



Final details for the Allithwaite 8 Race – 5th November 2022

Thank you for entering our race, the sixth edition of the event. We're really excited to be back again this year and we hope you have a great day with us as we share our local running routes with you.

To make the day as enjoyable as possible, please take a few moments to read the following information.

Travel

Car parking has been arranged at St. Mary's Church/ Allithwaite Primary School (Postcode LA11 7RD) located just 100 metres from the Community Centre. (What 3 words location: only.tango.takes) As we'll donate to both the school and the church, parking is free. There is a shortcut through to the registration. **PLEASE NOTE THIS IS NOT ON THE RACE ROUTE!**

We have limited extra parking at the Community Centre on grass. Anyone parking here will need to stay until after all competitors have finished, as the exit route crosses the course. If you need to be away earlier than 1.15pm, park at the church - please arrive early and park considerately. Lift-sharing is encouraged if possible.

Kents Bank Station is only a mile from the start line; head up Kirkhead Road, turn left onto Holme Lane, then right up Church Road. We're on the right, just before the Lantern Charity shop.

Registration

Please register between **9.30 and 1030** at the Community Centre, Allithwaite, postcode LA11 7QJ. Within the village of Allithwaite, this is found by going down Quarry Lane next to the Lantern Charity Shop.

There is a race briefing at 1040 at the Community Centre. Please be ready for final instructions at that time.

Weather is looking 'Cumbrian autumnal' as at Thursday morning; there is a strong chance of showers. The most exposed part of the route is after 5 miles on Hampsfell. Please bring hat/gloves/full body cover and a means of carrying them e.g. bumbag – you may leave these in a named bag at the community centre if not needed on the day. Minimum kit is requested to protect you. No kit = no race. Off road shoes are strongly advised – the course is currently soft to squelchy -wet feet guaranteed 😊

The route itself is around 8 miles (13km) in length, made up of about 1/3 road to connect the network of paths/ bridleways and a couple of bits of private land, including the Cartmel racecourse, which we've negotiated access to for race day. Please feel free to come back and run on the footpaths, but for obvious reasons please avoid the racecourse and the part just after leaving Allithwaite where the route diverts from the public footpath to avoid a slippery downhill stile. The highlight for many will be the ascent of Hampsfell with hopefully good views across to the rest of the South Lakes and across Morecambe Bay! There will be maps of the course at the Community Centre.

There is no water station on the route. If you wish to have water, please carry it with you. There will be water at the finish – **PLEASE** bring your own cup.

There are refreshments available to buy at the Community Centre (cash only please), at the end including cakes, bacon/egg rolls/ sandwiches and vegan options (all proceeds to Community Centre).

Milk and non-dairy alternatives will be available for tea and coffee.

Shoe cleaning is available at the Community Centre. We also advise bringing a towel and if you have a nice clean car find a friend who can give you a lift 😊.

Please be considerate to other users of public rights of way and other competitors. Those familiar with other trail and fell events will understand there is an unwritten rule of assisting other competitors if in need of help. If you do require help, please return to the nearest marshal point – first aiders will be present and able to provide assistance – beyond that we rely on the emergency services.

Covid safety

Covid is still around; whilst the legal situation has changed please do **not attend the event** if you have any symptoms which indicate COVID19 infection. This is as much for your health as those around you – including other athletes and race officials. We don't expect everyone to be testing.

Thank you

We're very grateful to all the landowners, everyone at Allithwaite Community Centre and our sponsors for the race including Pete Bland Sports, Kendal, St. Mary's Church, Allithwaite, and Unsworth's Yard Brewery.

Finally, we hope you enjoy your run, and thanks again for entering.



Parking Location Here (St Mary's Church):

