

Runners Handbook April 2020



Welcome to the 2nd Lakes Traverse and 3rd Northern Traverse Ultra Run which start on the foreshore at St Bees Cumbria on Saturday 18th April.

The Lakes Traverse and Northern Traverse are ultra running events, which start at St Bees Head, West Cumbria and finish in Shap, Cumbria or Robin Hoods Bay, North Yorkshire respectively. Northern Traverse is a 190 mile ultra run following Wainwrights Coast to Coast route and was first run in May 2016. Lakes Traverse was introduced as a new event for 2018 following the first 60 miles of the Northern Traverse route. The run is predominantly ‘off-road’ on a mixture of terrains, but generally following public footpaths, forest tracks, roads, bridleways or other public access routes.

Below is some important information to help you prepare for race day. Please have a read through, and if at the end you still have some questions, please get in touch via email from the <https://www.northerntraverse.com/contact/> page of the website.

Distance

The full Northern Traverse route is 190 miles. The approximate distances between feed stations are shown in the table below: Lakes Traverse is a shorter route of 60 miles following the first section of the Northern Traverse.

Distances Northern Traverse	190 miles	Distances Lakes Traverse	60 miles
Start (St Bees) to Rosthwaite	29 miles	Start (St Bees) to Rosthwaite	29 miles
Rosthwaite to Patterdale	15 miles	Rosthwaite to Patterdale	15 miles
Patterdale to Shap	16 miles	Patterdale to Finish (Shap)	16 miles
Shap to Kirby Stephen	23 miles		
Kirby Stephen to Richmond	34 miles		
Richmond to Lion Inn	44 miles		
Lion Inn to Finish (RHB)	29 miles		

Event Schedule:

Item	Day	Time	Location
Registration (LT & NT)	Friday 17 th April	7.00-9.00pm	Seacote Hotel
Registration (LT & NT)	Saturday 18 th April	7.00-7.45am	Seacote Hotel
Event Briefing (LT & NT)	Saturday 18 th April	8.00-8.20am	Seacote Hotel
Bag Drop NT	Saturday 18 th April	8.00-8.45am	Seacote Hotel
Bag Drop LT	Saturday 18 th April	8.00-9.15am	Seacote Hotel
Start NT	Saturday 18 th April	9.00am	St Bees Foreshore
Start LT	Saturday 18 th April	9.30am	St Bees Foreshore
Finish LT – first runner	Saturday 18 th April	9.00pm est	Shap Memorial Hall
Finish LT – final cut off	Sunday 19 th April	2.00pm	Shap Memorial Hall
Finish NT – first runner	Monday 20 th April	5.00am est	Robin Hoods Bay
Finish NT – final cut off	Wednesday 22 nd April	11.59pm	Robin Hoods Bay

Accommodation & Travel & Food at the start

Many of you will be looking to stay in or near St Bees on the Friday night before the event. St Bees is a very small village with limited accommodation. Our event base is at the Seacote Hotel (<https://seacote.com/seacote-hotel/accomodation/>) and they have 70 rooms – cost of a twin room is £80.00. If you are looking to book do so as soon as possible so as not to be disappointed. (No discounts

are offered). Other accommodation is available in the village and cheaper accommodation is available in Whitehaven however you need to factor in time and transport costs on the Saturday morning if you do not have a vehicle.

If you are coming in a Campervan/Mobile home there is no overnight camping allowed in the car park. There is a caravan park on the foreshore that you can book on to <https://seacote.com/seacote-park/tourers-tents/>

Travel to St Bees by train – there is a railway station at St Bees. You would need to get the train to Whitehaven and then take the train to St Bees. It is about a 10 minute walk from the station to the Seacote Hotel. There are trains from Whitehaven to St Bees on the morning of Saturday 18th April that will get you there in time for registration at 7.00am. If you are flying into the UK and travelling by train check the price of split rail tickets it may work out cheaper – there are a number of websites that will do this thetrainline.com have an app for that.

We are unable to help you with your transport arrangements to the start or home from the finish. We can try and advise but the logistics are your responsibility. For **Lakes Traverse** runners it is possible to leave vehicles in the free car park at the Shap Memorial Hall and make your own way to the start. For Northern Traverse runners you would need to check about long-term parking at Robin Hoods Bay if you wanted to leave a vehicle at the finish before making your way to St Bees <https://www.robin-hoods-bay.co.uk/about-rhb/parking-local-transport>. The nearest railway stations to Robin Hoods Bay are at Whitby and Scarborough with good bus links. Railway stations near Shap will be Penrith or Carlisle and there is a railway station at St Bees (either via Carlisle & Whitehaven in the North or via Lancaster & Carnforth from the South).

