

LAKE DISTRICT RUNNING FESTIVAL 2026

23k | 48k

SATURDAY 11th APRIL



EVENT GUIDE





Sam Calvert - Race Director

WELCOME TO THE LAKE DISTRICT RUNNING FESTIVAL 2026

I am incredibly excited to welcome you all to the Lake District Running Festival 23k & 48k in just a few short days. Myself and the whole team have been working hard to put on the highest quality event possible, and we cannot wait to have you along.

Our team is made up of passionate runners and outdoor enthusiasts, who have come together to make up a collective of people who are both experts at organising events and experienced participants, having taken part in hundreds of races throughout our personal running journeys. Our motto at RunThrough Trails is 'Run Inspired', and we hope you can come away fully experiencing that.

We will have many runners for whom this will be their first time taking part in any trail race, as well as runners who have competed in multiple ultra-distance trail events throughout their lives. I'm sure you will go through some tough moments, but this is why we take on such challenges - to test ourselves and step outside our comfort zones to learn more about who we are.

It is also of the utmost importance to me and my team that you do so in the safest way possible. With this in mind, I will personally be heading out in the early hours of race day with a few members of our team to do a final course check before our pre-race runner briefing.

I can't wait to see you all on race day, so please come and say hello. I'll be there setting you off at the start, and the best part of my job is welcoming you over the finish line!

I'd also like to take this opportunity to welcome our friends from the Trail Running Association. We're delighted to host the British Championship Team Trials within the 48k race, and we wish all participating athletes the best of luck racing for selection in the European Off-Road Championships later in the year.

All the best of luck and see you soon!

THANK YOU TO OUR PARTNERS



TRAIL RACE CHECKLIST

Whether your first trail race or first RunThrough Trails race, we are looking forward to seeing you on race day! Use the information below to help with your training, race plan and navigation.

PLANNING AND TRAINING

Trail races are very different to road races. Plenty of practice on the hills and tricky downhills will give you confidence on race day. Remember to forget your split times and enjoy the views.

A course recce is the best possible prep, however, we appreciate that it isn't always possible!

COURSE AND NAVIGATION

All RunThrough trail races are marked with bright orange flags and tags, directional arrows and no-entry crosses. Additional marshals are in place at critical and strategic positions, however, courses are not marshalled like RunThrough road and park races.

Unfortunately, as with any trail race, course markings can be interfered with. For this reason, it is mandatory to have the route on a phone, watch or GPS device to self-navigate if necessary.

PLAN FOR RACE DAY

Travel & Parking - With many trail races in remote locations, checking public transport and parking will be critical to arriving in time before your race for kit-check and bib-collection. We highly recommend car sharing where possible.

Kit-Check, Race Bib & Tracker Collection - All races will undergo mandatory kit-checks when collecting your race bibs on the morning of the race, with ultra-marathon runners also collecting their GPS tracker.

Spectators - Spectators are always welcome at Base Camp, creating a fantastic atmosphere for all of the finishers. Many races will also provide information for locations on the routes to support runners.

PLAN YOUR KIT

A mandatory kit is in place for safety, with spot checks conducted before the start of all races, with some races having a full kit check. This will be specified on the event web page and in the event guide.

Each race has a standard mandatory kit and an additional mandatory kit, in case of adverse conditions. Additional Mandatory kit will be stated in the event guide and on the website, with the race director communicating any activations of the additional mandatory kit at the earliest possible convenience.

NUTRITION AND FUELLING

Our well stocked Aid Stations provide a range of hydration and nutrition at strategic distances in the race. While we endeavour to offer a wide selection of inclusive refuelling options, we recommend bringing a sufficient supply of nutrition for more specific dietary requirements.

Exact fuelling can vary by race & distance, with hot options being made available in the latter stages at certain events only.

