

All off road running events are potentially hazardous by their nature because the running takes place across uneven terrain, sometimes in isolated places. For this reason it is important that competitors take care and responsibility for their own safety throughout the event. There will be marshals on duty near to any hazards on the course. Marshals will be equipped with radio communications devices and can contact our first-aid support in the event of an accident. Please take care and be responsible for your own safety to ensure you enjoy the day. Extra care is required at the following points:

When leaving and returning to Rothay Park, you will exit and re-enter through a narrow gateway. The route is on a public footpath, so please have consideration for other runners and members of the public. At the start of the race the public will be stopped, for a few minutes whilst a large number of runners use the exit gate. Throughout the rest of the race, runners will be spread out and there will be other members of the public using the gate. Please use common sense and don't try and force your way through, if you are delayed it will only be a few seconds.

- After crossing Miller Bridge you will turn right along Under Loughrigg. At the start of the race any vehicular traffic will be stopped whilst the initial competitors run out onto the road. After these runners have passed by, the road will then be open to traffic. Whilst this is a very quiet lane that carries very little traffic there may be occasional cars passing slowly. **Please keep to the right hand side of the road in single file when any traffic is passing.**
- There are four cattle grids on the road between Rothay Park and Rydal. There will be a marshal at each point holding the gate open at the side of the cattle grid. Please run through the gateway not over the cattle grid.
- When on the off road section the route uses public footpaths. There will be walkers, possibly with dogs, so please show consideration when passing them as they have the same entitlement to use the footpaths as the runners do.
- As the path rises towards Rydal Cave there is a short section of loose stony ground. This can be awkward so take care and slow down unless you are very experienced on this type of terrain. The last section of the hill up to Rydal cave is steep but smoother underfoot; short paces are the best way to ascend this hill.
- Rydal Cave is the highest point on the route, from there you descend quite quickly down a very uneven path. Take care not to go too fast down here unless you are experienced on this ground
- The path continues downhill until you make a sharp right turn by a stone wall. The ground drops quite steeply here and the surface is loose stony ground so take care and descend slowly for a few yards unless experienced
- The approach to Rydal Water shore is along a stony footpath that is level for a while then falls more steeply towards the lake. After crossing the footbridge you will approach a rock outcrop that protrudes into the lake, except after long dry spells when the water level falls enough to allow you to run around the outcrop. Crossing the rock outcrop requires considerable care, but the route is obvious due to the rocks being well polished by the passage of boots. If it is wet, it can be slippery so greater care is needed.
- After the rocky outcrop the path continues along the lake shore then rises to rejoin the road for the return run to Rothay Park. Please use the gates at the side of cattle grids as in the out-run. Watch out for traffic on the road and again please keep to the right in single file when traffic is passing.

Weather conditions in the Lake District can be very unpredictable and localised. It can be fine in Lancaster but cold and wet in Ambleside. Whilst we don't expect bad weather in early October, competitors should come prepared with suitable kit for running in either cold or wet conditions or dry and warm. It's usually best to decide on the day what to wear for the run!