

LAKE DISTRICT

20k & 50k

Saturday 5th April



EVENT GUIDE



TRAILS



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James Tilley
RunThrough Trails Race Director

I'm incredibly excited to welcome you all to the Lake District 20k & 50k - a brand new event on the RunThrough Trails calendar. Our team has been working hard to ensure a top-quality event, and we can't wait to have you join us in beautiful Cumbria.

RunThrough Trails is composed of passionate runners and outdoor enthusiasts who are both experts in organising events and experienced participants. Our motto is 'Run Inspired,' and we hope you come away fully experiencing that.

Over the past decade, I have progressed from a novice to competing at an elite level internationally. This journey allows me to relate to runners of all experience levels, and we aim to create an environment where everyone aspires to participate.

We will have many runners joining us from far and wide, from first-timers to seasoned ultra-distance competitors. While you may face tough moments, these challenges help us grow and step outside our comfort zones. It is of the utmost importance to myself and my team that you do so in the safest way possible, so 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.

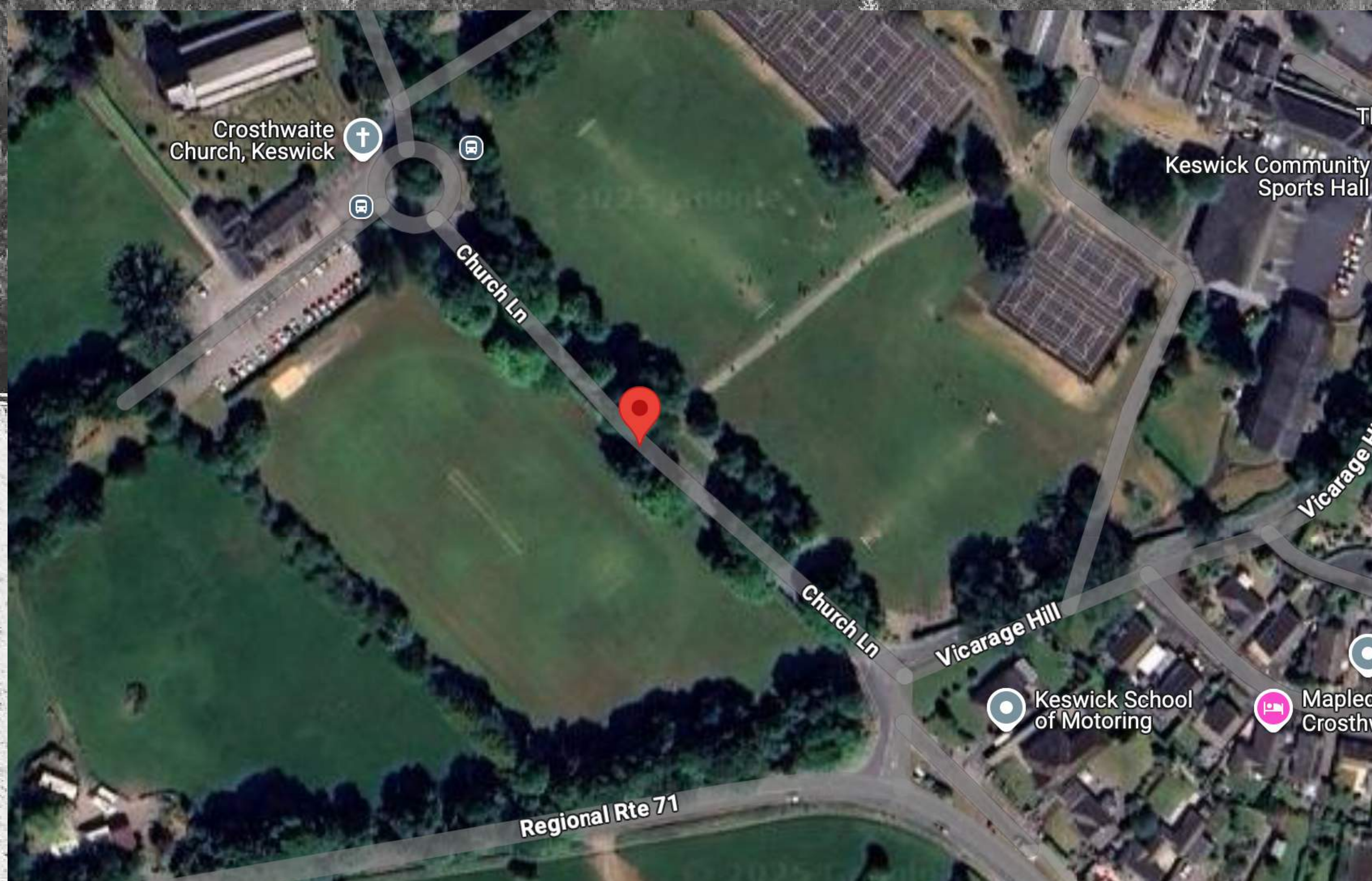
I can't wait to see you all on race day so please do come and say hello. I'll be there setting you off at the start and, my favourite part, welcoming you over the finish line!

All the best of luck and see you soon!

James Tilley
RunThrough Trails & Lake District Race Director

The event village, start and finish location is on a playing field next to Keswick School, which can be accessed from the A66/Keswick Bypass or from the A5271 if coming from Keswick town centre.

VENUE LOCATION: Keswick School, Vicarage Hill, Keswick, CA12 5QB



**Click the map
for directions**



There will be road closures in place for the first 15 minutes of each race, so please take this into account when planning your arrival. If you are not on the start line at the time of your race start you will not be able to take part, so please allow yourself plenty of time to travel and park up.

TRAVEL INFORMATION

Parking near the venue is very limited, so we recommend using one of the many Pay & Display options in Keswick. You can use parkopedia.com to plan your journey and find parking options nearby.



Exact location for the event village if using W3W, is [///cheat.guests.oblige](https://www.w3w.co.uk/cheat/guests/oblige) or follow on Google Maps [here](#).

Please note, for the first 15 mins of each race start, the road leading into the venue will be closed.

Road Closure Timings

08:00 - 08:15am

10:00 - 10:15am

If you park in Keswick the venue is less than a mile walk on the A5271 (pavement), or a 10 minute bus journey (554) to Vicarage Hill and short walk from there.