The only place to eat at St Bees on the Friday evening is at the Seacote Hotel. There is a wide menu featuring traditional pub favourites and chef specials served in the two bars or in the restaurant.

Registration

All runners must register even though you have pre-entered the event on line. Here you will receive your race number (LT) or race bib (NT) safety pins, tracker, bag tags, T-shirt (LT), Hoodie (NT) and any other information you may need. This will take place between 7.00pm & 9.00pm Friday 17th April or between 7.00am & 7.45am on the Saturday morning. You must arrive at the Event briefing on Saturday morning wearing your bib. Please note that registration will close promptly at 9.00pm Friday, if you arrive at 9.05pm you can register on Saturday morning. We need time to set up the start line, eat and get some sleep.

LOCATION – Function Room at the Seacote Hotel St Bees

If you are planning to leave a vehicle at St Bees and return for it once you have finished your event please make sure you make appropriate arrangements. There are 2 car parks at St Bees – one belongs to the Seacote Hotel the other is the municipal car park. The difference is not readily apparent. Charges apply at both. If you are staying at the Seacote Hotel on the Friday night you may be able to make arrangements for long term parking directly with them. The main car park is run by Copeland Borough Council, a 7 day permit is available, enquiries regarding this permit can be made by calling 01946 598300 or emailing info@copeland.gov.uk

At registration you will need to bring with you one form of **photo identification** to show the marshals. This can be a photo-card driving licence, passport or any other identification card or membership card as long as it has your photo on. We have to be strict on this one – no ID, no start. Also, bring along your run pack (rucksack/bumbag etc) as we will need to attach the tracker to it.

You will receive:

Route Maps – you will have received your maps prior to the event through the post. These should arrive with about 2 weeks to go. They will be posted out by Royal Mail recorded. For overseas competitors they are sent by UPS unless you request to collect at registration. We have found it is better to get any route issues sorted before we print the maps to minimise any after printing changes which can be difficult to communicate.

The maps are :-

Plain 100gm paper – so slightly thicker than your normal paper however they are not waterproof. We provide both OS 1:25K and 1:50K – A3 Double sided. Route is highlighted along with the feed stations. This is the definitive route for the Lakes/Northern Traverse NOT what a Harvey or A-Z map has on it or what is in a guidebook.

Race Number - Lakes Traverse – this must be attached to the front of your clothing so that it is visible at all times. Bear in mind you may be adding or discarding layers during the run. The barcode must be clearly visible so we can record an accurate finish time. A race belt is a great way to attach your number.

Race Bib - Northern Traverse – this must be worn over the top of clothing at all times with the exception of when in a feed station or when changing. No other sponsors logo should be applied to the bib. Please arrive at the Event briefing wearing your race bib.

Apocalyptic weather and bibs – this subject causes much debate between racers and organisers. Many racers would quite happily not wear bibs – for us it gives the event an identity and enables us to communicate the event to the public. Over the years there have been a few events where the weather has been truly awful, with tight non-breathable bibs over waterproof jackets the jacket can cease to be waterproof. We are talking proper rain which lasts many hours not the odd shower. In these EXCEPTIONAL circumstances we recognise that wearing a bib can hasten the onset of hypothermia and as such happy for the participant to use their judgement and to remove bibs.

To be clear in these scenarios

- Racers must put bibs back on when within 2km of a transition
- We will never allow any pictures to be published or allow any footage of any racer not wearing a bib (except when in transitions) to be used
- If the weather is OK but your bib is wet you must still wear the bib

Not wearing a bib unless the weather is really minging WILL invoke a penalty!

Trackers – most of you will have used trackers before these great little gadgets track your progress. They are a small box about the size of a matchbox which we will attach to your rucksack strap (the tracker needs to be able to detect a GPS signal, so should not be buried deep in a

pocket or the bottom of a rucksack). The trackers allow us, and your followers, to see your progress along the route.

Bag Tags and Baggage Transfers

Lakes Traverse runners (no drop bags just a finish bag) – At registration you will be given a small bag with 3 bag tags and cable ties with your name on

- Two are rucksack tags
- The third tag is your 'Finish Bag' – please make sure this goes in the correct white rubble sack outside the hotel

Your finish bags will be transferred to the Shap Memorial Hall where they will be waiting for you on your arrival.

