Trail 20 route is actually 21.5 miles in total and begins from Jenkins Field, you will complete the route in an anti-clockwise direction, following the East side of the lake towards Howtown. Once you reach Howtown you will then follow the Lakeland 50 & 100 route in reverse, with stunning views of Ullswater. You will head downhill into Pooley Bridge. At this point you will reach both the halfway point and your first food stop, situated in the large Car Park field behind the Sun Inn in Pooley Bridge. The Trail 20 continues to follow the same route as the Trail 10. Leaving Pooley Bridge, both routes head South East above Watermillock, taking in more great views of Ullswater. The route heads past Gowbarrow, then towards Aira Force. As you descend into the Aira Force car park, you will shortly after reach a road crossing and here there will be a 2nd water stop.

Ultra Route

The Ultra runners will split to the right at Askham Fell before Pooley Bridge and continue in an anti-clockwise direction to complete the 7.5 mile Lowther Loop. Once you have completed this loop you will continue back onto the Trail 20 route onto Pooley Bridge. Leaving Pooley Bridge you will cross over the bridge and take a right, while the Trail 10 and Trail 20 take a left. From here you will complete the 5 mile Dalemmain Loop in an anticlockwise direction. Once this has been completed you will continue to follow the Trail 10 & Trail 20 route.

Run Routes Links:

Trail 10 Route: <https://www.strava.com/routes/2751097703395671808>

Trail 20 Route: <https://www.strava.com/routes/2751109214383560034>

Ultra Route: <https://www.strava.com/routes/3147217951584338882>

FEED STATIONS

There are 4 feed stations and one water stop on the route. There will be water, savoury and sweet snacks available at the feed stations with limited vegan and GF alternatives (any runners with specific dietary requirements should ensure to carry sufficient food).

Food Stop Number	Competitors	Approx Distance on Route	What3Word Location
Food Stop 1 - Helton	Ultra runners only	11.9 miles	overgrown.rekindle.firework
Food Stop 2 - Pooley Bridge	Trail 20 & Ultra runners only	Trail 20 – 11.2 mile Ultra – 18.5 miles	described.explored.imprinted In the field behind the Sun Inn
Food Stop 3 – Dalemmain Loop	Ultra runners only	23.1 miles	helpers.deprives.guides Water stop on the Dalemmain Loop.
Food Stop 4 - Aira Force	All runners	Trail 10 – 7 miles Trail 20 – 18.5 miles Ultra – 30.5 miles	At the road crossing shortly after Aira Force

TRAIL 20 & ULTRA CUT OFF TIMES

All Ultra competitors must pass through the Pooley Bridge feed station by 14:30pm (6.5 hours from the start). The second cut off is at Aira Force at 18:30pm (10.5 hours from the start).

Please note that if you do not meet the course cut off times you will not be able to continue the route.

All competitors must finish in Jenkins field by 19:30pm (11.5 hours from the Ultra start).

FINISH LINE

The finish is under the Race Arch on Jenkins field. Upon crossing the line, you will then be able to collect your finish medal and water.

RESULTS

Your finish time will be available online immediately as you cross the finish line on the Results page of the Epic website [HERE](#). Any queries relating to provisional results should be e-mailed to info@epicevents.co.uk by Monday following the event, after which time all results will be deemed as final and complete.

PHOTOGRAPHY

As part of your entry fee you will receive free pictures to download. The pictures will be available to download from the Epic Events post event email and from the official photographer's website within 48 hours of the event finishing [HERE](#)

PRIZE PRESENTATION

Prizes will be awarded to the 1st, 2nd & 3rd Male and Female runners overall together with 1st M/F V40/50/60+ categories. If you win an open prize, you will not be eligible for the Vets prizes.

The presentations will take at the following time:

11:30am - Trail 10 Presentation

12:30pm - Trail 20 Presentation

14:30pm – Ultra Presentation

MEDICAL ADVICE

If you have any known medical condition (such as diabetes, asthma, allergy to penicillin, etc.) please ensure you have informed us prior to the race on your application.

Following registration (where you will be issued with your race numbers) please write all medical details including any medication taken on the back of your race number as well as next of kin & emergency contact details and put a small indelible red cross on the front of your number.

This is not just an administrative request it could be a matter of life and death in an emergency. This will only be used in the event of you being involved in an accident. Whether you have a medical condition or not, if you feel unwell on race day, don't race!

In case of injury or emergency please notify the nearest marshal or ask another competitor to do so, the marshal will notify the Event First Aid Team who will assist.



THE
Endurance Store

Running, Swimming & Triathlon Store

Wide range of road & trail running shoes
North West's number 1 swim wetsuit stockist
Wide range of running & swimming accessories
Wide range of tri-suits & clothing

www.TheEnduranceStore.com
info@TheEnduranceStore.com

308 Mossy Lea Road, Wrightington, Wigan

EMERGENCIES

During the race, should you come across another competitor who needs assistance please inform the nearest marshal and please call the **Emergency Event Phone Number 07494 029628** (please note this number is for Emergency Use only, please do not use this for any other reason to ensure the line is kept clear for emergencies). There will also be medical cover on the course and at Event HQ.

FINALLY,

On behalf of Epic Events, all the team would like to wish you well with your race and hope you have a safe and enjoyable event.

Yours in Sport,

EPIC EVENTS

Email: info@epicevents.co.uk

Website: www.epicevents.co.uk

CAR PARKING/ EVENT HQ LOCATION

