

Lake District Challenge 2020

CHALLENGE

Factsheet



www.ultrachallenge.com

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organised by  **actionchallenge**
challenge events worldwide

New for 2020 - join the Lake District Challenge and take on England's finest countryside at your pace. Our Challenge Base Camp is in Kendal. From there it's a 100km anticlockwise loop taking in a couple of tough hills, Ambleside, a half way point by Lake Windermere, forests, and nature reserves - with some stunning views enroute - before a huge welcome and celebration back at Base Camp after a momentous journey.

As an individual or as a team it's a great way to do get fit, set a new goal, and to fundraise for a charity that's special for you if you want to. We'll be with you every step of the way - from kit advice, optional training walks, to moral support and great hospitality on the day.

Push yourself further in 2020 - you'll be amazed at what you can achieve!



“An excellent experience from start to finish. The route was brilliantly marked out, the food was gorgeous and plentiful, the staff couldn't have been more helpful and supportive if they tried, a wonderful event that I can't praise highly enough.”

“An amazing event, extremely well organised with fantastic, enthusiastic staff. So much support, food, drink and tonnes of information available if you ever had any questions. I've done lots of different races and this ranks as one of the best. It was tough but so worth it...a little bit sad it's over.”

Distance options

Full 100km Challenge

Kendal > Kendal
Sat 13 June | 6.45-9am

DISTANCE & ELEVATION:

100km / 2650m climb

REST STOPS & MEALS: 9 Stops

- ✓ Snacks, water & hot drinks at all
- ✓ Picnic lunch & fizzy drinks at 25km
- ✓ Three course hot meal at 49km
- ✓ Dinner/cooked breakfast at 75km
- ✓ Cooked breakfast / BBQ at 100km

Full 100km-2 Day (stop overnight) Daylight Challenge

Kendal > Kendal
D1 - Sat 13 June | 6.45-9am
D2 - Sun 14 June | 6.30am

DISTANCE & ELEVATION:

100km / 2650m climb

REST STOPS & MEALS: 9 Stops

- ✓ Snacks, water & hot drinks at all
- ✓ Picnic lunch & fizzy drinks at 25km
- ✓ Three course hot meal at 49km
- ✓ Brunch/ lunch at 75km
- ✓ Cooked breakfast/ BBQ at 100km

First Half Challenge

Kendal > S Windermere
Sat 13 June | 6.45-9am

DISTANCE & ELEVATION:

49km / 1330m climb

REST STOPS & MEALS: 4 Stops

- ✓ Snacks, water & hot drinks at all
- ✓ Lunch & fizzy drinks at 29km
- ✓ Three course hot meal at 49km

Second Half Challenge

S Windermere > Kendal
Sun 14 June | 6.30am

DISTANCE & ELEVATION:

51km / 1320m climb

REST STOPS & MEALS: 4 Stops

- ✓ Snacks, water & hot drinks at all
- ✓ Hot lunch at 75km (25km in)
- ✓ BBQ at 100km (51km)

First Quarter Challenge

Kendal > Ambleside
Sat 13 June | 8-10am

DISTANCE & ELEVATION:

25km / 870m climb

REST STOPS & MEALS: 2 Stops

- ✓ Snacks, water & hot drinks at all
- ✓ Snacks & drinks at 13 km
- ✓ Lunch & fizzy drinks at finish 28 km



Our Support

An Ultra Challenge is all about pushing yourself further and setting your own goals. We lay on the best support services and hospitality all the way to the finish line - to give you the best chance of achieving them.

Whichever distance you choose – you will receive the same full support:

Before the Challenge...

- ✓ Dedicated Challenge App to help you prepare
- ✓ Challenge Manual & Event Guides
- ✓ Training Walks & Runs
- ✓ Kit & equipment lists - discounts & advice
- ✓ Preparation videos & pre-event briefing
- ✓ Online forums - meet fellow Challengers

During the Challenge

- ✓ Rest stops every ~12.5km – covered with seating, ✓ toilets & rest areas
- ✓ FREE - food & drinks – catering to all dietary requirements
- ✓ First aid support – at stops & en route
- ✓ Fully signed route & online maps
- ✓ Chip-timing – keeping track of you
- ✓ Trek Masters – to help guide you
- ✓ Group departures during the night
- ✓ Baggage transfer service
- ✓ Emergency support & route pick ups
- ✓ Shuttles for retirees to take you forward
- ✓ Bookable transfers before and after your Challenge
- ✓ Medal, T shirt & glass of fizz at the finish!

Optional Extras

Baggage

All baggage services are paid for in cash on the morning of the Challenge only.

Storage at Kendal.....£5	Transfers to half way & finish...
Transfers to your finish...	• Available to Full 100km
• Full Challengers.....£10	Challengers only.....£15
• Half Challengers.....£5	• Included for runners
• Quarter Challengers.....£5	(10kg small bag max)

The following options (apart from free shuttles) must be booked online in advance of the Challenge. Please head to the App or the Participant Area of the website once you have signed up to do so.