If you require public transport, please ensure you check appropriate timetables for the day.



EVENT TIMINGS



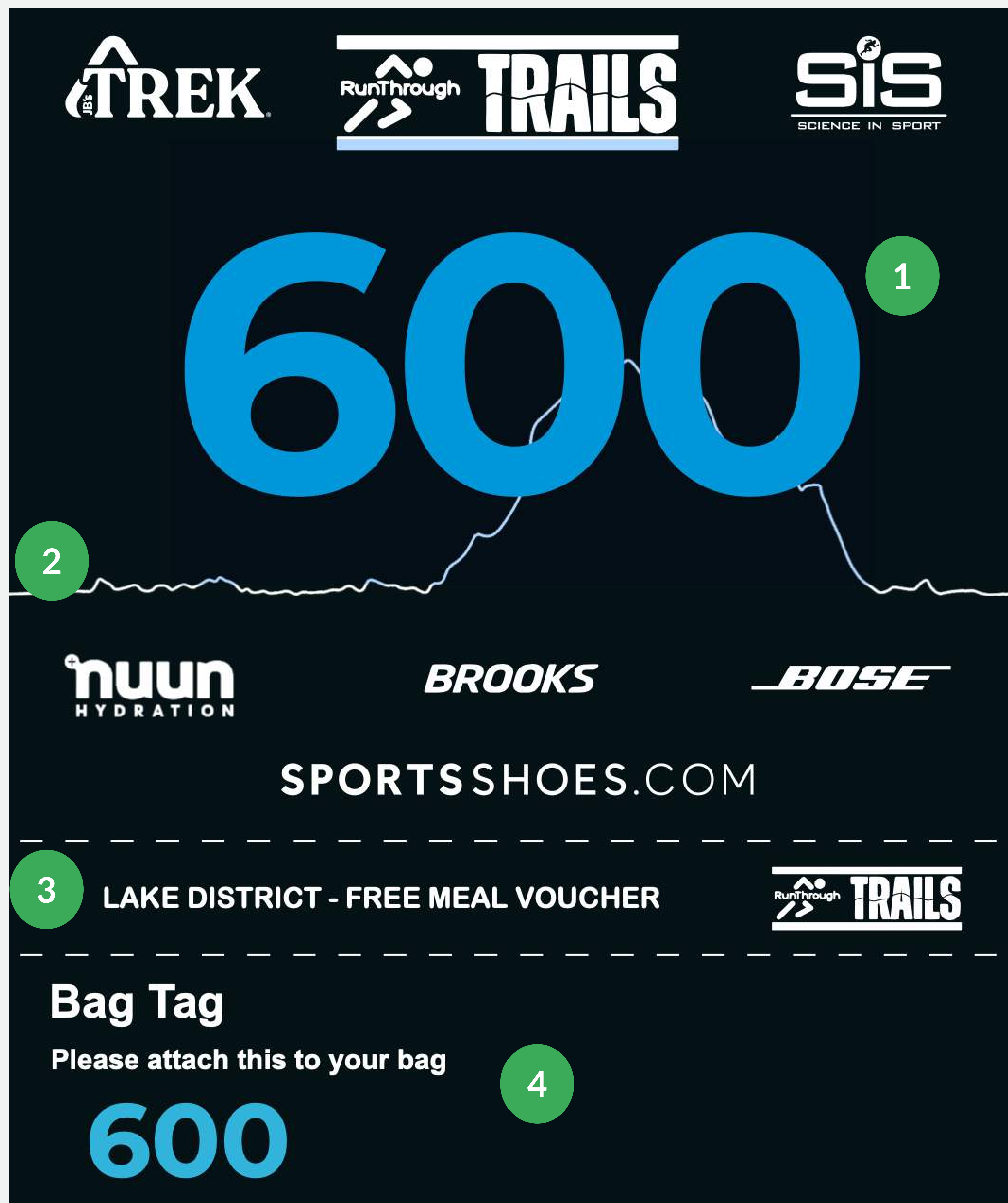
	TIME	WHAT	WHERE
	5:30am	Event Village open	Keswick School (Event Village)
50K	6:00-7:30am	50k Race Pack Collection & Mandatory Kit Check	Registration Desk in Event Village
	6:00-7:30am	GPS Tracker Collection	Collection Desk in Event Village
	7:45am	50k Race Briefing	Keswick School (Event Village)
	8:00am	50k Race Start	Keswick School (Event Village)
20K	8:30-9:30am	20k Race Pack Collection	Registration Desk in Event Village
	9:45am	20k Race Briefing	Keswick School (Event Village)
	10:00am	20k Race Start	Keswick School (Event Village)
	8:45pm	Last aid station cut-off	Aid Station 5: Catbells Car Park
	9:30pm	All finish (final cut-off)	Keswick School (Event Village)

Your race pack will be available for collection on race morning from our registration tent. Please allow enough time to collect this and get to your race start, as there may be queues. Please ensure you collect your bib BEFORE collecting your GPS tracker, as our tracker staff will need to scan your bib bar code in order to link your tracker. There will also be mandatory kit checks when you collect your race bib.



- 1 Barcode for live tracking
- 2 Bib number
- 3 Course elevation profile (so you can anticipate every hump n bump!)
- 4 Free food voucher - take your bib to a vendor of your choice after your race for a free re-fuel!
- 5 Baggage tag - attach this to your bag before handing it in

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Both courses set off from Keswick on (mostly!) flat trails heading south, passing the famous Derwentwater on your left. A split at around the 10k mark will take 20k runners up their first and longest climb up High Scawdel. Meanwhile, the 50k will carry on towards Borrowdale before summiting Broad Crag and the famous Scafell Pike at 3,200ft - England's tallest peak!

A well deserved 3-mile downhill stretch will allow you to shake the legs off past Wasdale Head, before a gnarly second climb up Great Gable. The 50k will then rejoin the 20k route for a final climb, with all runners enjoying ridgeline views and a lovely descent back to flatter ground to return to Keswick for your incredible finish.

Due to the natural sensitivity of the area and route, we request that all runners follow biosecurity guidance [HERE](#) to help maintain the balance of wildlife in the area.