Northern Traverse runners (2 drop bags A & B) - At registration you will be given a small bag with 5 bag tags with cable ties each with your name on.

- One is marked Bag A (for Patterdale / Richmond) and one Bag B (Kirby Stephen / Lion Inn) – there will be 2 vans outside the hotel. Please pass your bag to the right van.
- A third tag is marked up "Finish Bag" again needs to go in to a third van (or a white rubble sack) outside the hotel.
- We have added 2 rucksack tags – ideally add these to your rucksacks. One OMM sac looks like another in a feed station so we are keen that if one is left somewhere we know who it belongs to.
- There is a 6th tag with your name on – feel free to attach this to your nose in case you forget who you are. It's a spare tag.
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This is important – when departing a feed station, please check with the marshal where to put your drop bag – DON'T just leave it lying around. Staff won't immediately know if you have arrived or departed and it may not get on the next shuttle.

Northern Traverse runners will see their A bag for the first time at Patterdale, when you are ready to depart the feed station make sure you check with a marshal where to leave it so that it gets transferred to the second A station. You will meet your B bag for the first time at Kirkby Stephen. Your A & B bags will leapfrog each other along the route and both should be waiting for you at Robin Hoods Bay with your finish bag.

Drop bags should be a waterproof duffle bag and weigh no more than 15kg. No liquids should be stored in your bags except factory sealed bottles (your bags will be loaded on top of each other). If you decide not to carry a sleeping bag with you, there should be one in your dropbag.

Mandatory Kit

Note that this is the kit list regardless of the weather – even if there is bright blue sky and not a cloud to be seen. With the length of this event and the fickle nature of weather across England, all this kit needs to be carried and most probably more!

- Waterproof jacket – not a bin bag or fashion jacket. It needs to have a waterproof membrane and taped seams.

- Waterproof trousers – as above
- Insulated layer – fleece / lightweight duvet jacket
- Long sleeve top
- Hat (can be a buff although if you think you may have trouble in turning it in to a hat at 3 in the morning take a hat)
- Gloves
- Map (does not have to be map supplied but must have event route marked and a scale no greater than 1:50k)
- **MUG** – a device that can take at least 200ml of hot water and not fall apart or damage the user. And can be used for hygienically drinking from (so you cannot use your shoe!)
- Compass
- Torch and spare batteries (or spare torch)
- Survival bag (can be a bivy bag or one of the small adventure medical kits bags) – needs to be designed for the job and not altered (added May 9th)
- Mobile phone
 - This phone should not be used for mapping, distance recording or tracking (its GPS capabilities should not be used)
 - Bluetooth / wifi etc should all be switched off
 - We recommend a simple unlocked phone and a MANX sim card, these work on all 4 UK networks and the credit does not expire
 - If not a MANX Sim then the phone should either use Vodafone or EE. Not O2 or Three. If you are arriving from outside Europe we suggest you buy a SIM card on arrival in the UK as we have had problems in the past getting texts to US phones.
- Whistle (often found on rucksacs)
- Small First Aid kit (Minimum of crepe bandage, triangular bandage, wound dressing, 2 safety pins and 6 adhesive dressings)

Help with kit - ONLY if you are from overseas and on the Northern Traverse

If you need to get anything delivered to our office no problem. There are a few discount shops around that sell cheap sleeping bags / roll mats / duffle bags - eg. Decathlon, Blacks, Cotswold Outdoor. Please mark reference clearly with your name and you must let us know to expect a parcel for you. If you are struggling let us know and we will see if we can help.

Race phone – please make sure this is switched on when you arrive at the briefing. We will send you an SMS just before the briefing – this is the number you should reply to if you have a non-urgent message to send to the event control (e.g. planning to sleep out on the trail). If contacting us please state your race number first e.g. #8 James Thurlow – having a snooze at my desk

If you have a separate phone number for a race phone than your regular mobile (e.g. one with a Manx SIM card) – could you log in to your profile, replace your home number with your regular mobile number – put your race mobile number in the mobile number box.

We have asked that if you are bivvying out on the trail that you text us to let us know so we don't get concerned. There is one problem with that – the Yorkshire Dales where the coverage is not wonderful. Here we will ask you to register your intentions with the feed station marshal at Kirkby Stephen if you intend to stop out on the route between here and Reeth.

