



MONTANE ULLSWATER WAY TRAIL Ultra, 20 & 10

– GUIDANCE NOTES

Sunday 31st May 2026

Car Park Location: Patterdale Cricket Club, CA11 0PP

What3Words: [///deprive.strongman.kitchen](https://www.what3words.com/deprive.strongman.kitchen)

Event HQ Location: Jenkins Field, Glenridding, Ullswater, CA11 0QQ

What3Words: [///minute.twitches.mouths](https://www.what3words.com/minute.twitches.mouths)

Thank you for entering **Montane Ullswater Way Trail Ultra, 20 & 10 2026**. The Epic Team are looking forward to seeing you all in Glenridding, 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 competitors receive an automatic email from the Resultsbase entry system 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 all participants are required 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.

TOILETS

Portaloos will be available on Jenkins Field at Event HQ near to the Start/Finish Area. There will also be portaloos located at the Car Park to the rear of The Sun Inn in Pooley Bridge which is the Trail 10 Start and also the Feedstation for the Trail 20/Ultra distances but are limited so we do recommend that for Trail 10 runners in particular to use the toilet before departing from HQ on the bus to the start.

EVENT PARKING

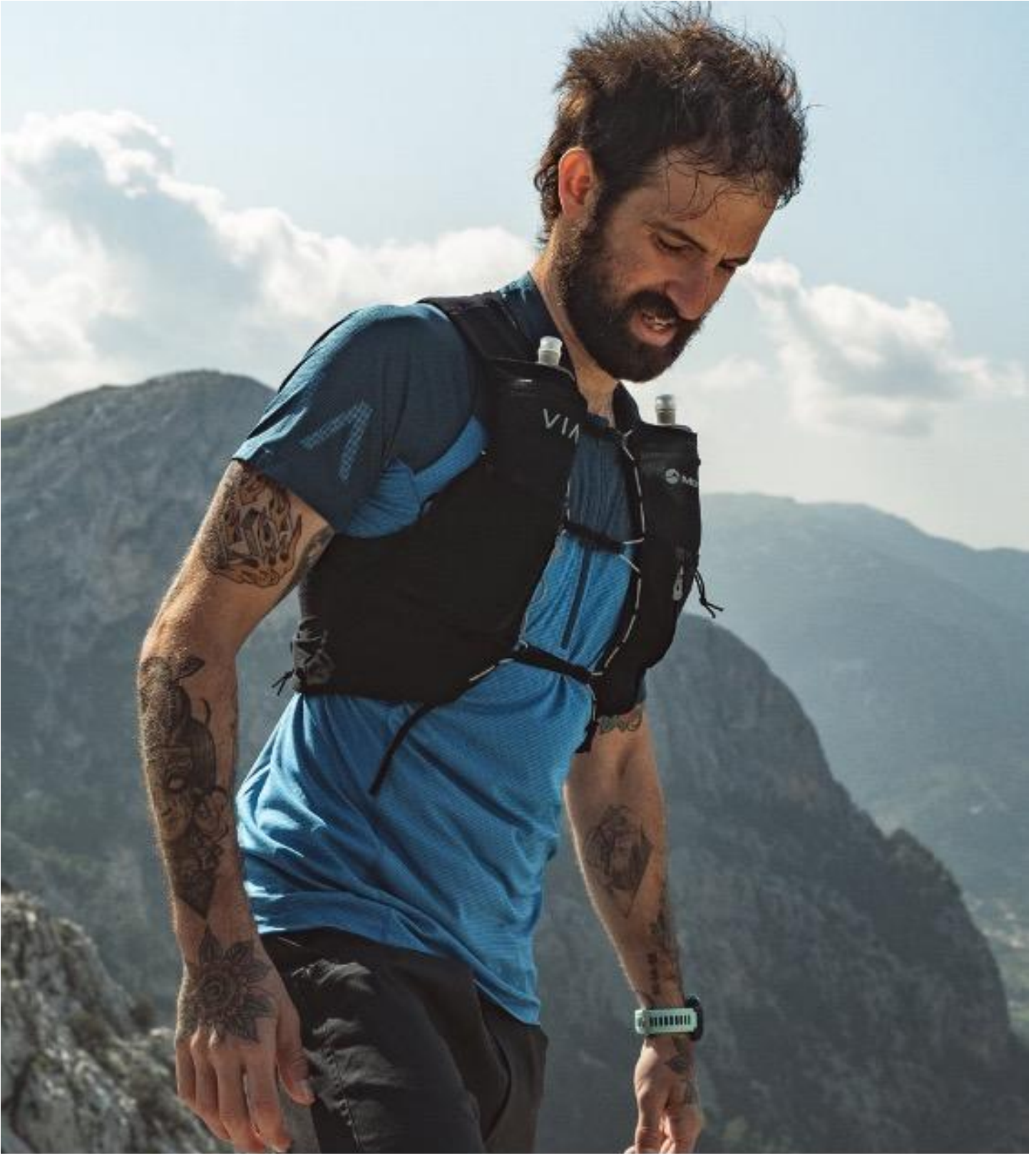
The official Event Car Park is based at Patterdale Cricket Club - please see map below. Parking is **£5 per car** on the day (**n.b. cash payment only**) - please have cash ready on arrival to minimise queuing and **please car share where possible as parking is limited**. Do not park on the A592 main road running through Glenridding - any participants parking on the A592 will not be permitted to race. There is no parking at the start/finish area on Jenkins Field, please do not attempt to drive onto the start field, the vehicles that you may see on the field will be staff, contractors and crew only.