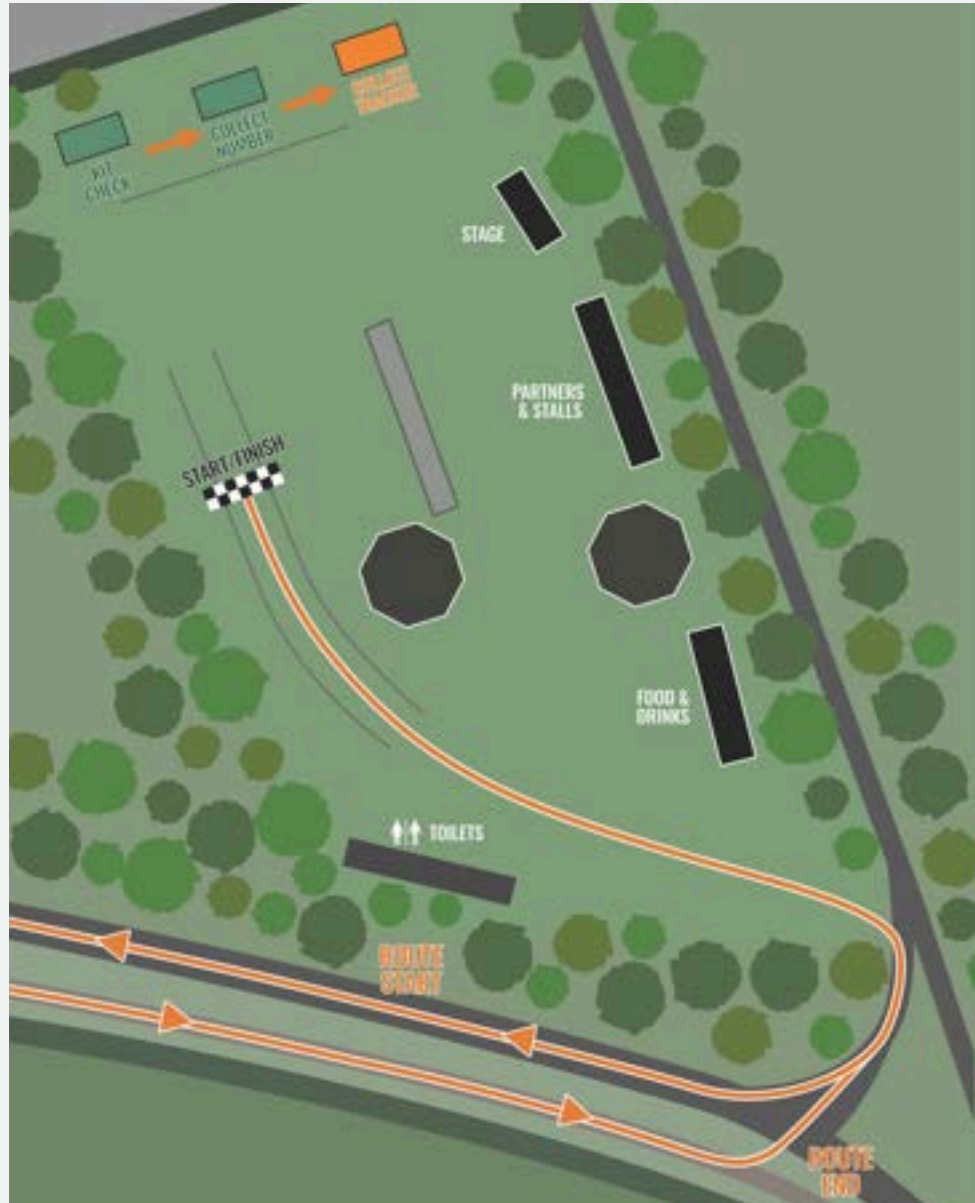
Trail races are frequently in remote, difficult-to-reach locations.

We encourage runners and spectators to use public transport and to car share.

Looking after the environment and providing sufficient car parking is crucial to ensuring everyone can enjoy the event, while respecting the local environment, people and businesses.