THE COURSES - 20K

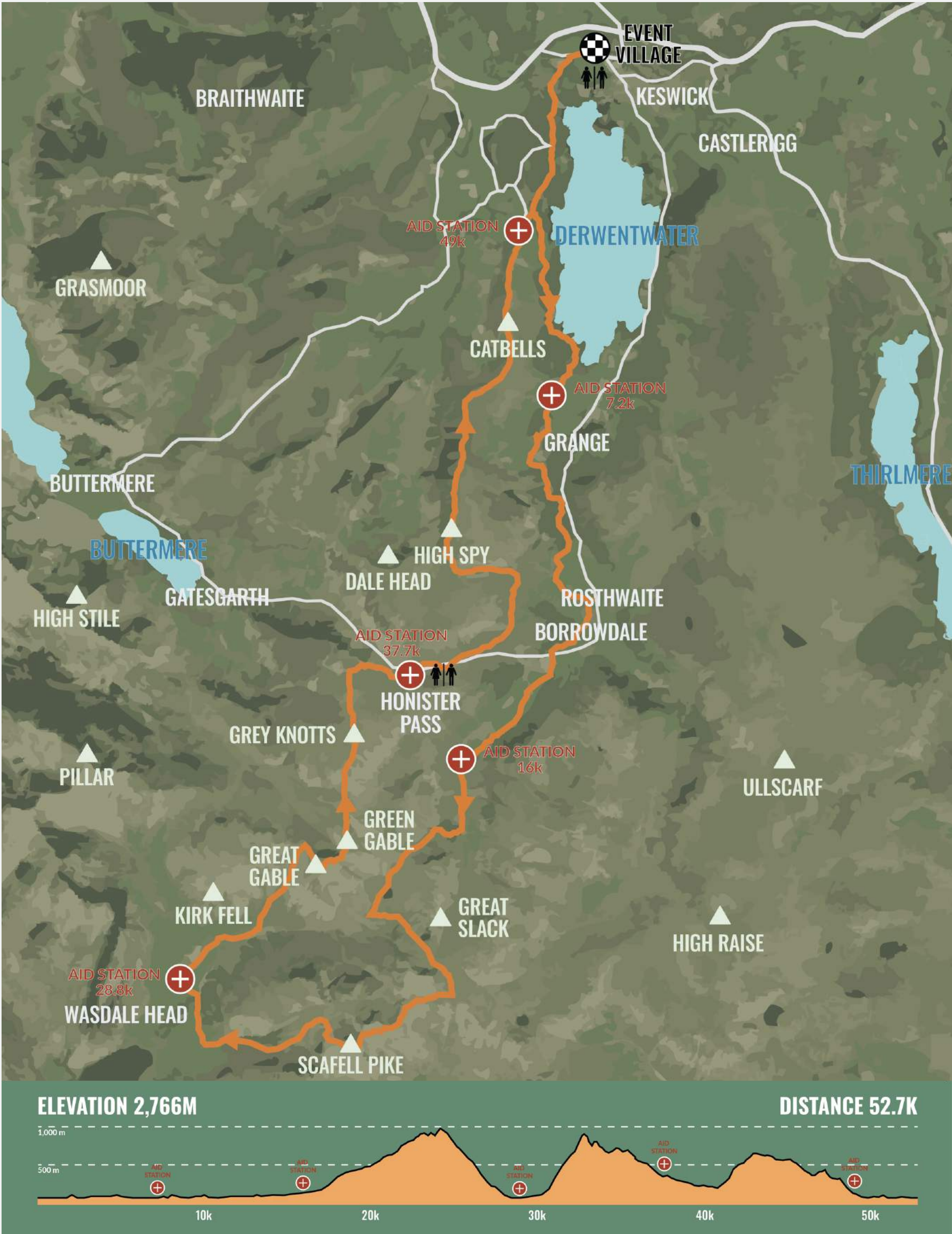
Please ensure you download the GPX route onto your phone or watch to help you navigate the route correctly.



CLICK FOR GPX

THE COURSES - 50K

Please ensure you download the GPX route onto your phone or watch to help you navigate the route correctly.



CLICK FOR GPX

Due to the natural sensitivity of the area and route, we request that all runners follow biosecurity guidance [HERE](#) to help maintain the balance of wildlife in the area.

RACE START:

There will be a race briefing 15 minutes prior to each race start. Here the race director will talk through the course, any potential hazards on the route and other important race information.

DURING THE RACE:

The route will be well marked with trail flags and arrow signage. Please ensure you **download the GPX file** onto a watch or phone to help you follow the route. All routes will be marked out with red course signs and flags. If you haven't seen a flag or sign for more than a few hundred metres, turn around and re-find the course.

There are stiles and gates on route so please be cooperative and understanding of fellow participants should any queues form. We will have excellent marshals positioned at key points to help you find your way if needed.

The route utilises public walking paths. Please be respectful of other trails users during the race. Please also take all rubbish with you until you find a bin and do not leave it by course signs/flags.



If you see this sign, you've gone the wrong way. Just do a 180 and you should refind the course easy-peasy

This event is entirely cupless! We love the environment so ask that all runners bring your own bottles/reusable cups in order to fill up liquids, as we won't be providing bottled water at our aid stations. We will be selling soft flasks for anyone who needs them on the morning. On the same note, and a bit of race etiquette we're sure you already know - please keep all rubbish on you and dispose of it when you see a bin. There will be bins at every aid station.

LOCATIONS AND CUT-OFFS

There is a 13.5-hour cut off for the whole race, with internal cut-offs for each aid station listed below. If you haven't reached an aid station in time, you will be officially removed from the race and taken back to the event village by a marshal, or you're welcome to continue the route self-navigated at your own risk.

The 50k course will pass all five aid stations, and 20k runners will pass AS1 & AS5 only.

- Aid Station 1: Manesty - 9:25am cut-off
- Aid Station 2: Seathwaite Farm - 11:15am
- Aid Station 3: Wasdale Head - 2:55pm
- Aid Station 4: Honister Pass - 5:50pm
- Aid Station 5: Catbells Car Park - 8:45pm
- Finish - 9:30pm



Spectators and crew are more than welcome to come along and support runners at this event. Please note, no dogs or alcohol are allowed on site at the Event Village.

