



Lake District Ultra Challenge

10/11 June 2023

Event Guide

PLEASE READ

The 2023 Lake District Ultra Challenge taking place is expecting around 1,500 participants – it should be a great event in some of England’s finest landscape and its fingers crossed for some fair weather! This ‘Event Guide’ will help with your final planning, and please read this alongside other material set out in the ‘App’ or in the Participant Area of the Ultra Challenge website. More information on the 10k Ambleside will be released soon!

CHALLENGE APP

The new 'Event App' is now available, and gives you access to all the key info & updates. Firstly – if you have not yet downloaded it – go to the **Apple / Google Store**, search for '**Action Challenge**' and download that base App. Follow the instructions, then, on the front screen (**OR** go to '**Load New**' in the burger menu if you already have the base App installed) – enter **Reference Code LKDST23** – which downloads the Lake District Ultra Challenge info.

This App gets updates before the Challenge - so make sure you have it on your phone!

In the APP you will find:

- Copy of this Event Guide
- Briefing video (available approx. 6 weeks prior to event)
- Start Time list (available 4 weeks prior to the event)
- How to 'manage your place' (cancellations/deferrals/etc.)
- Optional Extras booking (camping/parking/bus transfers)
- Route Maps (*final versions*)
- Link to the event timing & tracking system
- Start / finish & Rest Stop venues info + supporter access
- Travel advice
- Details of the Challenge food / menus
- Kit Lists + Much More.....



You can also view the App on a Computer (*desktop / laptop*):

- Go to: www.web.vamoos.com/login
- Enter User ID as: **ACT**
- Enter **LKDST23** Passcode (*same as mobile App above*)

Or visit the Participant Area on the Ultra Challenge Website

KEY PRE-EVENT INFO....

Start times

For anyone registered **before 8 May 2023**, you should receive your allocated start time sent via **EMAIL** on Tuesday 9 May (+ a text alert).

We will allocate start times as close as possible to the slot selected when registering – and at most (in a few instances) there may be a half hour difference from that original choice.

If you signed-up as a Team - members will be allocated the same start as the Team Captain. If you've **NOT** received your Start Time Email by 6pm Wednesday 10 May, check your 'junk' inbox first - and then check that **your name** is on the Start Time List (which will be in the App & Participant Area of the website). If it is, your Start Time is detailed there, and there's no reason to worry or contact us – as that time will be confirmed on your **E-Ticket**.

If your name is **not** on the Start Time List – **OR** in legitimate **exceptional circumstances** you'd like to request a '**Start Time Amendment**' - **OR** there seems to be a problem with some of your Team's start times - then please complete the **online form** by **5pm Monday 22 May** at the **latest** – available on the app & in the participant area.

Anyone who has registered on **8 May or after**, your start time will be confirmed on your event '**E-Ticket**' (which will be sent to **ALL** participants on **31 May 2023**).

The '**Start Windows**' for the various Challenge options are below, with half hour allocated slots within these windows. **NO** requests can be made for a start time outside of the appropriate 'window'.

Saturday 10 June

- **Full Challenge & Full 2 Day** (*Kendal basecamp*) between 7.00 – 9.30am
- **1st Half Challenge** (*Kendal basecamp*) between 7.00 – 9.30am
- **1st Quarter Challenge** (*Kendal basecamp*) between 8.30 – 9.30am
- **10k Challenge** (*From - Ambleside*) between 9.30 – 10.00am

Sunday 11 June

- **2 Day Full Challenge** (*from YMCA Lakeside, Windmere*) rolling start 6.00 – 6.30am
- **2nd Half Challenge** (*from YMCA Lakeside, Windmere*) rolling start 6.00 – 6.30am

E-Tickets & Bib Number

Your E-Ticket will be **EMAILED** on **Wed 31 May 2023** – and you must bring it for registration on to the event. Ideally store it on a mobile device to save paper!

If you've **NOT** received an E-Ticket by **Monday 5 June** (check junk mail first) – there will be a 'Starting List' published within the Challenge App & Participant Area of the Ultra Challenge website - where you can check your bib number, start time and request an E-Ticket re-send. Please **do not** email or phone to request an E-Ticket.