Event Emergency Phone Number

In the event of an incident that requires urgent medical attention in hospital call 999 or 112 and depending on your location request either the ambulance (if you are near a road or town) or if you are somewhere remote ask for the police and then ask for the mountain rescue. Note – 112 is the better choice for mobiles as you will not need to enter the phones pin number and the phone will search for other networks. After calling the emergency services, please notify our Event HQ – number below.

Lakes Travers & Northern Traverse has an emergency contact number which is printed on the route map. Please call this if you require any assistance during the event. The number is: **0330 223 2840**

Please put this number in your phone before the start of the race – just in case! This number is for runners only, and not to be given out to friends/family to ring to check where you are or ask for directions to the finish line.

Kit Check

The subject of kit checks at events is a hot topic. Open Adventure have an approach which hopefully generates a better relationship between the participant and the race director – one based around trust.

We have a minimum list (above) – it could well be argued pending the conditions that this list is woefully inadequate as a tick list for what to take. If you are on the Northern Traverse or Lakes Traverse there is an expectation that you are prepared both mentally and physically for the challenge ahead and importantly have the right skills for the terrain. If you don't then perhaps you would be better off getting the skills and coming back another day.

Having bounced the question of why some RD's kit check, one reason that comes back is they don't trust their competitors. Dispatching 200+ people off in to the hills there has to be an element of trust that those people won't be wandering down the main road to Whitehaven. Even with those RD's that do kit check they have to trust those people actually carry that kit, invariably there is time between the kit check and the start.

Open Adventure trust their competitors to pack the mandatory kit specified and more should the conditions dictate. We won't be at the start line like a parent checking a kids bag ready for school to see if you have a waterproof jacket. If at any time that trust breaks down then we will politely ask you to leave the event. If we can't trust you to pack a waterproof, we are not really interested in having you wander around the fells in the dark on this event.

There is another logic to this – you are not sure.. asking advice, consulting others is fine and we think there is logic for a bit of mutual – you OK, have you got those spare batteries when its 2 in the morning somewhere in the Dales and you are a bit sleep deprived. If we think you are not best fit to make sensible decisions apart from preventing you leaving a CP, this maybe the time when we would do a kit check but more in a let's have a look at this together to make sure you are ready for the next 40 miles.

Hopefully the above will kick the logic of "The Race Director checked my kit so I'll be OK" it's your responsibility to pack the kit you need to get across the country safely not ours.

Start

This will take place on the St Bees Foreshore

Northern Traverse – mass start at 9.00am

Lakes Traverse – mass start at 9.30am

The Route & Waymarking

The route is not waymarked apart from certain sections from the route to a feed station and back on to the route. Signs used are green arrows on a black background with reflective arrow insert. You should have mountain and map/compass skills. We don't object to the use of GPS units as back up. GPS must not be your sole means of navigation for this event.



2020 Route Map (same at previous years)



Route – specific information

Any route specific information will be communicated prior to the event in an update. Please make sure that you have signed up to receive updates and make sure your email will accept them. You can also sign up to the dedicated FaceBook group for all the up to the minute chatter.

<https://www.facebook.com/groups/northerntraverse/>

Webinar

During March / April 2020 we will be running a webinar for participants (1hr) which will include a presentation of the route, where you are likely to encounter problems / opportunities (food!). There will also be a chance to ask questions. Note this is only available for those registered to do the event. It is not mandatory but highly recommended. Date to be confirmed.

Cut Offs

Cut offs are generally a dirty word in ultra running, but we do have some generous cut offs in place. For this event, the cut offs are based on 4km/hr, plus 1hr per 1000m of ascent.

Lakes Traverse – You must have left the feed stations by the following times:

- Rosthwaite (Saturday 10pm)
- Patterdale (Sunday 5am)
- Shap (Sunday 2pm)

Northern Traverse Cut offs – assume stopping for no more than 5 hrs every 24 hours.

- Rosthwaite (Saturday 11pm)
- Patterdale (Sunday 10.30am)
- Shap (Sunday 6pm)
- Kirkby Stephen (Monday 6am)
- Richmond (Tuesday 4.30am)
- Lion Inn Blakely Ridge (Wednesday 4.30am)
- Robin Hoods Bay (Wednesday Midnight)

Sleep

Tents will be provided at Patterdale, Kirkby Stephen, Richmond and the Lion Inn. These tents are for Northern Traverse runners only. Lakes Traverse runners are **NOT ALLOWED** to use the tents at Patterdale.

