Final details for the Allithwaite 8 Race – 2nd November 2024

Thank you for entering our race, the eighth 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. It's sold out and there will be no entries on the day, so we hope all those who've signed up online will have a great race.

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 very 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 as we don't have limitless parking – please talk to your clubmates, and please DO NOT park on Greendales or Vicarage Lane.

Alternately for those wanting to use public transport, 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 Cockles at the Lantern convenience shop.

Registration

Please register between **9.30 and 10.30** at the Community Centre, Allithwaite, postcode LA11 7QJ. Within the village of Allithwaite, this is found by going down Quarry Lane next to the Cockles at the Lantern convenience shop, which has any last-minute snacks for the race.

There is a race briefing at 10.40 at the Community Centre. Please be ready for final instructions at that time.

Weather is looking OK as at Wednesday morning; but this is Cumbria - there is a chance of showers! The most exposed part of the route is after 5 miles on Hampsfell. **Minimum kit requirements are waterproofs and hat/gloves with 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, but this will be in exceptional circumstances. Minimum kit is required to protect you. No kit = no race. Off road shoes are strongly advised – the course is currently soft to *very* squelchy; wet feet are guaranteed (there is a stream crossing)😊

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.

Results service

Results will be available very soon after the finish – and your times should be available immediately after finishing HERE: https://www.webscorer.com/192770 QR codes will be available at the Community Centre to access results.

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, together with Chocolori and Cartmel Sticky Toffee Pudding. Once again we will be donating to the local community causes (school, community centre and church) which have benefited from our race in the past. We're very grateful for your entry which supports our causes.

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

Parking Location Here (St Mary's Church):

PETE BLAND SPORTS

Unsworth's Yard Brewery

CARTMEL

FAQs – Allithwaite 8 Race:

Why is it described as a Trail Race when it goes up a fell? We don't go straight up the fell – and there's quite a bit of trails, a little bit of road – and it's not a Fell running Association race (we affiliate to the Association of Running Clubs for our licence and insurance)

Is there on the day entry? No, sorry. We moved to an all on-line system immediately after covid lockdowns in 2021 – and found that the sytem works smoother than having OTD entrants.

If it's a Trail Race, do I get a T shirt? No! In line with our environmental ethos, we don't intend to hand out T shirts that might never be used and have a poor environmental impact – and you might just want to choose your own running kit.

I've changed my mind about running as the weather's looking bad – can I have a refund? No, we ask that runners will turn up adequately prepared for a race in the Cumbria in Autumn.

I've just picked up an injury – can you refund me? Afraid not – previously we were able to offer insurance at cost – but the admin cost to you isn't worth it for a £10 race (if affiliated)

My mate wants to take my place as I've realised that I can't run – is that OK? If they're able to transfer before the closing date up to midnight, 30th October – but **PLEASE** get in touch with us. **DO NOT** turn up instead of someone else – as the details we carry for each runner are individual. Running in place of someone else is a safety risk and will result in disqualification.

Does it count as a fell race – I've heard that I need to do a classified fell race to enter a race next year? It's not an FRA organised race so we think it unlikely.

I can't navigate so I won't be able to find my way. NO worries – we have LOTS of signs, flags, and perhaps most importantly, friendly marshals who are there to support you. We're not saying it's impossible to go wrong but you'll have to try hard!

Why is it so expensive to enter? For affiliated runners, it's £10, which puts us into the middle of the price range if not a little low –certainly much cheaper than commercial races. We give a proportion of any proceeds of the race to our chosen local causes – e.g. helping our primary school children with a healthier lifestyle, and giving the church money for use of their car park instead of charging for parking separately. We haven't increased our prices once again this year despite increasing our costs.

What prizes are on offer? Amazing LOCAL prizes – bespoke chocolate medals from Chocolori in Grange, beer from Unsworth's yard in Cartmel. Plus a couple of very special spot prizes from The Lap and the Old Post Office Teashop, Troutbeck.

Can I run the route outside of the event? To a certain extent, yes. Most of our route is on public rights of way. Some of it close to Allithwaite and around the racecourse is on private land as we think it suits the race better. We get in touch with landowners to gain permission to cross this land so *please* don't run it and damage our chances of being able to organise next year's race.

Can my son enter? He's 14 and very strong for his age. Our insurance only allows juniors over the age of 16 to enter. In line with UK athletics advice we would suggest a shorter race is better for under 16's. We look forward to seeing him enter in a couple of years (previous winners/ podium places have been won by under 18's)