When arriving please leave sufficient time to park and attend registration before heading to the start. The walk to the start can take 10-15 minutes - please arrive early.

CAR PARKING/ EVENT HQ LOCATION



Title Sponsors Montane



TIMETABLE AND EVENT SCHEDULE

- 06:00 – Car Park Opens at Patterdale Cricket Club
- 06:15 – Registration Opens at Jenkins Field, Glenridding
- 07:50 – Ultra distance Race briefing at the Start Line
- 07:55 – A592 Road Closure/Car Park Closure
- **08:00 – Ultra Distance Start at Jenkins Field, Glenridding**
- 08:10 – Trail 20 Distance Race briefing at the Start Line
- 08:15 – Registration Closes
- **08:20 – Trail 20 Start at Jenkins Field, Glenridding**
- 08:15 – Trail 10 Start Shuttle Buses Pick Up from Jenkins Field, Glenridding
- 08:30 – Trail 10 Start Shuttle Buses Depart from Jenkins Field, Glenridding
- 09:15 – Trail 10 Distance Race briefing at Pooley Bridge Start Line
- **09:30 – Trail 10 Distance Start at Pooley Bridge**
- 11:30 – Prize Presentation Trail 10
- 12:30 – Prize Presentation Trail 20
- 14:30 – Prize Presentation Ultra
- **14:30 – Ultra Cut Off at Pooley Bridge (18.5 miles) (6.5 hours from the start)**
- **18:30 – Ultra Cut Off at Aira Force (30.5 miles) (10.5 hours from the start)**
- **19:30 – Final Course Cut Off for all competitors (11.5 hours from the start)**

REGISTRATION

Registration will open at 06:15hrs near to the Start/Finish on Jenkins Field, Glenridding and closes at 08:15hrs on Sunday morning - Registration is available on Race Day only.

Registration will be **extremely busy** please allow extra time to ensure you get through registration stress free, car park marshals will direct runners from the car park (but please see map above).

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

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 12th June 2026.



NUMBER/TIMING CHIP COLLECTION

Collect your event number at Registration and pin it to the front of your running top n.b. ensure your race number 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.

BAGGAGE DROP

There will be an Event Shelter available near to Registration to drop your bags. Please note the Bag Drop is not manned and bags are left at your own risk, do not leave valuables in your bag – please leave them in your vehicle.

KIT CHECK

Please see the mandatory Kit List below for Trail 26 & Trail 13 - the kit is for your safety and spot checks will take place both before and after the event.

TRAIL 10

- First Aid Kit – to include blister plasters/sterile pad dressing/bandage or tape to secure dressing as a minimum requirement.
- Waterproof jacket
- Mobile phone (fully charged)
- Emergency food & drink

TRAIL 20

- First Aid Kit – to include blister plasters/sterile pad dressing/bandage or tape to secure dressing as a minimum requirement.
- Waterproof jacket
- Mobile phone (fully charged)
- Emergency food & drink
- Emergency foil blanket/bivi bag

ULTRA

- First Aid Kit – to include blister plasters/sterile pad dressing/bandage or tape to secure dressing as a minimum requirement.
- Waterproof jacket
- Mobile phone (fully charged)
- Emergency food
- 1 litre of water (either a water bladder or two soft water bottles)
- Emergency foil blanket/bivi bag
- Running pack to carry the above items

EVENT BRIEFING

The Event Briefing is compulsory and will include any final changes/information that maybe necessary for the route/event, therefore all runners must attend at the appropriate time (see timetable above) - the briefing will take place at the Start/Finish Area in Glenridding for the Trail 20/Ultra and at the Pooley Bridge Start for the Trail 10.

START

- Montane Ultra starts at 08:00hrs from Jenkins Field, Glenridding.
- Montane Trail 20 starts at 08:20hrs from Jenkins Field, Glenridding.
- Montane Trail 10 starts at 09:30hrs from Car Park at the rear of The Sun Inn, Pooley Bridge

N.B. each race will start immediately after the compulsory race briefing.

The Trail 10 will start in the large field and car park area directly behind the Sun Inn in Pooley Bridge, the bus will drop runners off at the start field to then line up at the Start Race Arch.

TRAIL 10 TRANSPORT

Trail 10 competitors will board a coach/bus from Jenkins field in Glenridding, the pick-up point at Jenkins field will be signed and clearly visible. The Start coach/bus will start loading at 08:15hrs and will leave at 08:30hrs sharp. The buses are for competitors only, no spectators. Competitors are required to pay for the bus in advance.