Keswick School
Keswick.
CA12 5QB.

What3Words:
[///chat.downs.relatiing](https://www.what3words.com////chat.downs.relatiing)



PARKING

There is extremely limited parking at Keswick School, if you'd like to park here please arrive before 7am to secure a spot. Alternatively, there is ample street parking and local car parks around the town. We advise arriving early to secure a parking spot and factor in any walking time to Base Camp.

PUBLIC TRANSPORT

The closest Train station with major links is Penrith North Lakes. From here, you catch a local bus toward Keswick.

If travelling from Borrowdale, there are local bus services through Rosthwaite and into Keswick.

Please note that bus & train services in the Lake District can be infrequent, please check current timetables and plan your route in advance.

TIME	WHAT	WHERE
06:30	Base Camp open	Base Camp Keswick School
	48k Race	
06:30 - 07:30	Kit Spot-Check 48k Pack Collect GPS Tracker Collection	Base Camp Keswick School
07:45	48k Race Briefing *Please note this is now the bad weather route	Base Camp Keswick School
08:00	48k Race Start	Base Camp Keswick School
	23k Race	
08:30 - 09:30	Kit Spot-Check 23k Race Pack Collect	Base Camp Keswick School
09:45	23k Race Briefing	Base Camp Keswick School
10:00	23k Race Start	Base Camp Keswick School
20:45	Last aid station cut-off	Aid Station 5
21:30	All races finish	Base Camp Keswick School

Your hub for the event, collect everything you need pre-race, the start and finish of the race and all of your post-race needs.

Keswick High School, Keswick, CA12 5QB

REGISTRATION & INFORMATION

Our expert, Trail Event Medics, are contactable throughout the race. They are on hand to respond to medical situations and coordinate with the RunThrough team or external emergency medical services if necessary. Saving the medic number is part of your mandatory kit and will also be printed on your race bib.

Medic Number: 07547 306 286

KIT-CHECK

We have a mandatory kit & cold weather kit in place to keep you safe throughout the race, and we'll be spot-checking before you collect your race bib.

Additional spot checking is at the Race Director's discretion before, during, and after the race, with failure to produce the required kit resulting in disqualification or time penalties based on the offence.

BIB COLLECTION

Your race bib contains your timing chip, medical form, medic number and race number. Please make sure you attach this well and fill in the information on the back; this is part of your mandatory kit.

TRACKER COLLECTION

All **ultra runners** are provided a GPS tracker, which is issued after receiving their race bib. Please take note of where to position your tracker by the on-site team for the most effective tracking results.

Follow the race live with the following link: [HERE](#)

BAG DROP

Attached to your race number, use your bag tag to leave belongings in our bag drop area to collect post-race.

BASE CAMP FACILITIES



Bag Drop



Portaloos



Food & Snacks



Finish Aid Station



Hot Drinks



Kit Stall

Trail racing is a fantastic blend of spectacular scenery, amazing racing and pushing to achieve amazing goals. It is also a team effort. It's a commitment from the RunThrough Trails staff, our partners, and you to create an event that challenges you and creates memories that last a lifetime.

RACE PREPARATION

By taking part in a RunThrough Trails event, you are agreeing that you are physically fit and accept the risks of participating in a trail running event.

Trail running events are physically demanding by their nature, providing risk that all participants need to understand before heading to the start line.

Being fit, able and wearing the correct kit is all part of preparing responsibly for a trail running event.

EVENT DAY MEDIC NUMBER - 07547 306286

Save this number to your mobile phone. This number will also be printed on your race bib.

Our expert, Trail Event Medics, are contactable throughout the race. They are there to respond to your situation and coordinate with the RunThrough team or external emergency medical services where necessary.

NAVIGATING THE RACE ROUTES

RunThrough Trails proudly implements world-class route marking, using bright orange flags and tags with a reflective strip, small red arrows and red crosses.