Camping

Available at Kendal (start/finish) Friday & Saturday night.

Full Camping Package - includes:

- x1 2-person tent & x1 roll mat per person - bring your sleeping bag!
- x1 baggage transfer to finish or storage
- Showers will be available

Single share - £55 | Twin share - £75

Pitch Only Package - includes:

- Tent pitch only - bring your own tent
- Bring any tent and we will have a space reserved for you
- Showers will be available
- 1x baggage transfer to finish or storage

Single share - £25 | Twin share - £40

YMCA Accommodation

We are also offering rooms at the YMCA in Lakeside (halfway) on Saturday night for 2 Day Challengers (mid-Challenge), 1st Half Challengers (post-Challenge) or 2nd Half Challengers (pre-Challenge).

All rooms include breakfast and en suite bathroom.

- Female Only or Male Only Dorm Bed - £35
- Private Twin Room - £90
- Private 6 Bed Room - £210

Transport

Parking

- Weekend parking pass - available at Kendal (start/finish), Lakeside (49km)£5

Transfers & Shuttles

Full Challengers

- **Before:** Kendal Station to start line £5
- **After:** Shuttles to Kendal Station

1st Half Challengers

- **Before:** Kendal Station to start line £5
- **After:** Lakeside finish back to Kendal (start & station)..... £5

2nd Half Challengers

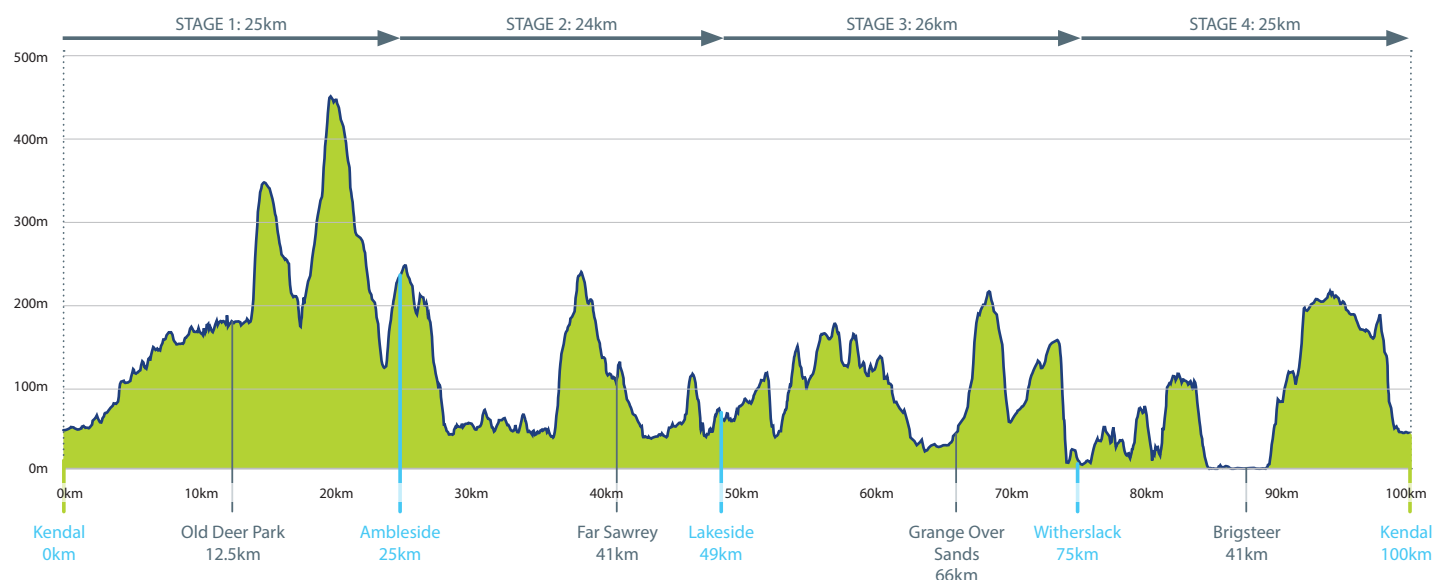
- **Before:** Kendal to Lakeside start line£10
- **After:** Kendal finish back to Lakeside start..... £5

1st Quarter Challengers

- **Before:** Kendal Station to start line £5
- **After:** Ambleside finish back to Kendal (start & station)..... £5

