



## **MONTANE HOWGILLS TRAIL 10, TRAIL 13 & TRAIL 26**

### **GUIDANCE NOTES**

**Sunday 12th April 2026**

**Location: Stonehall Lane, Sedbergh, Cumbria, LA10 5LJ**

**What3Words: [///trickster.fakes.texted](https://www.what3words.com/#!/trickster.fakes.texted)**

Thank you for entering **Montane Howgills Trail 10, 13 and 26 2026**. The Epic Events Team are looking forward to seeing you in Sedbergh, please read through the information contained in this document which will help to ensure that you have a safe and enjoyable day.

#### **ENTRY CONFIRMATION**

All entrants receive an automatic email from the entry system (Resultsbase) confirming their entry and will be included in the list of participants [HERE](#)

#### **TERMS AND CONDITIONS OF ENTRY**

The Terms and Conditions of entry are clearly stated on the website [HERE](#) and as part of the entry process it is mandatory for entrants to agree to abide by these Terms and Conditions.

#### **SWAPPING OF ENTRIES**

Please note that unauthorised transferral of entries between competitors is strictly forbidden as it invalidates insurance undertaken by Epic Events to cover the event. If you are unable to race, please follow the instructions outlined in the aforementioned Terms and Conditions

#### **EVENT PARKING**

Parking will take place in the main field at Event HQ, please follow the car parking signs. The cost for parking is **£5.00 per car** for the entire day (**cash only**). Please ensure you have the correct change ready upon arrival as there will be no entry to the car park without payment.

**Please try to car share where possible.**

#### **TOILETS**

Toilets will be available via the portaloos which are located at Event HQ near the Start/Finish Area. There will also be toilets available at the food stops.

#### **REFRESHMENTS ON SITE**

Onsite catering will be available from the Crazy Cow Catering Unit.

Title Sponsors Montane



## **EVENT SCHEDULE**

- **06:45 - Car Park & Registration Open**
- 08:20 - Compulsory Event Briefing Trail 26
- **08:30 - Trail 26 Start**
- 08:30 - Car Park Closes
- 08:35 - Compulsory Event Briefing Trail 13
- **08:45 - Trail 13 Start**
- 08:45 - Registration Closes
- 08:50 - Compulsory Event Briefing Trail 10
- **09:00 - Trail 10 Start**
- 10:30 - Prize Presentation at the finish line (Trail 10)
- 11:15 - Prize Presentation at the finish line (Trail 13)
- **13:30 - Trail 26 Cut off time at Ravenstonedale (5 hours from the start)**
- 13:30 - Prize Presentation at the finish line (Trail 26)
- **16:00 - Trail 26 cut off time (7 hours 30 minutes from the start)**

## **REGISTRATION**

Registration will open at 06:45hrs and closes at 08:45hrs on Sunday, there is no registration on Saturday (the day before the event).

Registration will be **extremely busy**, please allow extra time to ensure you get through registration stress free. Registration takes place on the field at Event HQ adjacent to the Start/Finish Area and signs will be in place to direct participants from the car park.

**N.B. Participants are required to show photo ID at Registration**

## **NUMBER/TIMING CHIP COLLECTION**

Collect your event number at Registration then pin it to the front of your running top and ensure it is **always visible**. **DO NOT MANIPULATE YOUR NUMBER IN ANY WAY.**

Your timing chip is attached to the back of the bib number. Timing chips are disposable and therefore do not need to be handed back at the end of the event.

## **EVENT T-SHIRTS**

If you have pre-ordered an Event T-shirt, they will be posted out direct from our event partners Scimitar. There is still an opportunity to order one of our Epic custom Event T shirts for delivery after the event by [CLICKING HERE](#) – n.b. T shirts can be ordered up to the 17<sup>th</sup> April 2026.



## **TRAIL 26 CUT OFF**

Please note that the first cut-off time for the Trail 26 runners is 5 hours from the start (13:30) at the Feed station at Ravenstonedale. The final Trail 26 course cut-off is 7 hours 30 minutes.

## **KIT CHECK**

This is a trail running event and as such we advise wearing appropriate trail running shoes for the event. The mandatory kit is listed below for all distances. This is for your safety and spot checks will take place at Registration and at the Finish – any runners not carrying mandatory kit will not be allowed to race or will be disqualified.

## **TRAIL 26 (MARATHON)**

- First aid kit – to include blister plasters/sterile pad dressing/bandage or tape to secure dressing as a minimum requirement.
- Waterproof jacket (waterproof or windproof pants are also recommended)
- Spare base layer for the top of body
- Head Torch (or Handheld Torch)
- Mobile phone (fully charged)
- Whistle
- Hat & Gloves
- Emergency Foil Blanket or Bivi Bag
- Emergency Food & Drink

## **TRAIL 13 (HALF MARATHON) & TRAIL 10 (10K)**

- Waterproof jacket (waterproof or windproof pants are also recommended)
- Spare base layer (for top of body)
- Mobile phone (fully charged)
- Whistle
- Hat & Gloves

## **EVENT BRIEFING**

The Event Briefing is compulsory. If any final changes to the route and event are required, they will be announced at the briefing, therefore all runners must ensure be present at the appropriate time (see timetable). **The briefing will take place at the Start/Finish Area.**

## **START TIMES**

- Montane Trail 26 starts at 08:30am
- Montane Trail 13 starts at 08:45am
- Montane Trail 10 starts at 09:00am

*N.B. The races will start immediately after the compulsory race briefing.*

## **ROUTE**

The routes will be marked by small yellow 'run route' arrows, pictured below (Arrows can be **BLUE** or **BLACK** inside the yellow sign background)



All races will start on the field next to Stonehall Lane - participants will be directed to run uphill towards the top of the field and take a left and then an immediate right to head up into the fells.

