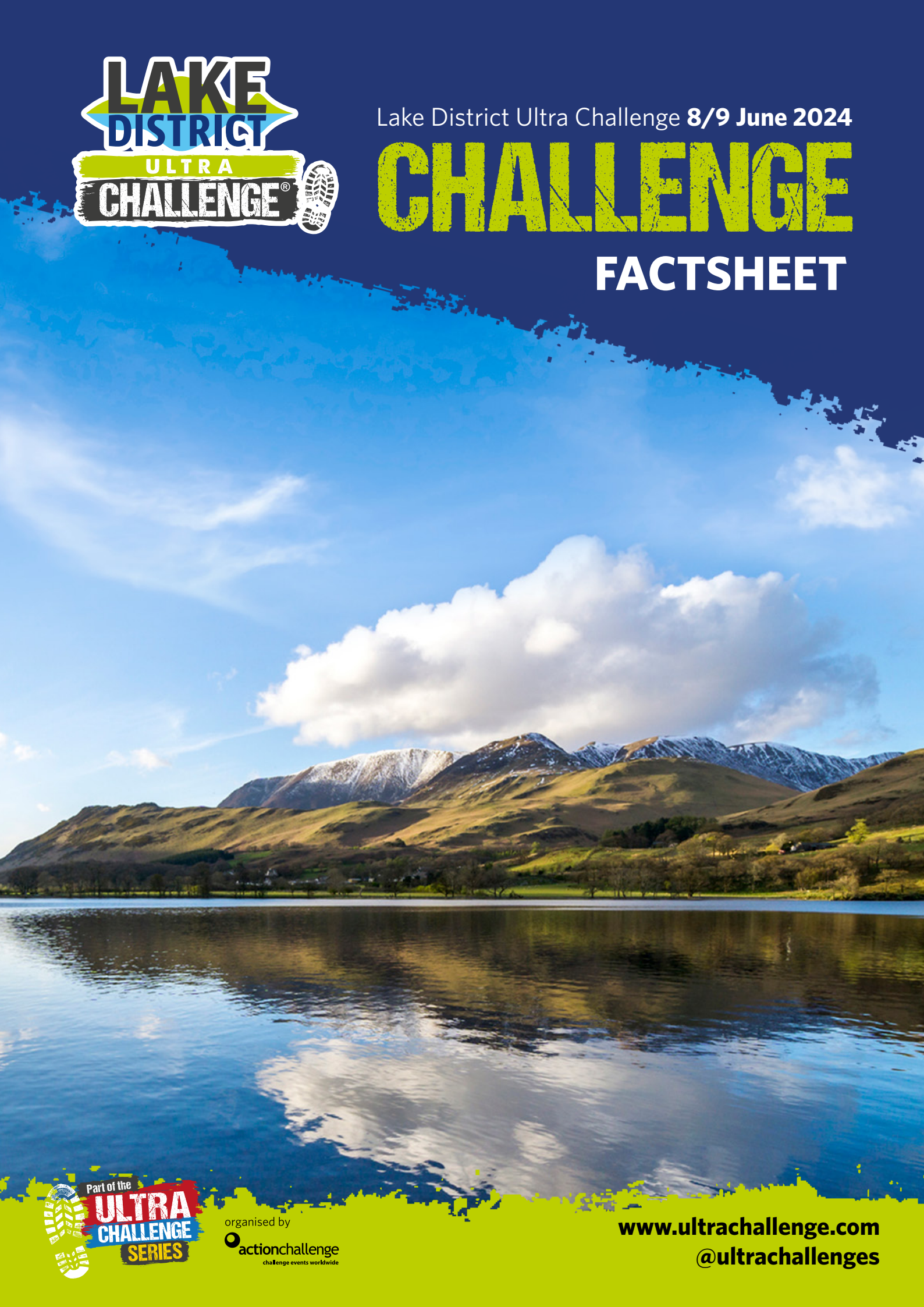




Lake District Ultra Challenge **8/9 June 2024**

CHALLENGE

FACTSHEET



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8/9 June 2024

Take on England's finest countryside at your pace. Our Challenge basecamp is in Kendal, and then it's a 100km anticlockwise loop taking in a couple of tough hills, the Garburn Pass, historic Ambleside, a half way point by Lake Windermere, forests & nature reserves - with some stunning views en-route, before a huge welcome & celebration back at basecamp after a momentous journey. You'll get full support & hospitality, optional camping / hostel accommodation, and with half, a new marathon, quarter & 10K distance options also, there's a Lake District Challenge for everyone!