No runner is allowed to sleep inside a feed station with the exception of **SHAP**. The Lakes Traverse runners will be able to sleep in a designated room at the back of the hall because it is the FINISH point of their race. Although not technically a 'sleep station' for Northern Traverse runners a decision was made in 2018, after much deliberation, that if a Northern Traverse runner did want a couple of hours sleep it would be allowed, however the space available maybe in a corner of the main hall where runners are coming and going, eating, packing bags etc. We will not be asking them to be quiet for you. Nor will you be allowed any help from a Lakes Traverse runner who may have a sleep mat or sleeping bag free. Remember it is an unsupported event and your kit will be at the designated Northern Traverse sleep spots.

Running Shoes – Northern Traversers - A bit random but worth thinking about – you might want to personalize your running shoes (gold laces, bells, name tags) so that when you are sleep deprived and are trying to find your running shoes after a kip at one of the feed stations you manage to find the right ones. When you are taken to your tent you will be asked to remove your shoes – we want to prevent any damage and keep the space clean and dry for other runners. Make it easy to find your own shoes when you wake up.

Feed Stations

- Rosthwaite Institute NY257148 light food / hot drinks
- Patterdale - George Starkey Hut NY394160 hot food & drinks. Camping only for NT participants
- Shap - Memorial Hall NY563150 Finish for Lakes Traverse - hot food / drinks/no showers
- Kirby Stephen – Grammer School Sports Hall NY772088 - hot food & drinks/ camping/showers
- Reeth - Dales Cycle Centre (optional!) SE046988 - during opening hours, free hot drink. Toilets open overnight
- Richmond - Rugby Club NZ178005 - hot food & drinks /camping/showers
- Lord Stones Cafe NZ524030 - free hot drink during opening hours definitely locked up no facilities or shelter outside of opening hours.
- Lion Inn SE678997 - hot food / drinks /camping/ (during opening hours, food available in pub subject to a limit no steaks!! /plus showers)
- Robin Hoods Bay FINISH NZ953048 - if chippy open will provide a bag of chips :-) otherwise back up to the hall.
- Robin Hoods Bay Fylyingdales hall NZ949054 - kit hall, hot food provided 24hrs. Space to sleep if arriving late. Note no showers.

Food

The final food announcement will be made during the week prior to the event however we promise you will not go hungry. We are passionate about food and are very aware of its importance on an Ultra. The menu of food published for each feed station will be the very minimum you should expect and there is likely to be more options. The information below is the food offering from 2018 this may alter for 2020 due to a change in venue at Kirkby Stephen

Rosthwaite

Leek & Potato or Carrot & Coriander Soup (gf/veg)
Baguette & rolls
Sandwich filling selection
Savoury snacks – mini sausage & cheese + onion rolls, mini savoury eggs, vegan bites
Fruit (fresh)
Crisps & Tortilla chips
Mini Danish selection
Jam + peanut butter
Selection of cakes
Drinks – Tea, coffee, hot chocolate, milk, squash, coke

Patterdale

Leek & Potato or Carrot & Coriander Soup (gf/veg)
Joe's veg/gf/vegan chilli
Bread and pittas
Baked spuds – cheese, beans, tuna + mayo
Porridge pots, selection of cereals
Fruit (fresh and tinned)
Bacon & eggs
Rice pudding & Custard, Yougurts
Jam + peanut butter
Selection of cakes
Drinks – Tea, coffee, hot chocolate, milk, squash, coke

Shap

Pasta & Pasta Sauce
Leek & Potato or Carrot & Coriander Soup (gf/veg)
Bread rolls, baguettes
Sandwich fillings
Porridge pots, selection of cereals
Fruit (fresh and tinned)
Bacon & eggs
Rice pudding & Custard & yougurts
Jam + peanut butter
Selection of cakes
Drinks – Tea, coffee, hot chocolate, milk, squash, coke

Kirkby Stephen

Joe's Meat and veggie lasagne
Pizza
Leek & Potato or Carrot & Coriander Soup (gf/veg)
Bread & rolls
Bacon & eggs
Crisps & nuts
Porridge pots, selection of cereals
Fruit (fresh and tinned)
Yogurts
Rice pudding & Custard
Jam + peanut butter
Selection of cakes
Drinks – Tea, coffee, hot chocolate, milk, squash, coke

Richmond

Sausage Casserole – veg/gf/vegan
Sandwiches selection of fillings
Bacon & eggs
Selection of savoury nibbles
Selection of cereals
Yogurts
Fruit (fresh and tinned)
Rice pudding
Selection of cakes
Drinks – Tea, coffee, hot chocolate, milk, squash, coke

Lion Inn (Bar)

Meal from the pub if open and serving (subject to a limit & no steaks!!)