Unfortunately, routes can be disturbed by many things: the weather, disgruntled walkers and wildlife, to name a few! To keep you safe, we provide the GPX for your race route.

It is **mandatory** to have the route loaded and accessible on a mobile device, so you can check you're on track throughout the race and course correct/self-navigate if necessary.

OUR COMMITMENT - LEAVE NO TRACE

We require permission from a huge number of stakeholders to enable our races to take place. To do so, we commit to respecting the landscape, local people, businesses and wildlife.

By entering a RunThrough Trails Race, you too commit to this mission by:

Leaving no litter - Closing all gates - Keeping to the routes

Please note: Littering or leaving gates open may result in disqualification and removal from the race.

MANDATORY KIT

Mandatory kit will be spot-checked when collecting your race bib on the morning of the race. Please be ready to show the marshals any of the kit requested from the mandatory kit.

If you'd like to purchase mandatory kit from our RunThrough Kit supplier, this can be pre purchased [HERE](#)

As we monitor conditions ahead of the race, we have activated the 'Cold Weather Mandatory Kit', in addition to the previously published Mandatory Kit. All items ticked below are now mandatory and will be spot checked.

MANDATORY KIT - ALL RACES	23K	53K
Running Pack - Vest or Belt	✓	✓
Mobile Phone - Fully Charged - Medical Number Saved	✓	✓
Route Map - GPX Loaded to Watch, Phone or GPS Device	✓	✓
ID, Emergency Contact Details & Medical Info (If applicable)	✓	✓
Drinking Container - Folding Cup, Flask or Drinks Bottle	✓	✓
Foil Blanket or Survival Bag	✓	✓
Whistle	✓	✓
Outer Layer: Waterproof jacket with taped seams & hood	✓	✓
Water Bottle / Hydration Bladder	R	✓
Head torch + Spare battery	R	✓
Food Reserves	R	R
Self-adhering elastic Bandage	R	R

R - Recommended

COLD WEATHER MANDATORY/RECOMMENDED KIT <small>ACTIVATED BY RACE DIRECTOR</small>	23K	53K
Long-legged trousers / race leggings	ACTIVATED ✓	✓
Headwear for warmth	ACTIVATED ✓	✓
Gloves or Mitts	ACTIVATED ✓	✓

ADDITIONAL KIT

While the weather forecasts don't currently meet the threshold for activating the Wet Weather mandatory kit at this moment, the following items are also still recommended:

WET WEATHER MANDATORY/RECOMMENDED KIT <small>(ACTIVATED BASED ON CONDITIONS)</small>	23K	53K
Outer Layer: Waterproof jacket with taped seams & hood	✓	✓
Head torch + Spare battery	✓	✓

48K AID STATIONS & CUT-OFF TIMES

Aid Station	Distance	Location	Cut-Off	Toilets (P = Public)
Start	-	Base Camp	-	
AS1	7.2k	Manesty	09:25	
AS2	16k	Seathwaite	11:15	
AS3	23.5k	Wasdale Head	13:00	P
AS4	33k	Honister Pass	16:00	P
AS5	44k	Catbells	18:45	
Finish	48k	Base Camp	19:30	

23K AID STATIONS & CUT-OFF TIMES

Aid Station	Distance	Location	Cut-Off	Toilets
Start	-	Base Camp	-	
AS1	7k	Manesty	11:30	
AS2	19k	Catbells	14:40	
Finish	23k	Base Camp	15:30	

COURSE MARKINGS

All routes will be marked using bright orange flags and tags with a reflective strip, small red arrows and red crosses.