ROUTE

The routes will be marked by small yellow 'run route' arrows, pictured below and will follow the Ullswater Way Trail, which itself is well marked - please respect the surroundings and trails/paths by not dropping litter and be aware that the trails will also be shared by members of the public during the event.



Trail 20 Route

The Trail 20 route is actually 21.5 miles in length and begins from Jenkins Field, runners will complete the route in an anti-clockwise direction following the East side of the lake towards Howtown. On reaching Howtown runners will pass through their first feed station approx 6.5miles into the course then follow the Lakeland 50 & 100 route in reverse, with stunning views of Ullswater before heading downhill into Pooley Bridge. At this point Trail 20 runners will reach both the halfway point and the 2nd feed station, situated in the large Car Park field behind the Sun Inn in Pooley Bridge. The Trail 20 continues to follow the same route as the Trail 10. Leaving Pooley Bridge, both routes then head South East above Watermillock, taking in more great views of Ullswater. The route heads past Gowbarrow, then towards Aira Force. As runners descend into and through the Aira Force car park they will reach a road crossing and the 3rd feed station.

Ultra Route

The Ultra runners will split from the Trail 20 route to the right at Askham Fell before Pooley Bridge and continue in an anti-clockwise direction to complete the 7.5 mile Lowther Loop. Once completing this loop runners will continue back onto the Trail 20 route onto Pooley Bridge. Leaving Pooley Bridge runners will cross over the bridge and take a right, while the Trail 10 and Trail 20 take a left. From here Ultra Runners will complete the 5 mile Dalemmain Loop in an anticlockwise direction. Once this has been completed Ultra runners will continue to follow the Trail 10 & Trail 20 route.

Run Routes Links:

Trail 10 Route: <https://www.strava.com/routes/2751097703395671808>

Trail 20 Route: <https://www.strava.com/routes/2751109214383560034>

Ultra Route: <https://www.strava.com/routes/3147217951584338882>

FEED STATIONS

There are 5 x feed stations/water stops on the route. There will be water, savoury and sweet snacks available at the feed stations with limited vegan and GF alternatives (any runners with specific dietary requirements should ensure to carry sufficient food) and water refills at the water stops (see below)

Feed Station Number	Competitors	Approx Distance on Route	What3Words Location
Feed Station 1 - Howtown	Trail 20 & Ultra runners only (n.b. water stop only)	Trail 20 & Ultra = 6.5 miles	///years.comforted.line
Feed Station 2 - Helton	Ultra runners only	Ultra = 11.9 miles	///overgrown.rekindle.firework
Feed Station 3 - Pooley Bridge	Trail 20 & Ultra runners only	Trail 20 = 11.2 mile Ultra = 18.5 miles	///described.explored.imprinted
Feed Station 4 – Dalemain Loop	Ultra runners only (n.b. water stop only)	Ultra = 23.1 miles	///helpers.deprives.guides
Feed Station 5 - Aira Force	All runners	Trail 10 = 7 miles Trail 20 = 18.5 miles Ultra = 30.5 miles	///belonged.newest.tabs

TRAIL 20 & ULTRA CUT OFF TIMES

All Ultra competitors must pass through the Pooley Bridge feed station by 14:30hrs (6.5 hours from the start). The second cut off is at Aira Force at 18:30hrs (10.5 hours from the start).

Please note that if you do not meet the course cut off times you will not be able to continue along the route. All competitors must finish at Jenkins Field, Glenridding by 19:30hrs (11.5 hours from the Ultra start).

FINISH LINE

The finish is under the Race Arch on Jenkins field. Upon crossing the line, runners will then be able to collect their finish medal and a drink.

RESULTS

All results and times will be available live as runners cross the Finish line on the Epic Events website [HERE](#) and will remain provisional for 24 hours.

Any queries relating to provisional results should be e-mailed to info@epicevents.co.uk by Monday following the event, after which time all results will be deemed as final and complete.

FREE RACE DAY PHOTOGRAPHY

As part of your entry fee you will receive free hi-resolution Race Day images to download from the official photographer's website within 48 hours of the event finishing [HERE](#).

PRIZE PRESENTATION

Prizes will be awarded to the 1st, 2nd & 3rd Male and Female runners overall together with 1st M/F V40/50/60+ categories. If you win an open prize, you will not be eligible for the Vets prizes.

The presentations will take at the following time:

11:30hrs - Trail 10 Presentation

12:30hrs - Trail 20 Presentation

14:30hrs – Ultra Presentation

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 you will be issued with your race numbers) please write all medical details including any medication taken on the back of your race number as well as next of kin & emergency contact details and put a small indelible red cross on the front of your number.

This is not just an administrative request it could be a matter of life and death in an emergency. This will only be used in the event of you being involved in an accident. Whether you have a medical condition or not, if you feel unwell on race day, don't 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 First Aid 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.

FINALLY,

On behalf of Epic Events, all the team would like to wish you well with your race and hope you have a safe and enjoyable event.

Yours in Sport,

EPIC EVENTS

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