SPECTATORS

As well as our main event village, spectators are welcome to visit points along the route, but please be mindful of the runners and other trail users.

Honister Pass (Aid Station 4) is a great place to spectate. Here there'll be plenty of parking, toilets, cafe etc. Overall a great place to see the runners pass through before their final push back to Keswick!

If you choose to stay within the event village to see your runners off and welcome them in, we'll have loads of food and drink vendors, music, and generally an incredible race atmosphere!



SPECTATOR/CREW RULES

If you'd like to support a runner and provide aid/extra nutrition/a pat on the back along the course, that is absolutely allowed, and the majority of the course can be easily accessed. We recommend downloading the GPX file and coordinating with your runner where you'd like to meet them along the course. You can also refer to the previous page to check the location of aid stations along the route.

Please be aware the road network surrounding the course is limited so driving out to the aid stations and furthest sections of the course may take careful planning. Please do not drive up and park too close to any of the aid stations along the route. These have to be clear of vehicles at all times to provide access for staff and medics. Please do not obstruct the course in any way, and take any litter with you.

Please note, no dogs or alcohol are allowed within the Event Village.

After your race, please ensure you hand your tracker in to the finish line staff or another marshal and you do not leave with it. We pay some hefty late fees otherwise.



TRACKING INFO

We will have live tracking for all 50k runners, provided by OpenTracking.

Please ensure you **arrive at least an hour before your start** in order to collect your tracker. Just head to the tracker collection desk with your race bib ready for scanning. Tape will be provided if you wish to attach this to your vest, or you can store it in a secure pocket (not deep in your bag or near foil) for the duration of the race.

Please do not remove your tracker at any point in the race, unless instructed to do so.

When you finish, there will be a marshal collecting these back. **Please ensure you do not take this home with you.**

If you have family and friends coming along to spectate/crew they will be able to dot-watch you with a tracking link provided by email a couple days before the race!

KIT REQUIREMENTS

Both races have kit requirements listed below. These are for your safety so please ensure you have all mandatory items on you. There will be MANDATORY KIT CHECKS when you collect your race pack.

20k

MANDATORY:

Capacity to carry 250ml water

Hooded waterproof jacket

Fully charged mobile phone with medic's number saved

GPS device (e.g. phone/watch) with route uploaded

Foil blanket

Whistle

RECOMMENDED:

Trail running shoes

Technical running clothing

Sufficient fuel (gels, chews etc)

Running vest or belt

Headtorch

Hiking poles

50k

MANDATORY:

Running vest or belt

Capacity to carry 500ml water

Hooded waterproof jacket

Fully charged mobile phone with medic's number saved

GPS device (e.g. phone/watch) with route uploaded

Foil blanket

Headtorch

Gloves

Whistle

RECOMMENDED:

Trail running shoes

Technical running clothing

Sufficient fuel (gels, chews etc)

Hiking poles

MEDIC'S NUMBER:

Please have the medic's contact number saved, as you may be required to contact the medical team if you or any other participants require medical treatment out on the course.

Their number is 07598846683

Please note, no dogs or alcohol are allowed within the Event Village at any time.



BAG DROP

There will be a bag drop within the main event village where you can drop your things off to collect after your race.

Your baggage tag is attached to your race number. Just tear this off and attach to your bag, leave your bag in our Bag Drop marquee and then show your number to collect your bag after your race.

TOILETS

There will be portable toilets located within the event village for use before and after the race.

FOOD AND MERCH STALLS

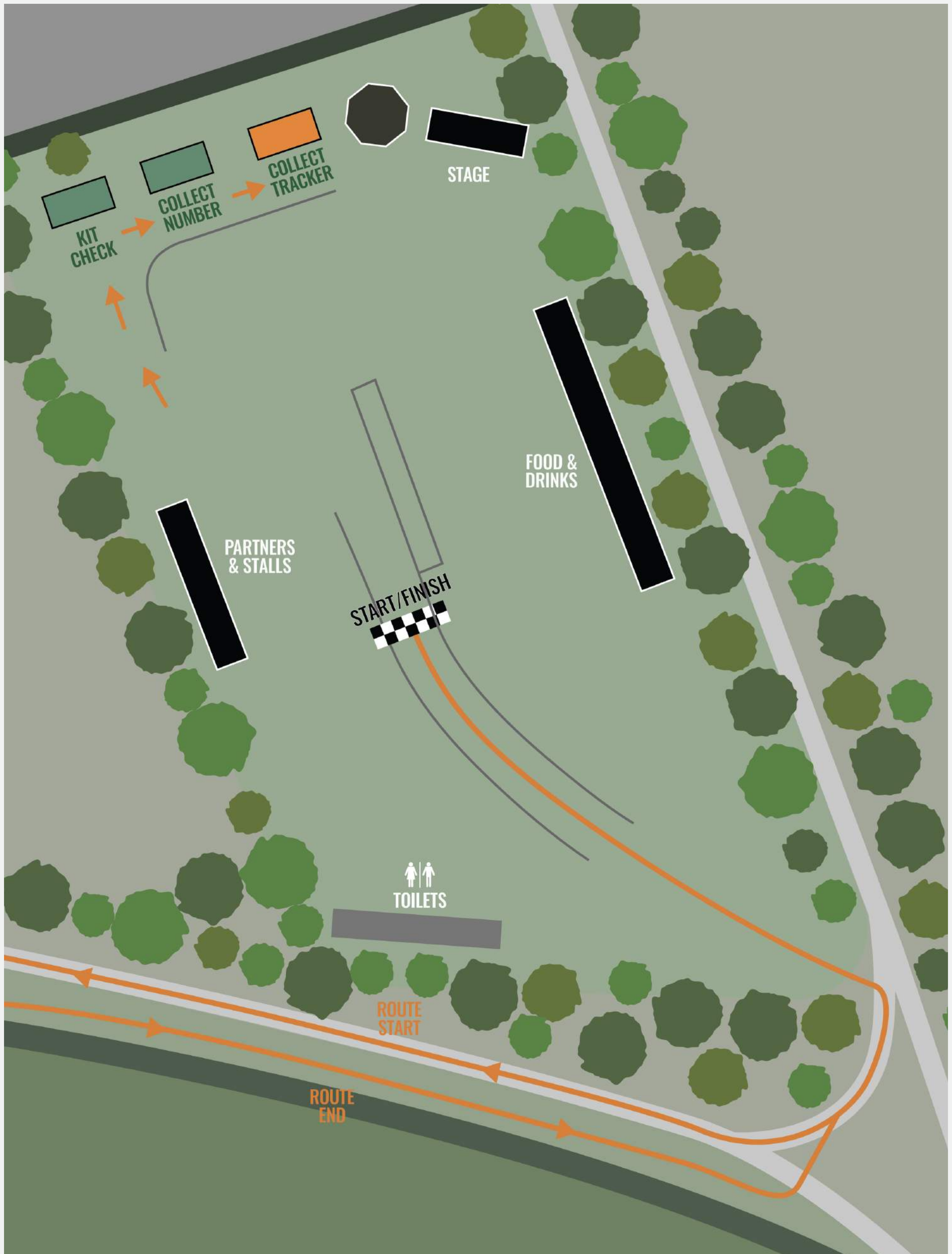
There will be food and drinks available from multiple vendors within the event village that all runners can use their vouchers at. Your voucher is attached to your bib. Simply hand this over to the vendor when you make your order.