All routes climb up Winder Fell, then up Arant Haw after which the Trail 10 runners turn right off the main trail and head back towards the finish leaving the Trail 13 and 26 to continue over to The Calf whereupon these two routes separate.

All routes climb very sharply within the first section of the course and this accounts for the majority of the course elevation. The wind can be very strong and in poor weather temperatures can be very low. For this reason, the aforementioned mandatory kit requirements are in place and compulsory for all event distances. The descents on the route tend to be grassy and very slippery when wet therefore an aggressive tread is recommended to help stay on your feet.

From The Calf, the Trail 13 route drops down Cautley Spout, England's highest cascade waterfall. The Trail 26 route does not drop down Cautley but stretches out over the Howgill Fells and down into Bowderdale before reaching Ravenstonedale.

Trail 26 Runners will then head around Harter Fell before meeting back up with the Trail 13 route at Cross Keys near Cautley Spout.

On the Trail 13 route the descent down Cautley Spout is extremely steep - there is a clear Footpath but the gradient is severe. Runners should take care on this descent and may opt to walk in places, if for no other reason than to give your thighs a break!!

From the Feedstation at Cross Keys the Trail 13 and 26 routes then follow the river back over to Sedbergh until reaching Stonehall Lane and heading along the lane towards the finish.

As mentioned – new for 2026 is the 10k distance – this follows the same route up Winder and Arant Haw as the T13 & T26 routes. At approximately 4.5 miles into the route runners will turn right taking the lower path around Sickers Fell heading back to run along Stonehall Lane then turning left at the end and entering through the second gate on Buckbank Lane to the Finish line on the field where the race started.

**Trail 10:** <https://www.strava.com/routes/3410205495301685028>

**Trail 13:** <https://www.strava.com/routes/3195715670229709774>

**Trail 26:** <https://www.strava.com/routes/3334301184865925450>

## **FEED STATIONS**

**Trail 26** - There are 2 feed stations at 16.9 miles (Ravenstonedale School) & 22.6 miles (Cross Keys Inn).

**Trail 13** - There is one feed and refreshment stop at 9.6 miles (Cross Keys Inn).

**Trail 10** – There are no feed stops on this route

At all the feed stations there will be a checkpoint where you must give your race number to a marshal. This is to ensure that we can keep track of everyone.

**Failure to check in at the checkpoint may result in the emergency plan being implemented to recover the runner from the route – Please ensure to check-in.**

## **FINISH**

The finish is under the Start/Finish Arch, at the same location as the Start. Upon crossing the line runners will then be presented with a custom Finish Medal and a drink.

## **RESULTS**

Results will be available immediately as runners cross the Finish line on our website [HERE](#) and will remain provisional for 24 hours.

Any queries relating to provisional results must be submitted via e-mail to [info@epicevents.co.uk](mailto:info@epicevents.co.uk) by Monday following the event, after which time all results will be deemed as final.

## **PRIZE PRESENTATION**

Prize Presentations will take place at the finish line.

- Trail 10 prize presentation will take place at 10:30am
- Trail 13 prize presentation will take place at 11:15 am
- Trail 26 prize presentation will take place at 13:30 pm

Prizes will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Male and Female runners Overall and to the 1<sup>st</sup> M/F V40/50/60+ categories (subject to entry numbers). If a runner wins an Overall prize, they will not be eligible for the Vets prizes which will then be rolled down to the next eligible runner.

Runners must attend the presentation to collect their prize - Prizes will not be posted following the event.

## **MEDICAL ADVICE**

If you have any known medical condition (such as diabetes, asthma, allergy to penicillin, etc.) please ensure you have informed us prior to the race on your application.

Following registration (where runners will be issued with race numbers) please write any medical details including medication taken on the back of the race number as well as next of kin & emergency contact details and put a small indelible red cross on the front of the number. This is not just an administrative request it could be a matter of life and death in an emergency.

This information will only be used in the event of runners being involved in an accident/medical incident.

**Whether you have a medical condition or not, if you feel unwell on race day, do not race!**

In case of injury or emergency please notify the nearest marshal or ask another competitor to do so, the marshal will notify the Event Medical Team who will assist.

### **EMERGENCIES**

During the race, should you come across another competitor who needs assistance please inform the nearest marshal and please call the **Emergency Event Phone Number 07494 029628** (please note this number is for Emergency Use only, please do not use this for any other reason to ensure the line is kept clear for emergencies). There will also be medical cover on the course and at Event HQ.

### **FINAL NOTE**

On behalf of the entire Epic Events team, we wish you the very best for your race. May it be safe, successful, and full of unforgettable moments. Enjoy every step of the journey!

Email: [info@epicevents.co.uk](mailto:info@epicevents.co.uk)

Websites:

[www.epicevents.co.uk](http://www.epicevents.co.uk)

[www.lakeland100.com](http://www.lakeland100.com)