New route for 2024 new distances will be added soon.

Stats

Full Challenge: **100km + 2day/2500m** climb
 1st Half Challenge: **49km/1300m** climb
 2nd Half Challenge: **51km/1200m** climb
 1st Quarter Challenge: **28km/870m** climb

Challenge Key

- Red line: Full 100km Challenge
- Blue line: 1st Half Challenge
- Purple line: 2nd Half Challenge
- Orange line: 1st Quarter Challenge

General Key

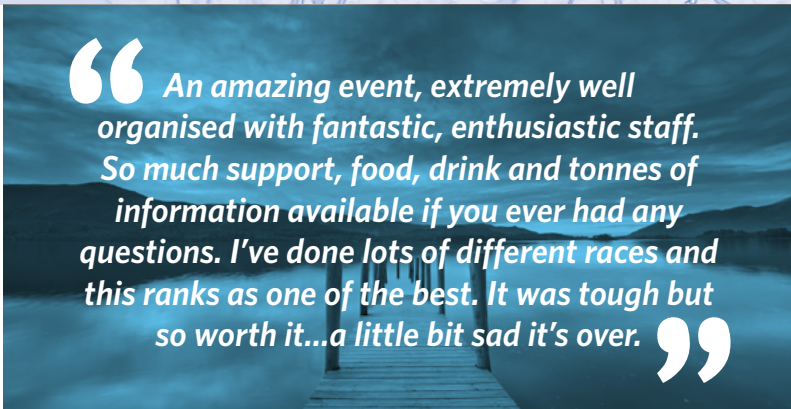
- Red circle with 'S': Challenge Start
- Red circle with 'F': Challenge Finish
- Green house icon: Major Rest Stop
- Light green house icon: Minor Rest Stop
- Red circle with '00': KM Markers
- Red arrow: Route Direction

Highlights

- Lake Windermere
- Tough climbs - Garburn Pass
- Kendal (mint cake!)
- Ambleside & surrounding area



“ An excellent experience from start to finish. The route was brilliantly marked out, the food was gorgeous and plentiful, the staff couldn't have been more helpful and supportive if they tried, a wonderful event that I can't praise highly enough. ”



“ An amazing event, extremely well organised with fantastic, enthusiastic staff. So much support, food, drink and tonnes of information available if you ever had any questions. I've done lots of different races and this ranks as one of the best. It was tough but so worth it...a little bit sad it's over. ”

Distance options

A Saturday morning start from our Kendal basecamp, and ahead lies some of England's finest scenery. There're 100 km of trails, high passes, stunning scenery, Ambleside, the magnificent Lake Windermere, nature reserves, forests, and over 2,500 m of climb before returning back to Kendal – after an amazing challenge. There's a 2 Day 'Daylight' 100 km option, with hostel accommodation at half way Lakeside, and with Half & Quarter distance options – a New Marathon option – and the fabulous Ambleside 10K – there's a Lake District Challenge for everyone in 2024!

Full Continuous 100 KM Challenge Kendal Loop

Sat 8 - Sun 9 June | 7:00-9:00am Start

DISTANCE:

100 km & ~2500 metres

DETAILS:

- ✓ Start: Kendal, Cumbria
- ✓ Start times: 7am for runners, 7 - 9am for joggers & walkers
- ✓ Finish: Kendal, Cumbria
- ▶ Snacks & drinks – every 10-15 km
- ▶ 29 km – picnic lunch & fizzy drinks
- ▶ 50 km – hot meal
- ▶ 80 km – brunch/ lunch
- ▶ 100 km – cooked breakfast/ BBQ
- ▶ Finish – glass of fizz, medal & t-shirt

Full 2 Day Daylight 100 KM Challenge Kendal - Lakeside - Kendal

Sat 8 - Sun 9 June | 7:00-9:00am Start

DISTANCE:

Day 1 – 50 km & ~1300 metres

Day 2 – 51 km & ~1200 metres

DETAILS:

- ✓ Day 1: Kendal > Windermere (50 km)
- ✓ Day 2: Windermere > Kendal (51km)
- ✓ Overnight: Optional hotel accommodation at YMCA or camp with us (see Bookable Extras)
- ▶ Snacks & drinks – every 10-15 km
- ▶ 29 km – picnic lunch & fizzy drinks
- ▶ 50 km – hot meal
- ▶ 80 km – brunch/ lunch
- ▶ 100 km – cooked breakfast/ BBQ
- ▶ Finish – glass of fizz, medal & t-shirt

1st Half Challenge 50 KM Kendal to Lakeside

Saturday 8 June | 7:00-9:00am Start

DISTANCE:

50 km & ~1300 metres

DETAILS:

- ✓ Start: Kendal basecamp
- ✓ Start times: 7am for runners, 7 - 9am for joggers & walkers
- ✓ Finish: Lakeside, Windermere
- ▶ Snacks & drinks – every 10-15 km
- ▶ 29 km – picnic lunch & fizzy drinks
- ▶ 50 km – hot meal
- ▶ Finish – glass of fizz, medal & t-shirt

2nd Half Challenge 50 KM Lakeside to Kendal

Sat 8 - Sun 9 June | 10:00am or join Full Challengers OR Sun 9 June | 6:00-6:30am

DISTANCE:

50 km & ~1200 metres

DETAILS:

- ✓ Start: Lakeside YMCA, Windermere
- ✓ Start times: Sat 8 June – start 10am on Saturday – or join up with a Full Challenger – or Sunday 9 June between 6- 6:30am
- ✓ Finish: Kendal basecamp (50 km)
- ▶ Snacks & drinks – every 10-15 km
- ▶ 30 km – picnic lunch & fizzy drinks
- ▶ 50 km – BBQ / hot food
- ▶ Finish – glass of fizz, medal & t-shirt

Distance options - continued

Lakes Marathon **Challenge** 42 KM Kendal to Ambleside

NEW

Saturday 8 June | 7:00-9:00am Start

DISTANCE:

42 km & ~1200 metres

DETAILS:

- ✓ Start: Kendal basecamp
- ✓ Start times: 7am for runners, 7 - 9am for joggers & walkers
- ✓ Finish: Ambleside
- ▶ Snacks & drinks - every 10-15 km
- ▶ 29 km - Good selection of snacks
- ▶ Finish - Picnic lunch & fizzy drinks + glass of fizz, medal & t-shirt

1st Quarter **Challenge** 29 KM Kendal to Ambleside

Saturday 8 June | 9:00-10:00am Start

DISTANCE:

29 km & ~900 metres

DETAILS:

- ✓ Start: Kendal basecamp
- ✓ Start times: 9am - 10am
- ✓ Finish: Ambleside
- ▶ Snacks & drinks - every 10-15 km
- ▶ 29 km - Picnic lunch & fizzy drinks
- ▶ Finish - glass of fizz, medal & t-shirt

The Ambleside 10 **Challenge** 10 KM Ambleside Loop

Saturday 8 June | 9:30-10:00am

DISTANCE:

10 km & ~350 metres

DETAILS:

- ✓ Start: Ambleside
- ✓ Start window: 9:30 - 10:00 Runners will set off first, then joggers & walkers
- ✓ Finish: Ambleside (10 km)
- ▶ Finish - Picnic lunch, glass of fizz, medal & t-shirt



Bookable extras

Bookable extras are designed to make the planning for your challenge as easy as possible - providing options for your joining & leaving arrangements, and are summarised below. As some participant's travel & logistics may involve parking, transfers, and maybe camping/accommodation also - please check that the combination you book makes sense!

Camping Packages

Friday &/or Saturday night, Kendal (basecamp)

Inclusive Package: 1 Person

Inclusive Package: 2 Person

Pitch Only: 1 Person

Pitch Only: Extra Campers

YMCA Accommodation Saturday night, Lakeside

Shared female dorm

Shared male dorm

Shared mixed dorm

Private Twin Room: 2 Person

Private Dorm Sleeps 6

Saturday night, Lakeside

Pitch/Campervan: 1 Person

Pitch/Campervan: Extra Campers

Parking

Parking for your vehicle is available at :

- ✓ **The Major Start / Finish Venues** - This combined with the 'before & after' bus transfer options will enable you to join & leave the event 'sensibly'.
- ✓ **Supporter Parking Pass** - So friends / family can park at some 'key' venues along the route.