We'll also have our kit stall where you can find some of our traily bits and bobs that you can pre-order or purchase on the day. You can also get your hands on a RunThrough branded soft flask to use in the race!

INFO DESK

Our info/registration desks will be open and manned by our lovely marshals. Here you can collect your race pack or ask any last minute questions you might have.

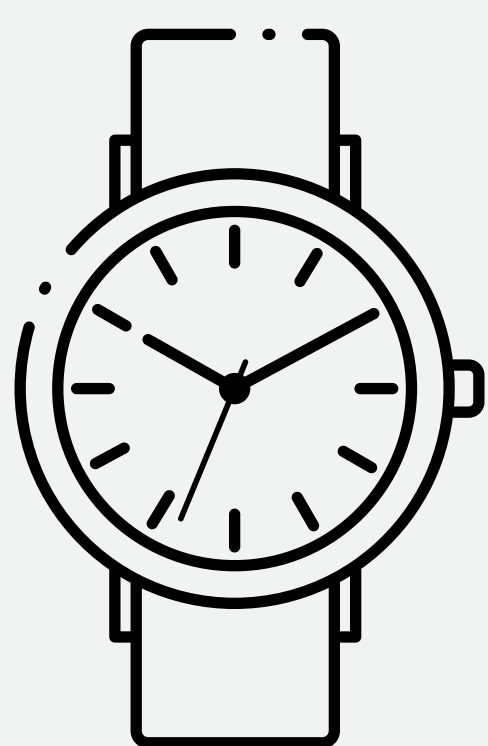
Please note, no dogs or alcohol are allowed within the Event Village at any time.



RESULTS:

We will have the results online on our website as soon as you finish. If you see any problems with your result, please email us at info@runthrough.co.uk.

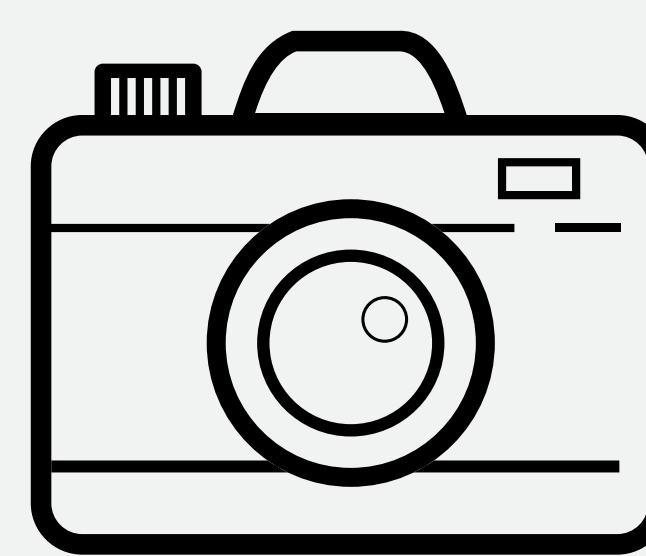
Click the watch below to go to results page!



PHOTOS:

We will have a photographer taking a few snaps of the race, which will be made available on our photos page after the race.

Click the camera below to visit the event photos page!



EVENT T-SHIRTS:

If you have purchased a Lake District event T-shirt with your race entry, please head to the RT Kit stall in the event village 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, these are available [HERE](#). Please note, as these are made to order, kit purchased within 4 days of the race may not be ready to collect - if this is the case, we will ensure your items are posted out.



You can also get your hands on a RunThrough Trails branded soft flask, cotton t-shirt, hoody or bag! Available from our kit website [here](#) or to purchase on the day!





Join our Trail Community!

Here at RunThrough Trails we are always on the search for passionate, trail-loving peeps to be a part of our incredible volunteer squad. If you know someone who isn't running at Lake District but would like to get involved behind the scenes, we would love for them to come along!

To show our gratitude we have some lovely benefits, including £100 race credit and a £20 kit voucher! Click below to fill in our registration form.

JOIN THE TEAM



Is the event chip timed?

Yes! Your chip is on the back of your bib.

What is the minimum age for this event?

20k - 18 | 50k - 20

Is there a time restriction to complete the race?

Yes. There is a 13.5 hour cut-off overall and internal cut-offs for each aid station. Please head to page 13 of this event guide for more detail.

I can no longer make the event, can I get a refund?

We are sadly unable to refund or transfer your entry within 14 days of the race as your race pack and everything associated with your entry fee including your medal, and post race goodies have already been paid for by this time. We'd love for you to run virtually and we can post out your medal and goodies!

Can I transfer my entry to a friend or swap distance?

We generally do not allow this within 14 days of the event, but if you ask at our registration desk in the event village they may be able to arrange this for you. Please note, if transferring to a longer distance you will have to pay the difference in entry fee.

Will there be water stations on the course?

There will be 5 aid stations along the 50k route, and 2 for the 20k, as well as the finish line. Here, there is a wide selection of food, and drinks that we can re-fill your bottles and cups with. There won't be any bottled water provided, so please bring your own reusable bottles/cups.

Am I allowed to wear headphones?