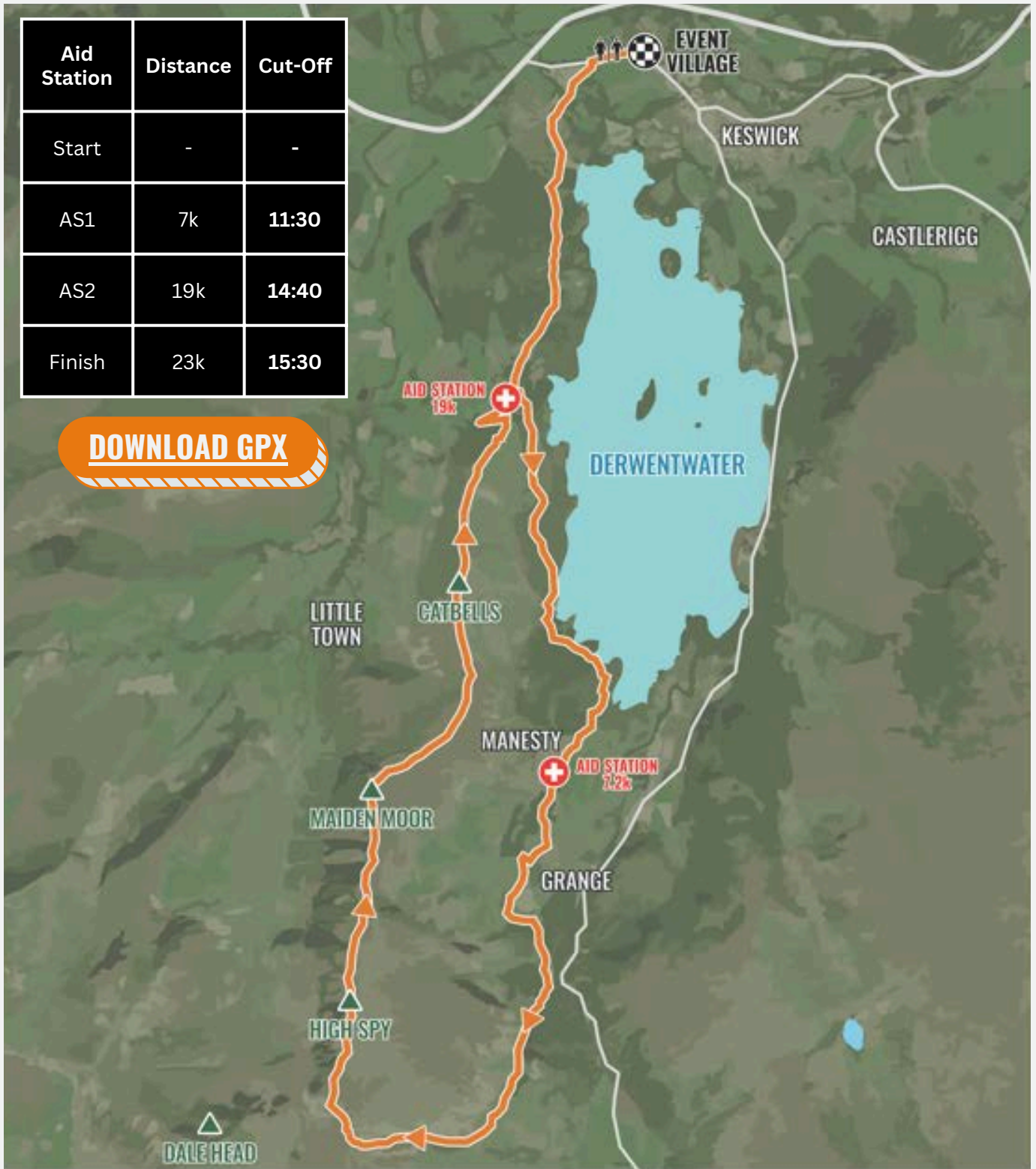
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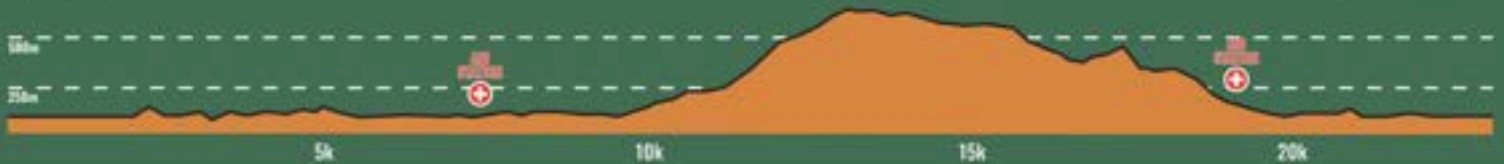
Aid Station	Distance	Cut-Off
Start	-	-
AS1	7k	11:30
AS2	19k	14:40
Finish	23k	15:30