OPTIONAL EXTRAS

Must be booked in advance - Bookings will close at **midnight on Tuesday 4 June** – but book now, as some services have a maximum capacity!

Our Optional Extras include:

- **YMCA** accommodation at ~50 km (Lakeside - half way) - Saturday evening
- **Meals** – Friday evening dinner (**£12.50**) & Saturday breakfast (**£6**) (Inc. for Friday night campers) is also available to book in advance for Kendal Basecamp.
- **Camping** – (Kendal start Fri / Sat + 'pitch only' option at ~50 km Lakeside half way)
- **Parking** - Kendal **£6** (*basecamp*), *Ambleside*–**Local P&D** (29km) & Lakeside **£6**(~50km)
- **Pre Challenge - Bus Transfer**
 - From Kendal Station to the start venue **£10PP**
 - From a 'Finish' (*where you can park*) to the 'Start' **from £15PP**
- **Post Challenge Bus Transfer**
 - From a 'Finish' to Kendal Station **£10PP**
 - From a 'Finish' back to 'Start' **from £15PP**
- **Geo Tracker Hire** so family & friends can track your progress in real time! **£25**



Optional Extras are detailed in full via our **Website** - with online booking:

[**CLICK HERE to book your Optional Extras >>>**](#)

Please Note - Tickets for **camping, accommodation & parking** will be e mailed the week prior to the event (bus transfer places will be based on lists we'll have on the day)

Baggage Services (no need to book online – ‘pay on the day’)

If you want to have your bag transported from the start line to your finish line. This optional service is paid by **card / cash on-the-day** (at the baggage drop tent).

Transfers to your finish/store at basecamp (20kg / 80L max size) – prices are per bag

- Full Challenge **£5** (store at the start), Half Challengers **£10** & Quarter Challengers **£7**
- **Runners** (officially registered) FREE transfer (max size 10k / 30L – and this will be checked. Bigger bags – or a 2nd bag need to be checked in separately and paid for).

Transfer to Half-Way & then on to Finish (Full Challenge only – extra clothes etc.)

- £17 per bag (max size 20kg / 80L)
- £17 per ‘sack’ per person - for those who have purchased a ‘Camping Package’ (we’ll provide a ‘sack’ (i.e. for a bag & other likely camping equipment).
- Runners - **free** for 10kg/30L max size (bigger / extra bags **must** be paid for as above).

Walkers & Joggers - bring a day bag (small rucksack) of 30-35L max - which you will be expected to carry with you – to hold your essential ‘on event’ kit.

Runners: Carry a small lightweight backpack if you wish – or as above, registered runners (and you must be an ‘actual runner’) will receive a FREE transfer for a small bag.

Please Note - For Full Challenge runners – you **MUST PICK** your bag up at the half way point baggage zone even if you don’t need it – and then (once you’ve finished with it) **DROP** it in the ‘Baggage Drop Zone’ as signed. Failure to do so will mean the arrival of your bag at the Bridport finish is likely to be much later than your own arrival!

Merchandise

There’s still time to purchase your 2023 Lake District tech T-shirt for just £25! Also, check out our full range of Ultra Challenge merchandise including a new style fleece, leggings, hoodies and hats! We can’t guarantee sizes and availability on the day at the start – so order yours NOW to avoid disappointment!

[**CLICK HERE TO VISIT OUR ONLINE SHOP >>**](#)

If you have booked YMCA Accommodation on Saturday night

If you have booked a room at Lakeside YMCA accommodation (~50km – halfway) please head to the Info Point where you will be directed to the accommodation and given breakfast ‘ticket’ for the Sunday morning – and any luggage you dispatched via the Baggage Service will be close by. If you are late – please keep the noise down in the corridors! All rooms have en-suites, towels & linens are required (you will have to make your own bed) although if you wish you may want to bring your own sleeping bag/pillow which can be transferred from the start for £15. More information will be provided closer to the event.

If you’ve booked Camping at Kendal

The campsite at the start, and parking for campers, is at Kendal Rugby Club (which is close to the start – but accessed differently) and opens from 4pm. (SEE MAP BELOW). Please arrive at the campsite before **10pm on Friday**. There are ‘zones’ for the ‘pre pitched’ option / ‘pitch only’ / and campervans – arranged so ‘late comers’ don’t disturb the early sleepers! The camping area is close to the main start marquee area, aim for the **campsite** on arrival –your registration packs can be found at Kendal Rugby Club.