Headphones are not permitted, unless bone conducting. We strongly advise against headphones due to the nature of the course, but should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

When will I get the add-on RT Kit I ordered with my entry?

This will be available to collect at the RT Kit Stall on the day. Please have your email confirmation ready to show to our staff.

How do I get to the event?

Please check pages 4 and 5 of this event guide for travel and parking information.

Where is the best place to spectate?

You can spectate at a few locations along the route, but please be considerate of the runners passing through, and other trail users.

Please see page 14 of this event guide for more spectator and crewing information.

Can I have a crew?

Crewing is permitted for this event. Please head to page 14 of this event guide for more information on crewing.

Will there be winners prizes?

There will be trophies for top 3 male and female winners of each race, and a prize ceremony on the stage once the top 3 finishers for each distance have come through. Winners can also expect an email a few days following the event, with race credit towards another event. Age group winners (V40+) for each race will receive a £10 race credit voucher.

For any further questions, please email our friendly team at info@runthrough.co.uk and we'll be happy to help!



UPCOMING UK SUMMIT EVENTS



**MORE DETAILS &
ENTER HERE**



**MORE DETAILS &
ENTER HERE**



**MORE DETAILS &
ENTER HERE**



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VIEW ALL 2025 SUMMIT EVENTS [HERE](#)

Including Brighton 50/50 and Ladybower Reservoir



UPCOMING EUROPEAN EVENTS



**MORE DETAILS &
ENTER HERE**

**MORE DETAILS &
ENTER HERE**



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ENTER HERE**



**MORE DETAILS &
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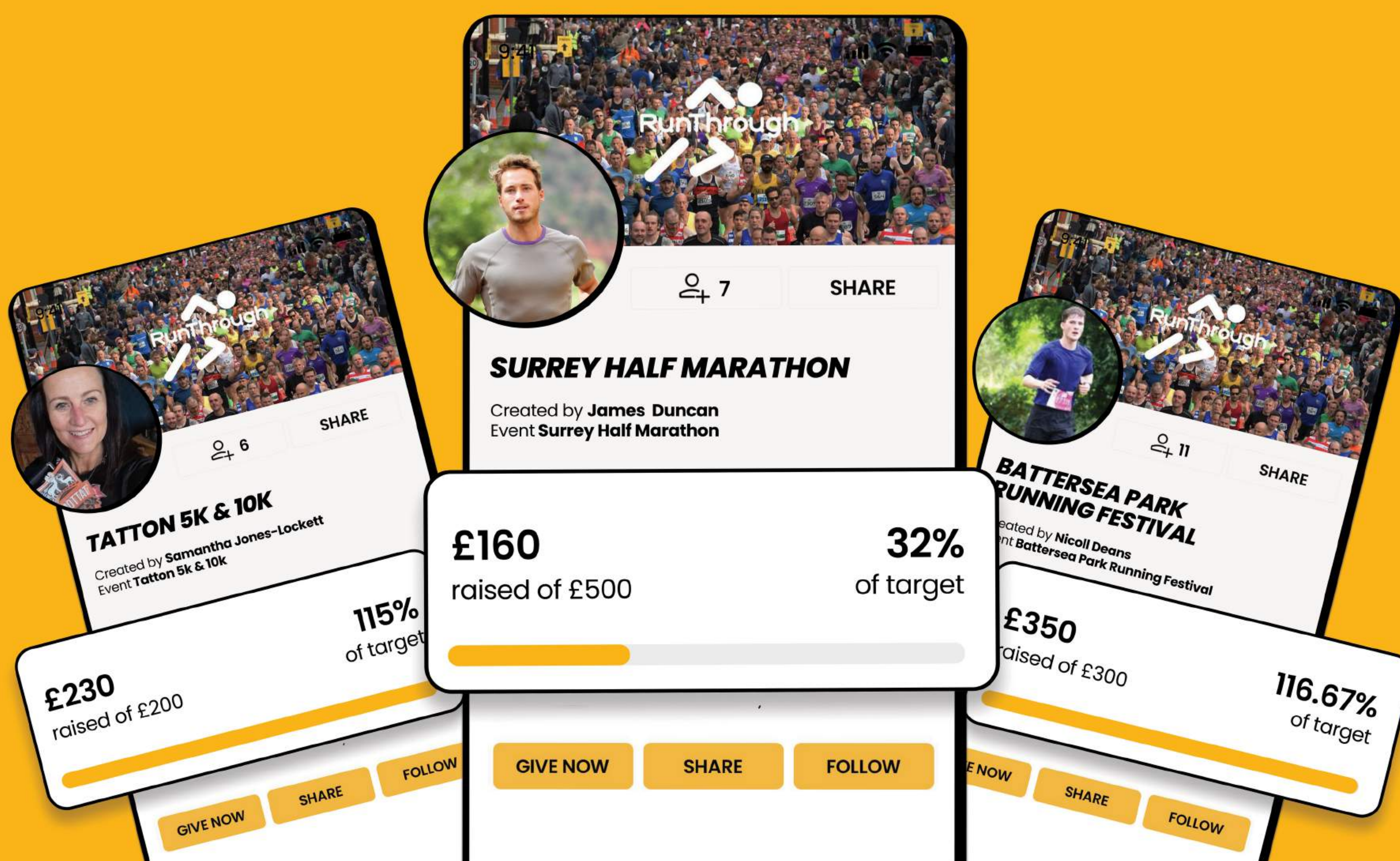


VIEW ALL 2025 EUROPEAN TRAIL EVENTS [HERE](#)

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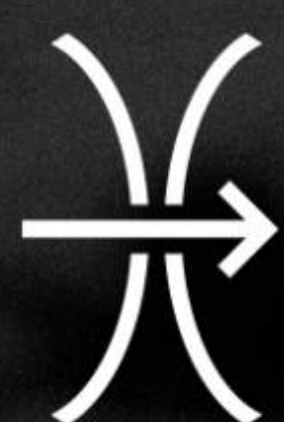