DOWNLOAD GPX



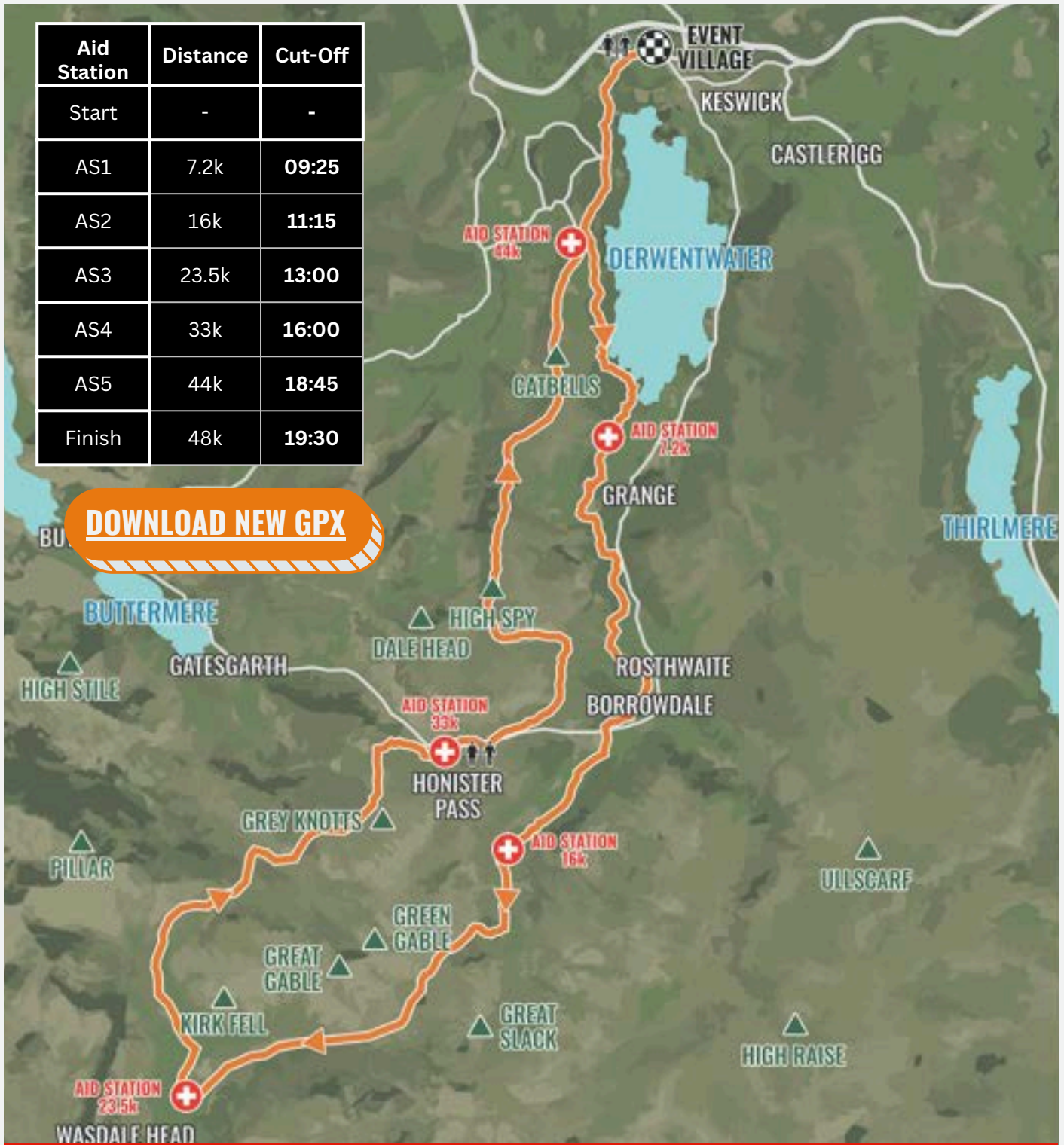
ELEVATION 888M

DISTANCE 23K



Aid Station	Distance	Cut-Off
Start	-	-
AS1	7.2k	09:25
AS2	16k	11:15
AS3	23.5k	13:00
AS4	33k	16:00
AS5	44k	18:45
Finish	48k	19:30

DOWNLOAD NEW GPX



- Please be aware that due to the forecast conditions on the highest peaks throughout the event, we have made the decision to switch to the Bad Weather Route.
- This change will only affect the 53k route (now 48k), and while the vast majority of the route will remain the same, this route will now avoid the summit of Scafell Pike.
- Please be sure to download the new GPX. It is mandatory to have the latest route loaded and ready for the race.