[**CAMPSITE MAP & ACCESS >>**](#)

If you have booked Camping at Lakeside, Windermere

Camping at Lakeside, Windermere is **pitch only** and will be open from midday on Saturday 11 June. Head to the 'Info Point' once you arrive at Lakeside for instructions. If you have transferred luggage from the start this is where your luggage will be.

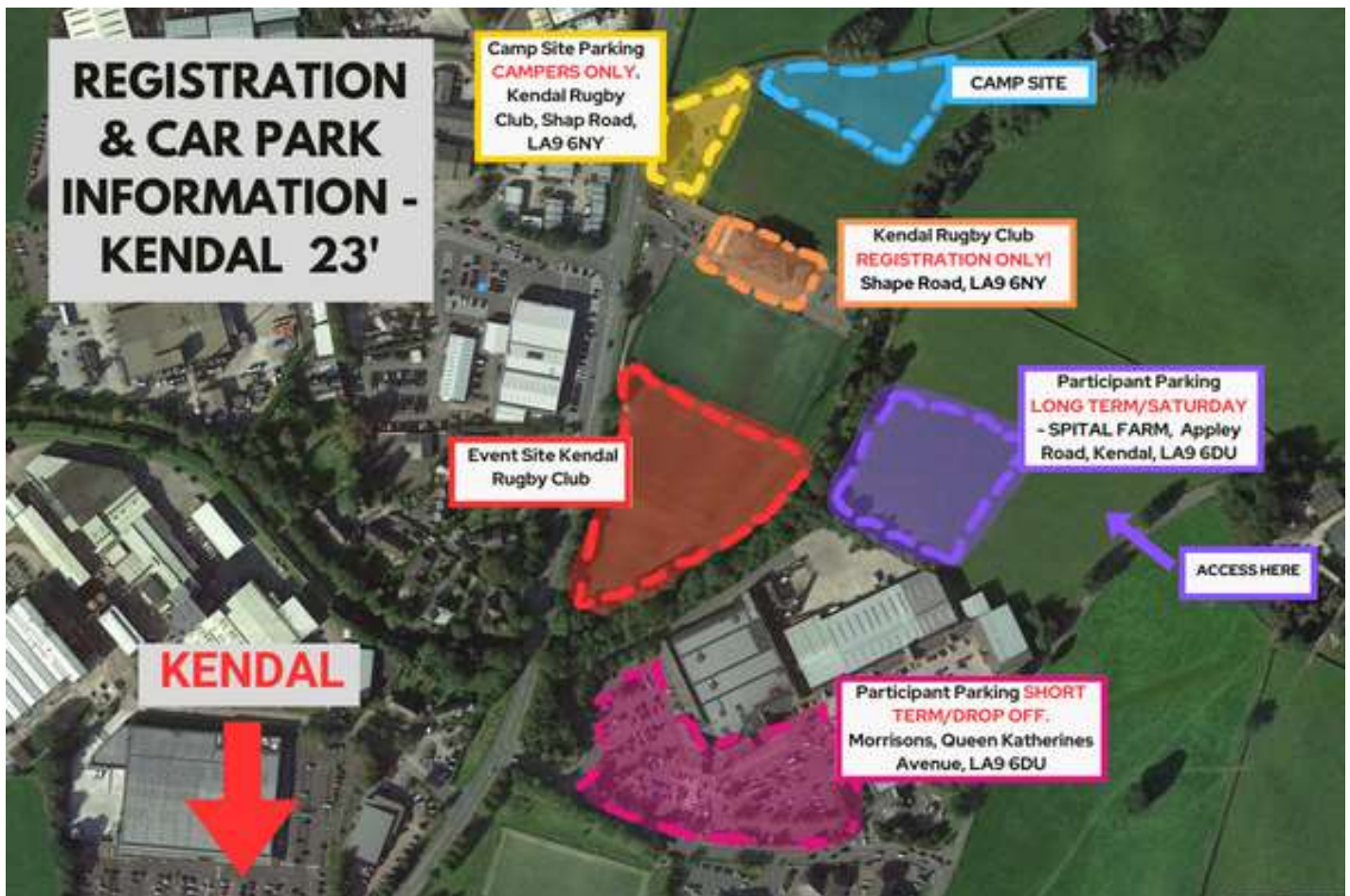
REGISTRATION & THE START

THE START - Full, 1st Half, 1st Quarter – Kendal Rugby Club, Mintbridge, Sharp Road, Kendal, Cumbria, LA9 6NY