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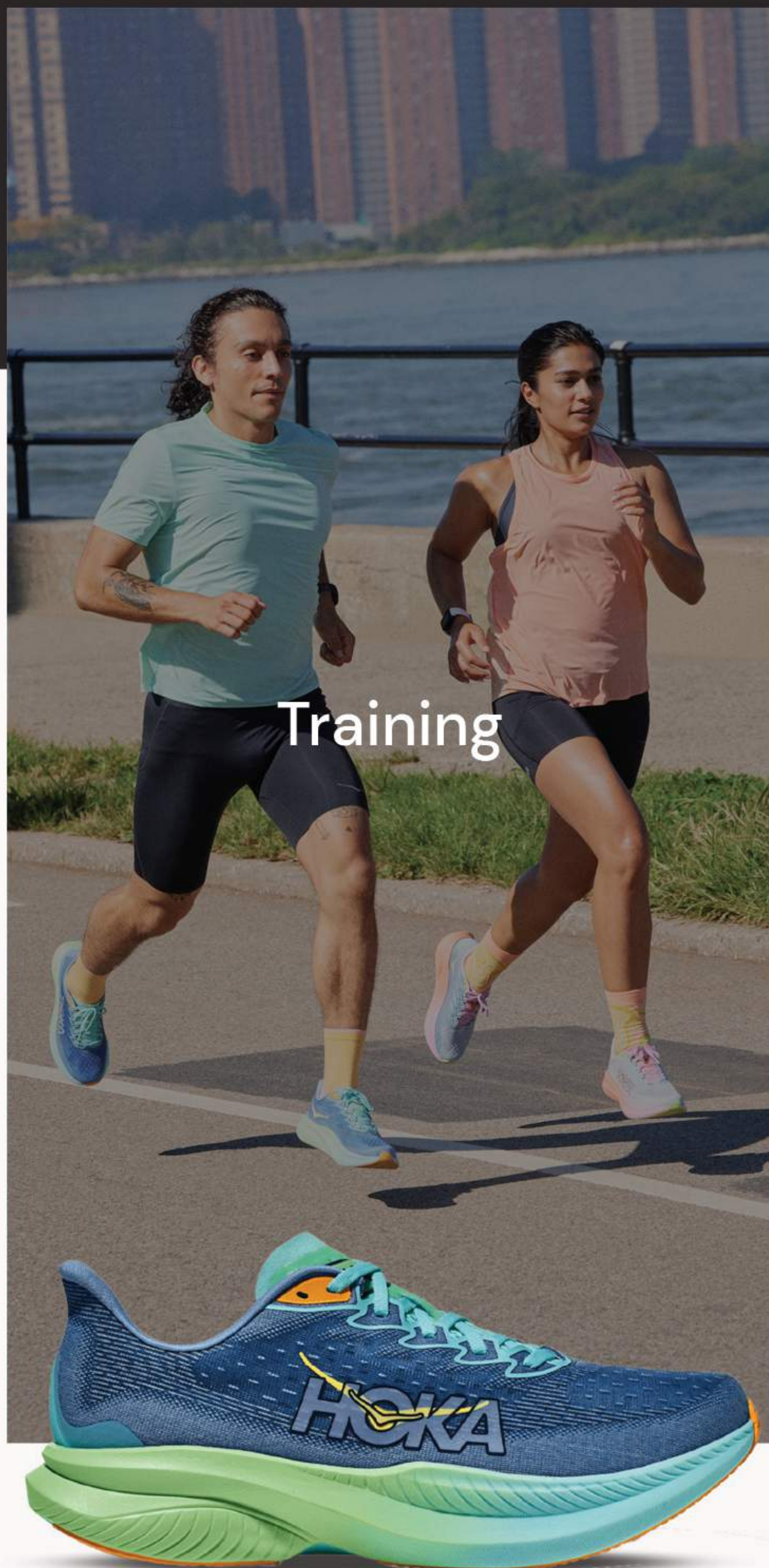


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Looking for your next running shoe?

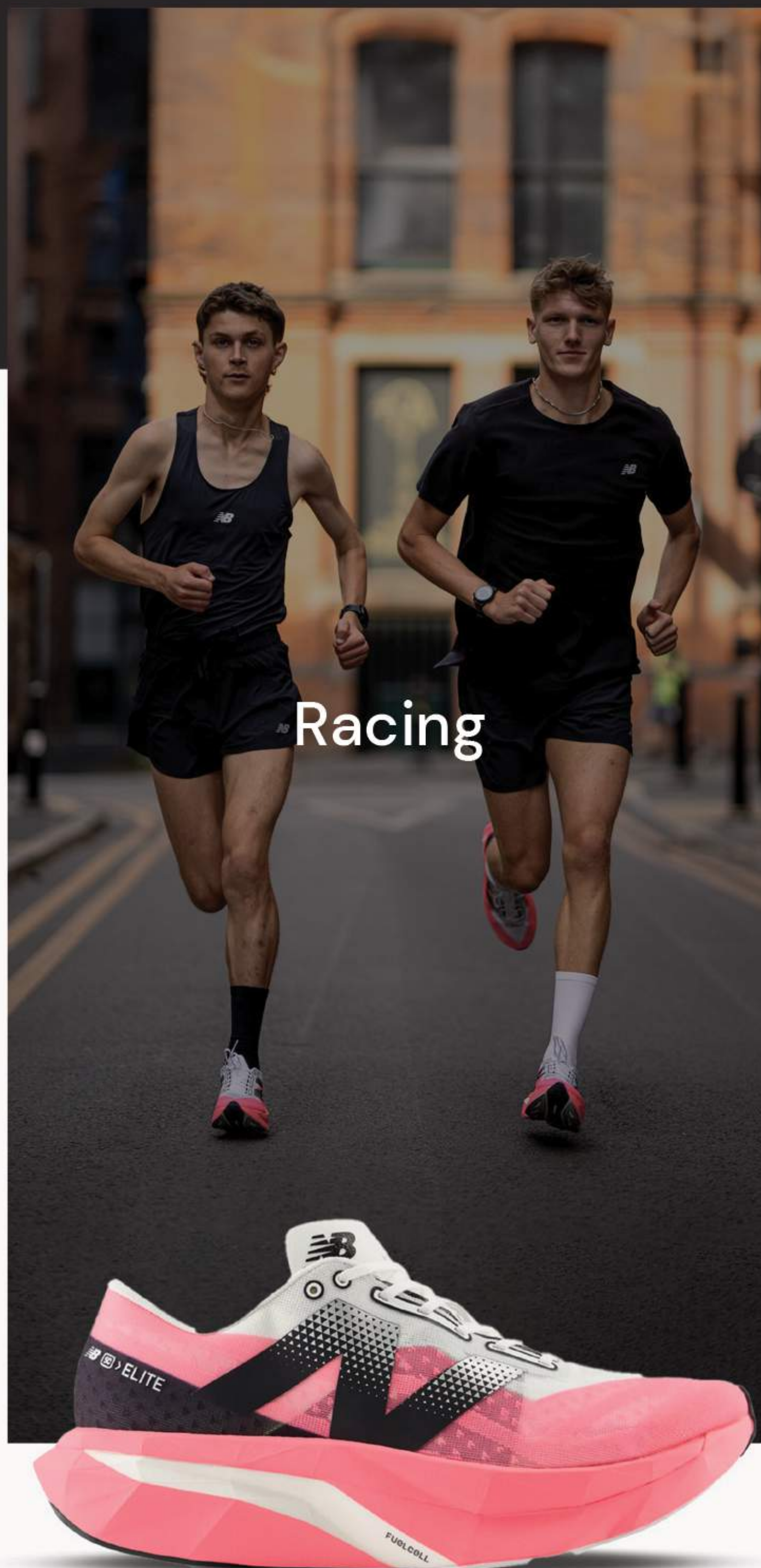
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HOKA

