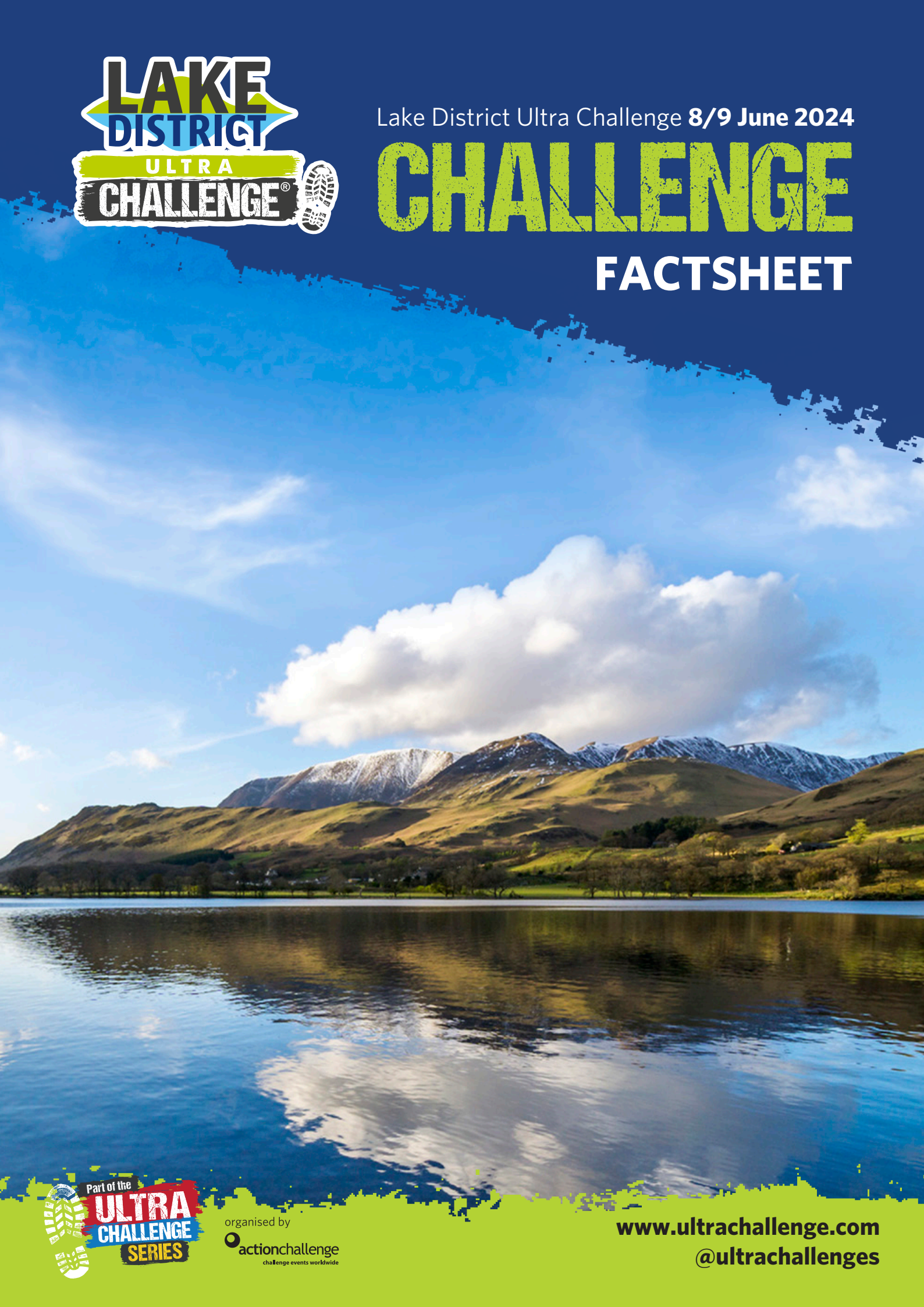




Lake District Ultra Challenge 8/9 June 2024

# 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**

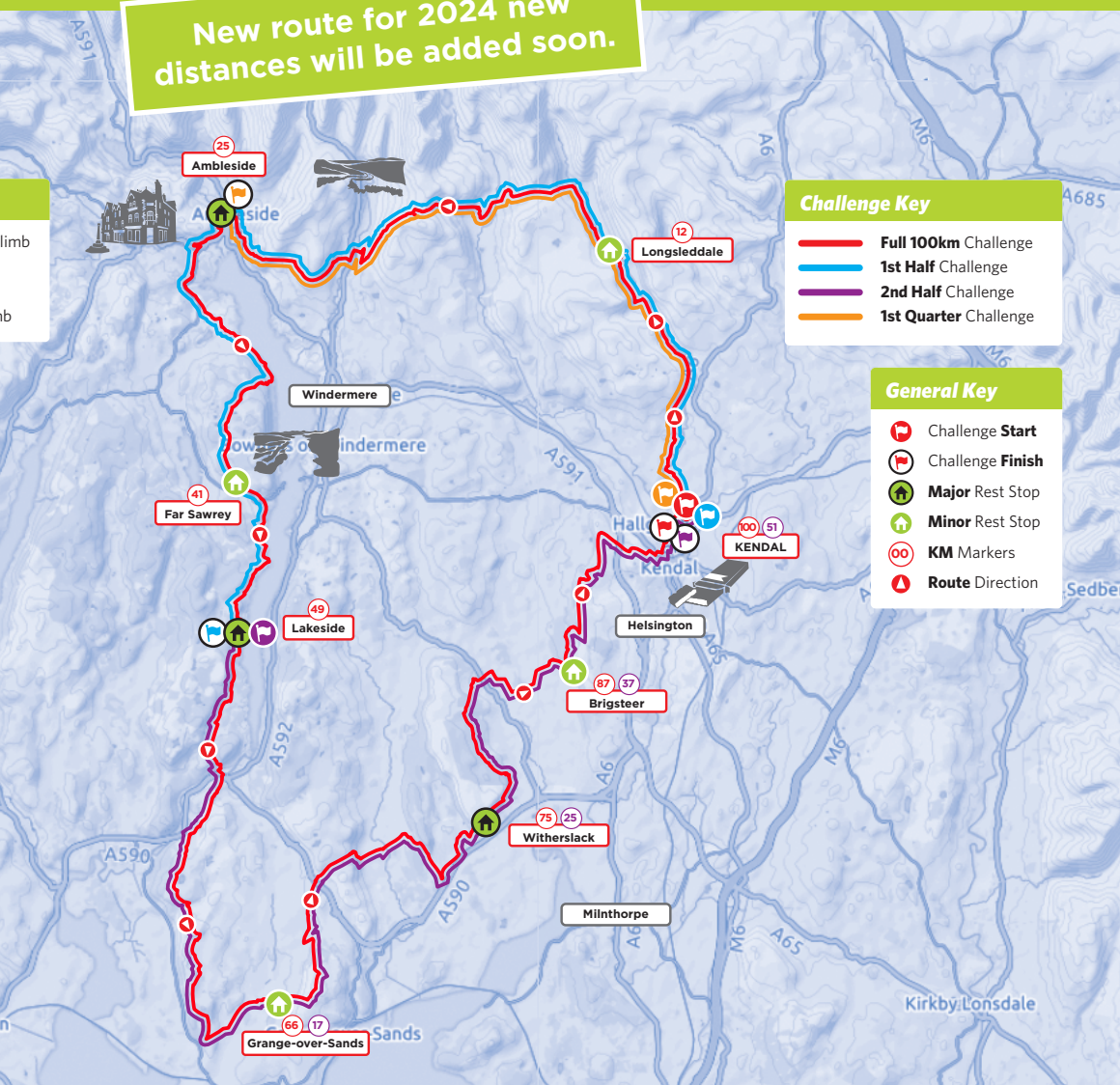
- Red line: Full 100km Challenge
- Blue line: 1st Half Challenge
- Purple line: 2nd Half Challenge
- Orange line: 1st Quarter Challenge

**General Key**

- Red house icon: Challenge Start
- Red house icon: 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 June | 10:00am or join Full Challengers  
OR Sun 9 June | 6:00-7:30am

#### **DISTANCE:**

50 km & ~1200 metres

#### **DETAILS:**

- ✓ Start: Lakeside YMCA, Windermere
- ✓ Start times: start Saturday 10am walkers/11am runners or if just join a full challenger when they are ready, OR 6am – 7.30am rolling start on Sunday
- ✓ 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 | 10:00-11:00am

**DISTANCE:**

10 km & ~350 metres

**DETAILS:**

- ✓ Start: Ambleside
- ✓ Start window: 10:00 - 11:00 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.