Look out for our event signage, and please follow all instructions for parking on the day.

PARKING

NOTE: NO PARKING OR DROP OFF AT KENDAL RUGBY CLUB (more details below). We only have Long stay/weekend parking available to book – and it **must** be booked in advance of the challenge, as spaces are strictly limited.



Long stay/ weekend parking – if you are planning on leaving your car at the start venue in Kendal whilst you take part in the challenge, you can book a Long Stay/ Weekend pass for **£6** (via Bookable Extras page on the website). The car park is a short walk away from the Rugby Club Start.

[Google Map Location for field off Appleby Road >>](#)

Short term parking / Drop off - If you are being dropped off/ collected by supporters we advise they use the **Morrison’s Supermarket & Retail Park Car Park, Kendal LA9 6DU** which is large & free of charge for up to 3 hours, and is next to the event site at Kendal Rugby Club (please check location on Google maps etc. – and use the link below.

[Google Map Location for Morrison’s Parking >>](#)

Registration

Early Registration (*main start*) - Friday 9 June

For those staying locally (or camping with us) - we will open 'Early Registration' for **KENDAL starters only** from 4.00pm until 8.00pm on Friday at the main start location in Kendal - so you can collect your **Event Pack** (you will need your E-Ticket to register). This will save time on Saturday morning, and means you only need to be at the start 30 minutes before your start time. Please use the nearby **Morrison's Car Park** as per above if you are dropping in for early registration, NOT the Rugby Club.

Full Continuous, Full 2 Day, 1st Half & 1st Quarter Challenges – Saturday 10 June

For pre-booked **Participant parking** go to the Field off A658, Appleby Road, Kendal, LA9 6DU open from 6.00 – 9.30am. If you are being dropped off – please use the **Morrison's Car Park/Short Term Parking** as per above). See the link below for more information on where the car parks are. Then follow the signs to the registration area at Kendal Rugby Club **DO NOT USE** the car park at Kendal Rugby club as due to logistical and safety reasons we do not have access to it!

[CAR PARK LOCATIONS >>](#)

2nd Half Challenge Registration – Sunday 11 June

At **YMCA Centre – South Camp** - Lakeside, Newby Bridge, Lakeside, Ulverston, **LA12 8BD** (*post code is approx.!*)- registration opens at 5.15am for rolling starts between 6.00-6.30am (*look out for signs & parking instructions – as it's away from the main YMCA site access & use the Google Map link below*).

[Google Map Location for YMCA Centre Parking >>](#)

2 Day Full Challenge – 2nd Day Registration – Sunday 11 June

Registration is at Lakeside (**YMCA Centre, South Camp, Lakeside**) opening at 5:15am for rolling starts between 06:00-06:30am (*parking – as per above*)

10km Challenge – Registration

At Rothay Park, Ambleside, LA22 9DH opens 8.30 - 9.30am. Car Parking is in a different location at Miller Bridge Town Centre Car Park - P&D. Route to Rothay Park start will be signposted from the car park.

[Google Map Location for Miller Bridge Car Parking >>](#)

Note – Please see the App for full details of venue locations & maps, and **parking** at all the key start venues must be **booked in advance** (i.e. weekend, single day, supports).

At Registration

- Arrive 1 hour prior to your start time
- You **MUST** present your **E-TICKET**
- Collect your **EVENT PACK** (Event & timing pass, lanyard, bib, route card)
- You'll also get a souvenir **Lake District Challenge neck buff**
- Detail critical **medical details** on the reverse of bib (*i.e. serious conditions / allergies*)
- E-Tickets are **NOT** transferable – we may ask for ID
- **PHOTO ID MUST BE PROVIDED FOR THOSE ON A MULTI-DEAL**
- You must come with at least **2 litres of water** (bottles / camel back).