Leek & Potato or Carrot & Coriander Soup (gf/veg)
Joe's veg/gf/vegan chilli
Bread and pittas
Cheese & beans
Bacon & eggs
Porridge pots, selection of cereals
Fruit (fresh and tinned)
Rice pudding & custard
Jam & peanut butter
Selection of cakes
Drinks – Tea, coffee, hot chocolate, milk, squash, coke

Robin Hoods Bay

Fish and chips if open and serving

Soup – selection
Pizza – variety of toppings
Bread & rolls
Baked spuds with selection of toppings
Bacon & eggs
Selection of cereals & Porridge pots
Fruit (fresh & tinned)
Yogurts,
Rice pudding

In the meantime if you have any specific medical dietary needs that we need to be aware of please let us know then we can make sure we have suitable food for you.

At each feed station we provide a hand sanitizer that we ask all participants to use before eating. It is good practise to use the gel provided to prevent any possibility of bad tummies during the rest of your race.

Race Rules

We are keen to keep these simple. (copied from the website).

Both runs consist of a mass start – Northern Traverse at 9.00am and Lakes Traverse at 9.30am

The Route is defined on the maps issued. Runners must follow this route, if they deviate from this route more than 200m, they must return to where they left it.

- Where a person does not return to the route and a time advantage is gained - a penalty will be issued of 3x the time saved.
- 3 penalties = non-competitive
- Where the time advantage is greater than 1hr the person will be ranked non-competitive.
- If you push the SOS button on the tracker you will be deemed to have retired from the event and need emergency assistance. The exception is unless it to aid a fellow competitor.
- This is an unsupported event.
 - No pacers are allowed. The exception being the last section from Hawsker along the coast.
 - Supporters who visit feed stations must register with the feed station manager / they must not assist the runner in any way or provide any extra items. To do so will result in the runner being non-competitive. Please advise friends if they are thinking of meeting you - they could be putting your event in jeopardy.
 - The passing of personal kit or food by anyone other than another event participant or event staff will result in being ranked non-competitive. The exception is where it is purchased from a shop and this is available to members of the public.
 - With the advent of tracking, it's more than possible that friends / family will want to meet you on the route. We don't encourage this but clearly we can't stop it. You should make sure that they don't pass anything to you, or give you refuge, or travel with you more than a 1km. Clearly this could be abused and we would not expect that the same person sees you more than twice on the course during the event outside of a feed station. It is difficult for us to police this - but for you it is important that you don't do something you wouldn't expect another participant to do, and it would be unfortunate for me to hear a

story from another participant that this rule is being abused - or for multiple photos to appear on facebook.

- Close gates even if someone is behind you or they were open when you arrived.
- If you retire, you must report to event control.
- The minimum age for this event is 18.
- Bibs must be worn over the top of all clothing with exception when in feed stations or when changing
- No other sponsor logos should be applied to the bibs

Retirements

On many Ultra events the race director proudly stands at the front and announces that 50% of you won't make the finish. We hope we can relegate that statistic out of our event and that we have a high finish rate.. perhaps a few broken people but a high finish rate. To be clear you all need to stand on that start line with every belief you will walk in to Shap & Robin Hoods Bay.

So if you turn up to a feed station spitting feathers, strutting around saying you are going to retire - our marshals have been instructed to give you a 5 hr cooling off period .. go get some food and a bit of sleep (NT runners only). If after that and you can - pick up your bag and walk out the door.. if you are still doing the funky chicken after 500m and its clear that this is not your week then head back to the feed station to declare a retirement.

I would like to add our priority is with those in the event. Your situation now respectively puts you at the back of the queue – there is a chance that you may have friends helping us out PLEASE don't pull them off their job to give you a lift somewhere – it has messed up other events we have run in the past. We will do our best to get you to the nearest station for you to get home. We are not running a bus service to the finish.. if your bags are out on the course we will send these back to you the week after the event.