ELEVATION 1,975M

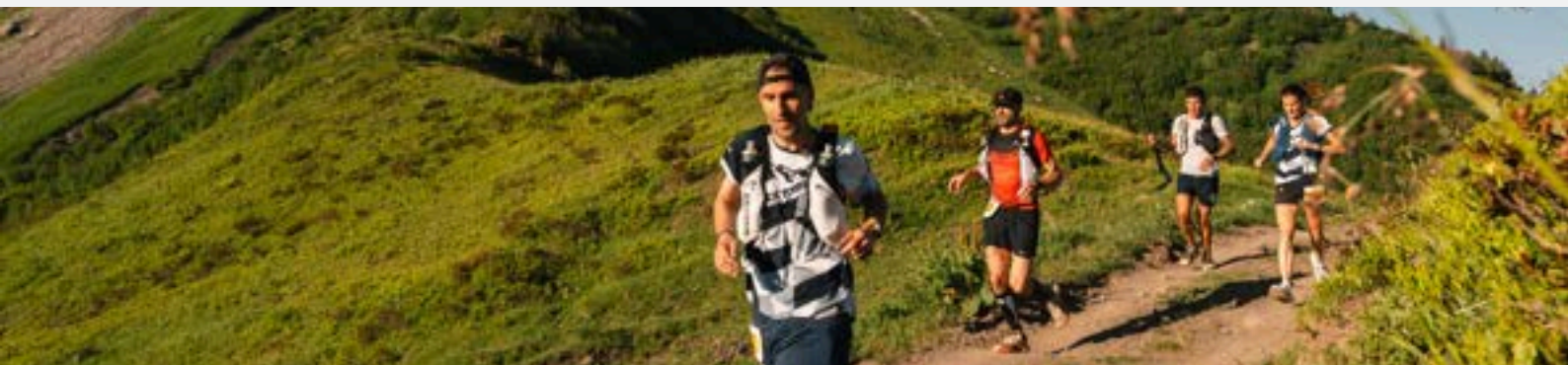
DISTANCE 48K



RESULTS

Results will be available immediately after the race on the RunThrough website:

Race Results: <https://results.runthrough.co.uk/results>



PHOTOS

Professional photos are provided for free, with photographers out on the course and at the finish line.

Get your race photos here: <https://photos.runthrough.co.uk>



TRACKING

Trackers are provided for all ultra runners pre-race when they collect their race bib. They are to provide the Race Director with live information, which can also be used for spectators to stay up-to-date with the race.