You'll be called into the 'Start Pen' about 15 mins **before** your official start time for a safety briefing & warm up – and then you'll then set off a 'wave' of about 250 or so challengers

Note - if you arrive more than 1 hour before your start time you'll have to wait outside the marquee basecamp area / or in your car – so 1 hour prior is perfect! If you registered on the Friday you can arrive 30 minutes before your start time if that suits you better.

THE ROUTE

Will be marked with pink arrows, ribbons, flags & signs. Equally important - you'll have access to a **route map via the Challenge APP** (and a QR code on the Route Card). A mobile phone is therefore **essential** – ideally with a back-up battery pack – which are readily available these days!). With the right phone settings, your 'blue dot' location shows up relative to the route – so you'll always be able to figure where you are!

Google Map

This will be finalised & enhanced with useful information prior to the Challenge.

GPX file

You will be able to download the final GPX file of the route to upload into GPS type devices (Garmin's etc.). This will be available from Monday 6 June via the App & website.

[CLICK HERE TO VIEW OUR 'ROUTE MAP' >>](#)

NOTE: The Route is **subject to change** in the lead up to the event – and potentially close to the start date - so please always follow **the signage on the day**. We've plotted the route various devices to get the 'best' plot, and please be aware that some GPS devices overstate distance on relatively slow, long, walking / hiking type activities – and it's best to turn off the device when you are stationary for prolonged periods (i.e. – at rest stops)

Hazards on Route

Hazards exist in many guises – on footpaths, pavements, and on roads! Look out for: Traffic (cross roads in the correct places); slippery surfaces on footpaths (it may be wet); styles (can be tricky); steep slopes; other pedestrians / dogs – and clearly darkness / night time brings additional challenges – so you **must bring a head torch!** Be careful – and always err on the cautious side, and look, listen & think ahead, as for most, this event is NOT a race – and we want to see everyone safely at the finish line!

Timing & Tracking

You'll be issued with a timing pass & lanyard to be worn around your neck. This will be scanned at the start / finish & at rest stops. You must go through all check points for your tracking profile to be updated. Friends & family will be able to view your progress through rest stops, and this link will be available via the **App** and the website on Thursday 8 June.

WhatsApp & What 3 Words

The route is relatively remote in places & post codes often 'don't work' that well – so having access to (and knowing how to use) – '**WhatsApp**' location functionality and '**What 3 Words**' (which is a well-known location type app) are both very useful in case you need to give your specific location to a supporter (i.e. to meet or pick you up) - or to our **Control Room**. Please check these out if you are not familiar with them – and download these clever apps on to your phone!

Food & Drink at the Challenge Rest Stops

All dietary requirements are catered for (ask if it's not apparent!) – and if you want more food at the main rest stops – PLEASE ASK FOR IT – as our catering team is there to help!

- **Start** (Kendal): Hot drinks, biscuits, bananas (Plus - breakfast vendor)
- **~29km Stop** (*Ambleside*) – Full / 1st Half Challengers, picnic lunch
- **~29km Finish** (*Ambleside*) – 1st Quarter & 10k finishers, picnic lunch
- **~50km - ‘Half Way’ + 1st Half Finish** (*Lakeside*) - hot meal
- **~79km Stop** – (*Witherslack*) – Full Continuous Challengers, selection of hot/cold food
- **~79km Stop** (*Witherslack*) – 2nd Half/ 2 Day Full Challengers, picnic lunch
- **100 km Finish (Kendal)** – BBQ for all finishers (or breakfast – depending on time)
- **Other Rest stops:** Longsleddle (*10km*) / Fold Farm (*42km*) / Cartmel Racecourse (*66km*) & Low Levens (*86km*): Good mix of snacks (inc. bakery / fruit / cut fruit / protein bars / chocolate / sweets/savoury) - and hot drinks / water/ squash / energy drink.

If you have a favourite snack which ‘hits the spot’, perhaps keeps you going when you might not feel like eating other food – then it’s not a bad idea to bring some of it with you! Please clear & dispose of all **your rubbish** in the sacks / bins provided at all the venues.