A runner who needs to retire from the event, is instructed to either make their way to the nearest feed station or if unable to do so, then to contact Event Control for instructions/assistance.

If the runner is unable to find transport to either the finish or a nearby feed station from friends/family/public transport/taxi, then Event Control will arrange for transport from the safety team or from a marshal if one is available, however there maybe some waiting time on this option.

Once a runner retires, he/she will not be able to start again on the route. The tracker must be retrieved from the runner and the marshal will notify Event Control that this person is retiring by supplying the runners full name, race number & tracker number. Event Control will notify the finish line timing staff of the retirement via the incident management system. By doing this a log will be kept of all retirements and the tracker map will automatically update the runners status.

Photography

We will have our event photographers popping up along the route taking pictures of you all. The event photographs will be available on our Facebook page during and shortly after the event

<https://www.facebook.com/openadventure>

Sssh

Stating the obvious many of you will pass properties late at night or in the small hours. Patterdale is especially sensitive as is Kirkby Stephen. Please be quiet and polite if approached. Please also try to be aware of use of head torches in residential areas at night.

A19

Please take care and more importantly time when crossing the A19 – in an ideal world we would not take the event across this road, however it is the only route. Most of the time it's quiet, but during rush hour times there is a lot of traffic on this road. Remove headphones and make sure you give it your full concentration.

The HILL

Just a reminder for Northern Traverse runners - once you finish you will have to walk back up the hill to the village hall in Robin Hoods Bay. It may just be less than a mile and you will have conquered 190 miles but this hill may as well be Everest. With the wonders of technology and a few handset radios we will be running a leader board in the village hall. Fastest time up that hill will win a free entry to the Lakes in a Day.

James will be at the finish line but your kit bags will be at the village hall at the top of the hill <http://villagehall.rhbay.co.uk/>. You can catch up on some kip here, but if you wish to stay any longer than 12 hrs you will need to seek accommodation locally (condition of our use of the hall - that it is not used as a bunkhouse). There are no showers at the hall.

ITRA points

The Northern Traverse has been awarded 6 ITRA endurance points.
The Lakes Traverse has been awarded 4 ITRA endurance points.

Both events have been registered with the UTMB

In the event they are awarded we will submit the results within 10 days of the event. Please note that this event (and any other ITRA sanctioned event) could have the points changed or revoked if the route changes e.g. due to weather. It is very unlikely but it could happen.

Refunds/Transfers

As ever in the lead up to an event people contact us looking for a refund. It's always tricky for event organisers who make decisions often months in advance about venues / event support and equipment. Having seen a few event organisers nearly go out of business I'm twitchy about the emotional response of sympathy to someone's misfortune of being injured vs the desire to be around in years to come to run events.

We put together a policy which reflects our commitment to expenditure and planning the event - I've copied it below. It can be found in full here <https://www.northerntraverse.com/terms-and-conditions/>

- Less than 2 months – no refund
- 2-4 months – 50% refund minus admin fee
- 4-6 months – 75% refund minus admin fee
- More than 6 months – Full refund minus admin fee

Our suggestion in the past to people for whom this may be an issue is to take out some kind of insurance. Our policy is that regardless of any emails you send us if we don't issue a refund we will send you maps / provide a tracker / bib / food etc - as experience tells us that miracles can happen and those people occasionally turn up.

However, the question has come up about transferring an entry to someone else - whilst this is not always simple (when you entered you agreed to our terms and conditions), we recognise that the cost in time to us is marginal and there should be a way.

1. Any transfer must be requested at least 4 weeks out once Friday 20th March passes - no changes
2. The person you are transferring the entry to must be registered on our system
3. You contact us with name / DOB of person transferring entry to.
4. The recipient must email us confirming they agree to the terms and conditions <https://www.northerntraverse.com/terms-and-conditions/>
5. We will process the change of name - any exchange of funds is between you and that person. No refunds / payments to us. If you are seeking recompense of funds you should be sure of that money before requesting the transfer.

There is another option for some and that is changing to the Lakes Traverse. We will happily change your entry to a Lakes Traverse up to 4 weeks prior to the event, any refund for the difference in the fees for each event will be paid in line with the usual terms and conditions as mentioned above.

FINISH – Medals and Trophies

Each runner will receive a medal as they cross the finish line – Lakes Traverse at Shap and Northern Traverse at Robin Hoods Bay.

There will also be trophies awarded to the 1st/2nd/3rd Male and Female runner for each event.