Route & Rest Stops

	REST STOP	LEG KM	TOTAL KM	FOOD/CATERING	SHUTTLES
STAGE 1	START: RUFC Kendal Hornets, Mintbridge, Shap Road, Kendal, Cumbria, LA9 6NY.	↓ 12.5	0	Free tea / coffee, biscuits, energy drink, & water. Breakfast vendor.	N/A
	1: MID POINT: Longsleddale.	↓ 12.5	12.5	Variety of free snacks, tea / coffee, energy drink, & water.	N/A
STAGE 2	2: REST STOP: Ambleside.	↓ 16	25	Picnic lunch incl. for all - snacks, teas, coffee, water & energy drinks.	Back to Kendal (start & station) - £5
	3: MID POINT: Far Sawrey.	↓ 8	41	Variety of free snacks, tea, coffee, energy drink.	To Lakeside for retirees
STAGE 3	4: REST STOP - HALF WAY: Lakeside, Ambleside.	↓ 17	49	Hot meal + tea, coffee, energy drink, water & free snacks. You can pre-purchase meals for your spectators here.	Back to Kendal (start & station) - £5
	5: MID POINT: Grange Over Sands.	↓ 9	66	Variety of free snacks, tea, coffee, water, energy drink.	For retirees to finish
STAGE 4	6: REST STOP: Witherslack.	↓ 12.5	75	Hot meal + tea, coffee, energy drink, water & free snacks.	For retirees to finish
	7: MID POINT: Brigsteer.	↓ 12.5	87.5	Variety of free snacks, tea, coffee, energy drink & water.	For retirees to finish
	8: FINISH: RUFC Kendal Hornets, Mintbridge, Shap Road, Kendal, Cumbria, LA9 6NY.		100	Hot meal provided for finishers & tea / coffee.	To Kendal Train Station



Funding & Cost options

Option 1 Charity Sponsorship

Pay a low registration fee & do 'lots' of fundraising for a chosen charity. The charity covers your event place cost.

An ideal option if you feel you can raise lots of money for your chosen charity.

✓ **FULL CHALLENGE:**

£15 Reg Fee online
+ at least £595
Fundraising target

✓ **HALF CHALLENGE:**

£10 Reg Fee online
+ at least £395
Fundraising target

✓ **QUARTER CHALLENGE:**

£5 Reg Fee online
+ at least £245
Fundraising target

£25% OFF Reg Fee if for a Charity Partner below:

- ✓ Alzheimer's Research UK
- ✓ Alzheimer's Society
- ✓ Barnardo's
- ✓ Brain Tumour Charity
- ✓ Breast Cancer Now
- ✓ British Heart Foundation
- ✓ Cancer Research UK
- ✓ CLIC Sargent
- ✓ Great Ormond Street Hospital Charity
- ✓ Help for Heroes
- ✓ Macmillan Cancer Support
- ✓ Make A Wish
- ✓ NSPCC
- ✓ Parkinson's UK
- ✓ Prostate Cancer UK
- ✓ Sense

Note: At least 50% of the Min Sponsorship target should be with your Charity by 6 weeks prior to the Challenge. At this time your Charity will pay a Fee for your place to the Organiser (similar to the Self Funding cost). Failure to meet the 50% target may result in cancellation by your charity. The remaining 50% should be with your Charity 4 weeks after the Challenge.

Option 2 Mixed Funding

For those who wish to pay more of the cost themselves, and fundraise a bit less.

An ideal option if you feel you can raise lots of money for your chosen charity.

✓ **FULL CHALLENGE:**

£99 Reg Fee online
+ at least £299
Fundraising target

✓ **HALF CHALLENGE:**

£64.50 Reg Fee online
+ at least £199
Fundraising target

✓ **QUARTER CHALLENGE:**

£39.50 Reg Fee online
+ at least £119
Fundraising target

£25% OFF Reg Fee if for a Charity Partner below:

- ✓ Alzheimer's Research UK
- ✓ Alzheimer's Society
- ✓ Barnardo's
- ✓ Brain Tumour Charity
- ✓ Breast Cancer Now
- ✓ British Heart Foundation
- ✓ Cancer Research UK
- ✓ CLIC Sargent
- ✓ Great Ormond Street Hospital Charity
- ✓ Help for Heroes
- ✓ Macmillan Cancer Support
- ✓ Make A Wish
- ✓ NSPCC
- ✓ Parkinson's UK
- ✓ Prostate Cancer UK
- ✓ Sense

Note: At least 50% of the Min Sponsorship target should be with your Charity by 6 weeks prior to the Challenge. At this time your Charity will pay a Fee for your place (equates to 'half' the Self Fund cost). Failure to meet the 50% target may result in cancellation by your charity. The remaining 50% fundraising should be with your Charity 4 weeks after the Challenge.

Option 3 Self Funding

You pay full event place cost when you register. No fundraising required, but you can if you wish to!

For those wanting to do it for themselves. You can still do a bit of fundraising on the side!

✓ **FULL CHALLENGE:**

£198

✓ **HALF CHALLENGE:**

£129

✓ **QUARTER CHALLENGE:**

£79

Note: See cancellation policy - as conditions apply