Medical Facilities

Our team of medics will be at all the Rest Stops – with mobile resources deployed for any serious incidents. You should bring your own small first aid kit – and always deal with blisters as soon as you feel a ‘hot spot’ (don’t wait till you get to a rest stop!). There’s a massage service at the Lakeside, Windermere 50km ‘half way’ point & at the main finish in Kendal (10 min slots – booked on arrival at that venue)

FINISH LINE & DEPARTING

All finishers will get a well-earned medal, glass of fizz (or soft drink) and a meal.

1st Quarter Challenge finish line – Rothay Park, Ambleside, LA22 9DH

Picnic lunch. There are bookable shuttles (book in advance via our Bookable Extras page) to take finishers back to the Kendal start parking, and train station. Supporters collecting you park in the local P&D car park (Miller Bridge Town). Supporters will not be allowed in the main marquee area (there will be a separate seating area).

[Google Map Location for Ambleside >>](#)

1st Half Challenge finish line – YMCA Centre, South Camp. Lakeside, Newby Bridge, Lakeside, Ulverston, LA12 8BD (post code is approx.!!)

Selection of hot food available + massage and medical teams just in case. There will be optional transfers to the Kendal basecamp or train station. Supporters collecting you can purchase a parking pass in advance - but will not be allowed in the main marquee area (there will be a separate seating area)

[Google Map Location for YMCA Centre Parking >>](#)

Full & 2nd Half Challenge finish line – Kendal Rugby Club

Selection of hot food available (hot meal or breakfast if early) + massage and medical teams. Supporters will be able to park at Morrisons, Queen Katherines Avenue, LA9 6DU (to pick you up) they will not be allowed in the main marquee area (there will be a separate area).

Note - Runners / Fast Joggers:

Runners on the Full ~100km Challenge will finish somewhere between 6:00 – 11:30pm on Saturday. For those arriving at the finish line when the trains are not running, there will be a quiet area available for participants to rest until the first train on Sunday morning or fast finishers can book a camping place at Kendal. Please bear in mind that as the runners arrive relatively spread out at the finish line, the finish line can be quiet at times (so do ask your supporters to join you!)

DROP OUT PROCEDURES, CUT OFFS, RULES

During the event there will be a **Control Room** in operation. Please ensure that you save the important phone numbers prior to the Challenge.

Emergency Number (if you are injured but non-life threatening): **0203 915 6682**

Control Room No. (For non-emergencies i.e. you are lost): **0207 6096695**

Drop out SMS / WhatsApp (To say you're retiring etc.): **07931 466 138**

Life Threatening Incidents - **CALL 999** first, then the emergency no. above

Exiting / Retiring from the Challenge

If you need to exit / retire from the Challenge, please inform Event Staff or by Text SMS to the number provided on the Route Card – procedure details below. The ideal place to retire is at any Rest Stop – so unless it is an absolute emergency please do your best to carry on to one of these stops.

There will be shuttle buses picking up those who have retired from the event from the 29km Ambleside rest stop onwards, to take you to the next major Rest Stop – where (if required) you can book on to one of the Shuttle Transfer Busses to get back to Kendal (if needed). However, these buses will be doing round trips stopping at all rest stops on the route, so this may involve a wait during busy times.

If dropping out at a Rest Stop / Mid-Point

Go to the **'Information Point'** and hand in your Event Pass. Staff will provide details of shuttle services or other ways to exit. The shuttle service is only available from the 30km point onwards - before that point, retirees will need to make their own travel arrangements, unless in an emergency when we will have vehicles and medics available.

If exiting the event on the course

If you need to exit / retire from the challenge, please inform event staff OR text the 'Drop Out' number provided on the Event Pass with your **NAME, BIB NO. APPROX KM** and **TIME**, along with the words **'DROPPING OUT'**. Please include details for team mates also exiting the event if applicable.

Other pick up points

If you are physically unable to make it to the next rest stop – we will have a number of strategically designated 'pick up points' (that our vehicles can access) – which will be detailed on the Google route map (and detailed on the route card, and the Control Room can direct you). Pick-ups from these points will just move you to the next rest stop – and at that point **your challenge will finish** (they cannot be used to 'get a lift').