MACH 6

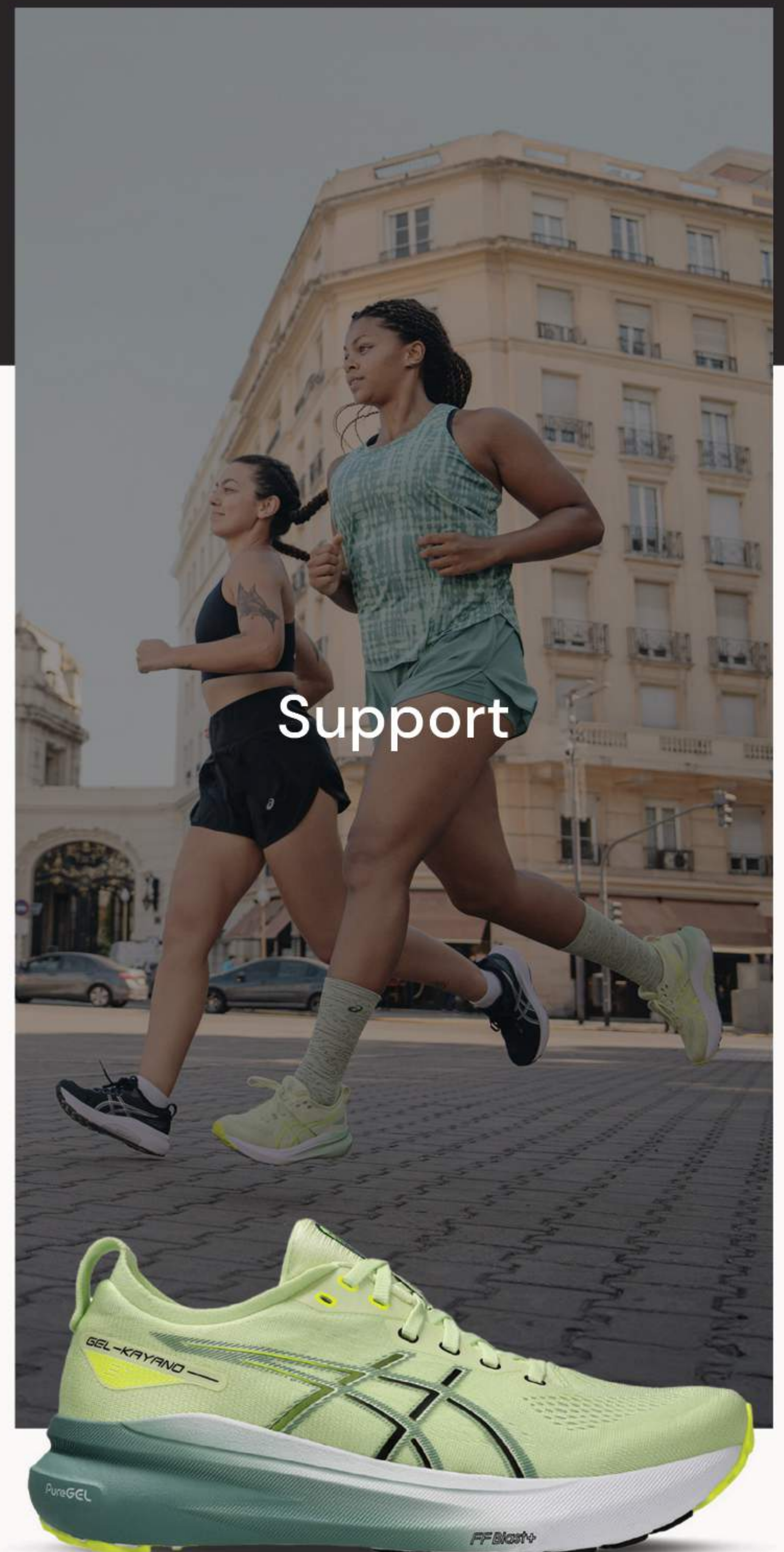
The Hoka Mach 6 is the lightest, most responsive Mach shoe to date, made for enhanced energy return. It is the perfect shoe for faster training.



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The New Balance FuelCell SuperComp Elite V4 is a super light race day specific carbon plated shoe.



asics

GEL-KAYANO™ 31

The ASICS Gel Kayano™ 31 is an innovative stability shoe suitable for long easy runs with maximum comfort.

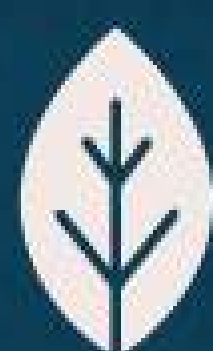
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THE NEXT LEVEL

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**Any pre-ordered kit
can be collected at
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have your order
confirmation ready
to show our team.**

**Check out the RTKit Stall
located in the event village.**

www.RunThroughKit.com



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