Trackers must be returned immediately after finishing the race. Any unreturned trackers will be charged

SPECTATING/ CREWING

Athletes are more than welcome to gain support along the route, however please note that in line with the UKA Trail Running Championship and the Trial Race for the European Off-Road Running Championships rulings, athletes are only allowed to collect food and drink from their own personal support crew at aid stations/within 100m of an aid station.

If spectating or crewing a runner, please stick only to these designated aid station areas.



EVENT T-SHIRTS

If you have purchased an event T-shirt with your race entry, please head to the RT Kit stall on the day of your race, with your order confirmation and we will have your item ready for collection!

If you've not pre-ordered a T-shirt, but would like to purchase one now, these are available below.

(Please note: Kit purchased within 4 days of the race may not be ready to collect. Any kit not ready for collection will then be posted out.)



PURCHASE HERE

MANDATORY KIT AVAILABLE TO PURCHASE ON RACE DAY



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TRAILS

VOLUNTEER WITH RUNTHROUGH TRAILS



There are a variety of volunteer roles available at the RunThrough Trails events, including:

- Course marking
- Aid station support
- Marshal roles on the course
- Base Camp setup and logistics

Volunteering is a great way to be part of the race atmosphere, support the trail running community, and enjoy the stunning mountain environment—even if you're not running!

All volunteers receive RunThrough race credits, which can be used towards entry to any RunThrough event or a donation to a charity or local association of your choice.

For more details, check out our Volunteer [FAQs](#)

If you have any questions along the way, feel free to reach out volunteer@runthrough.co.uk
We'd love to have you on the team!

JOIN THE TEAM





UPCOMING UK EVENTS



DELAMERE FOREST 10K, 21K & 42K
26TH APRIL 2026

MORE DETAILS AND ENTER HERE



THE FOX 20K, 41K & 62K
23RD MAY 2026

MORE DETAILS AND ENTER HERE



TITTSWORTH WATER 10K, 22K & 50K
5TH JULY 2026

MORE DETAILS AND ENTER HERE



SOUTH DOWNS 12K, 25K & 50K
26TH JULY 2026

MORE DETAILS AND ENTER HERE

VIEW ALL SUMMIT EVENTS HERE



UPCOMING EUROPEAN EVENTS

GIRONA 15K, 26K & 50K
23RD MAY 2026



MORZINE- AVORIAZ 21K, 50K & 100K
20TH JUNE 2026



MORE DETAILS AND ENTER HERE

MORE DETAILS AND ENTER HERE

PILA 21K & 50K
1ST AUGUST 2026



INTERLAKEN UP & DOWN, 27K & 50K
8TH AUGUST 2026



MORE DETAILS AND ENTER HERE

MORE DETAILS AND ENTER HERE

VIEW ALL EUROPEAN EVENTS HERE



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THEY'RE MAKING A DIFFERENCE, ARE YOU?

Join thousands of runners making a difference, and start fundraising on givestar today to make every step count.

GET FUNDRAISING



The image shows three smartphone screens displaying fundraising event pages on the Givestar platform. Each screen features a profile picture of the event creator, the event name, the amount raised, the target amount, and the percentage of the target reached. The 'Surrey Half Marathon' screen is the largest and most prominent, showing £160 raised of £500 (32% of target). The 'Tatton 5K & 10K' screen shows £230 raised of £200 (115% of target). The 'Battersea Park Running Festival' screen shows £350 raised of £300 (116.67% of target). Each screen also has a 'GIVE NOW', 'SHARE', and 'FOLLOW' button at the bottom.

Event Name	Created by	Amount Raised	Target Amount	Percentage of Target
TATTON 5K & 10K	Samantha Jones-Lockett	£230	£200	115%
SURREY HALF MARATHON	James Duncan	£160	£500	32%
BATTERSEA PARK RUNNING FESTIVAL	Nicola Deans	£350	£300	116.67%



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21ST-27TH JUNE 2026

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