Cut off times

The Event will have cut off departure times from based on the 34 hour upper end time (Full Challengers), 18 hrs for the 1st Half (~50km), 16 hours for the 2nd Half (~50km), 10 hours for the 1st Quarter (29km). If anyone fails to meet these cut off times, the Organiser reserves the right to withdraw participants from the Event. We will, however, do everything we can to ensure

that anyone who wants to continue can do so as we are fully aware of what ‘finishing’ means to many.

Event Rules

There aren’t too many rules – but the ones we have are important. Please make sure you familiarise yourself with these rules and our Ultra Code before the Challenge:

- Do not attend the event if you feel ill – or have an infectious disease
- Your Bib & Event Pass must be worn at all times
- You must have a mobile phone with you & the app installed (+ WhatsApp / 3 Words)
- You must carry a back-up power pack for your phone
- Participants must ensure they are hydrated, fed & rested before commencing any stage of the event and report any concerns to an Event Medic or Event Staff
- If, in the opinion of an Event Medic, a participant is considered unfit to complete the next stage, or further stages, that participant will be excluded as necessary
- All Full & 1st Half **MUST** carry a head torch and wear it during the hours of darkness.
- **NO DOGS** (or pets of any kind) anywhere on the Challenge or route – we do not have permissions from landowners, venues and/or farmers to have any kind of animal on the route so pets of any kind are not allowed.
- The Event Organiser reserves the right to operate a 34 hour cut off time for all participants attempting the Full Challenge – with other Rest Stops closing times in accordance with this time frame (as set out above).
- No individual should leave a rest stop alone during the hours of darkness – you must be with a TREK MASTER-guided group or be part of a team
- The Organiser reserves the right to officially remove a participant from the Challenge if, in their reasonable opinion, the participant’s actions or behaviour is likely to significantly impact the wellbeing of other participants, staff, suppliers, or members of the public - or will bring the reputation of the event and / or the event organiser into disrepute.
- If any participants are encouraging, or hosting ‘non-registered challengers’ to take part in the challenge alongside them in some way, and are seen to be passing food /drink to them – all involved will be disqualified, all our services will be immediately withdrawn, offenders will be removed from our venues, and no refunds of any kind will be made.
- Ultra-Challenge Participants who have entered the challenge on a **MULTI DEAL MUST PROVIDE PHOTO ID** at registration or risk losing their place on the challenge

The Ultra Code

It is important to remember that the route goes through public footpaths and can run close to private property. In respect of this, please be sure to always follow the Ultra Code:

- **No littering at all** – bring a bag to use for your litter – and dispose of at rest stops
- **Always shut gates behind you**
- Be considerate of local residents, making sure to keep noise levels down
- Use the toilets provided (and use them properly!) – and not on the route!
- Respect private property (keep out)
- Beware of roads – and always cross in the correct places
- Be considerate of other walkers on the route who may not be taking part
- Be aware of cattle / sheep (there’s quite a lot in the Lake District!)

SUPPORTERS AT REST STOPS

There will be supporter zones at:

Kendal basecamp (main start / finish), Ambleside (29 km), YMCA Lakeside, Windmere (50 km ‘half way’) and Witherslack (79km).

At other Rest Stops there’s **no supporter access** (unless for a drop out / retiree pick up).

What can you expect next from us...

1. **Pre-Event Video Briefing!** Our Pre-Event Briefing will give you a quick rundown on what you can expect on the day, the route, hints & tips for training and more! This will be live on the App and Participant's Area approx. 6 weeks prior to the event!
2. **E-Tickets** These will be sent to you on the 31 May – keep an eye out for them in your inbox!
3. **The Live Event Website** On the 8 June the Lake District Challenge timing & tracking website will go live so don't forget to check it out!
4. **Official Results & Certificates Released** Your final times will be released via the timing website on the 14 June – you'll also be able to download your Lake District Challenge certificate!

We wish you the best of luck for your challenge if you have any questions, please visit our online Help Centre on our website:

[CLICK HERE for the Help Centre >>](#)

Kind Regards,
The Ultra Challenge Team,
Action Challenge,
London