Pre Challenge Transfer

We've a range of shuttle services to take you to your start line, before your challenge. Kendal Station is the closest rail link to the Kendal Rugby Club basecamp (it's on the main line from Central Manchester).

- ✓ Kendal train station > Kendal (basecamp)
- ✓ Ambleside > Kendal (basecamp)
- ✓ Lakeside > Kendal (basecamp)
- ✓ Kendal (basecamp) > Lakeside

Post Challenge Transfer

We've a range of shuttle services to take you where you need to go after your challenge.

- ✓ Kendal (basecamp) > Kendal train Station
- ✓ Ambleside > Kendal (basecamp)
- ✓ Lakeside > Kendal (basecamp) or Kendal train station

Baggage Transfers

We've a range of services taking your bags forward for access during the challenge - for a change of clothes or shoes, extra layers for the night, or those snacks you can't do without!

Please note the max weight limits - these are strict, and bags will be weighed. Quoted prices are per bag.

Baggage services will be paid in cash/card on the day - and you cannot pre book.

- ✓ Storgae at basecamp
- ✓ 100KM: Start > Half Way > Finish
- ✓ 50KM Half: Start > Finish
- ✓ 25KM Quarter: Start > Finish
- ✓ Kit Bag Drop: **Runners only - Up to 10kg bag for FREE**

Challengers Meal

- ✓ **Friday Night Dinner** - available to book for anyone staying at Kendal (basecamp) on Friday night.
- ✓ **Sunday Morning Breakfast** - available to participants beginning their challenge on Saturday morning at Kendal (basecamp). Breakfast the following morning is included in inclusive camping package, but must be booked separately for Pitch Only campers.



Funding & Cost options

OPTION 1

Self Funding Do It For Yourself

Pay for your place in full. Look forward to a great challenge with no fundraising!

FULL CHALLENGE ~100km

£198 Fee paid online & no fundraising commitment.

1/2 CHALLENGE ~50km

£139 Fee paid online as & no fundraising commitment.

1/4 CHALLENGE ~25km

£89 Fee paid online & no fundraising commitment.

10KM CHALLENGE ~10km

£39 Fee paid online & no fundraising commitment.

OPTION 2

Full Sponsorship For Charity

Pay a small Reg Fee & Fundraise for a chosen Charity (who pay for your place)

FULL CHALLENGE ~100km

£40 Reg Fee & at least £575 fundraising/sponsorship

1/2 CHALLENGE ~50km

£30 Reg Fee & at least £360 fundraising/sponsorship

1/4 CHALLENGE ~25km

£20 Reg Fee & at least £240 fundraising/sponsorship

10KM CHALLENGE ~10km

£10 Reg Fee & at least £100 fundraising/sponsorship

OPTION 3

Mixed Funding For Charity

Pay for half your place cost & fundraise less for Charity (who pay half of your place cost)

FULL CHALLENGE ~100km

£100 Reg Fee & at least £300 fundraising/sponsorship

1/2 CHALLENGE ~50km

£75 Reg Fee & at least £225 fundraising/sponsorship

1/4 CHALLENGE ~25km

£50 Reg Fee & at least £150 fundraising/sponsorship

10KM CHALLENGE ~10km

£22.50 Reg Fee & at least £70 fundraising/sponsorship

OPTION 4

Own Place Charity Fundraising

Pay for your place & fundraise whatever you can for a Charity (with NO cost to them)

FULL CHALLENGE ~100km

£198 Fee paid online & fundraise whatever you can

1/2 CHALLENGE ~50km

£139 Fee paid online & fundraise whatever you can

1/4 CHALLENGE ~25km

£89 Fee paid online & fundraise whatever you can

10KM CHALLENGE ~10km

£39 Fee paid online & fundraise whatever you can

Fundraising Deadlines At least 50% of the Sponsorship target (for either the Sponsorship for Charity or Mixed Funding option) should be with your Charity by 3 weeks prior to the Challenge. At this time your Charity will pay a Fee for your place to the Organiser (similar to the Self Funding cost). Failure to meet the 50% target may result in cancellation by your charity. The remaining 50% should be with your Charity 4 weeks after the Challenge.