

10 PEAKS EVENT INSTRUCTIONS

REGISTRATION

Registration will take place in the Barmore Suite (ground floor meeting room) at the Keswick Country House Hotel between 6pm and 8pm on Friday 30th July. www.thekeswickhotel.co.uk/keswick-country-house

You will need to sign in when you arrive. As this is a charity event, it would be a huge help to us to know how much money you have raised so if you could give us an approximate idea at registration that would be great. Don't forget the person who raises the most money for the official charities will receive the 10 Peaks trophy!

Team Nutrition will be present at the registration where you will be able to buy sports nutrition products and other supplies. www.teamnutrition.co.uk

'RACE' NUMBERS

You will be given a number at registration, this must be worn/ shown at each check point. You won't be able to get any water without one. It might be more comfortable to pin your number to your pack rather than your top. Please bring safety pins for this purpose.

THE START

The start is at Swirls Car Park at 4am on Saturday 31st July. United Utilities have kindly given us permission to use their car park for this purpose. Normal parking fees still apply. There will be a short event briefing at 3.45am so please arrive with time to spare.

Please fill up your water bottles/ hydration packs before you arrive at the start.

CHECK POINTS

There will be four check points along the route, the check points will provide water from Lakeland Spring (www.lakelandspring.co.uk) in the shape of canisters to refill your hydration packs or bottles. Please note that CP2 is only an emergency check point, supplying a limited amount of water. The check points are located here:

Start - Swirls car park	3160, 1690	0km	4am
CP1 - United Utilities car park south of Thirlmere	3210, 1305	10km	5-7am
CP2 - Beck Head (emergency CP - 500ml pp)	2045, 1070	35.5km	10am-4pm
CP3 - Honister Slate Mine	2250, 1355	47.5km	11.45am-7pm
CP4 - Nichol End Marina	2530, 2280	58km	1.30pm-11.30pm
Finish - Keswick Country House Hotel	2685, 2370	73km	4pm-4am

The opening times for each check point are shown above, this should be early enough for most, but if there are any speed demons out there who plan on arriving earlier please send me an email to paul@10peaks.com, and I'll ask the marshals nicely if they can arrive sooner!

There will be two marshals at each check point. Please be nice to them, they have all given up their time to help make the event more enjoyable for you.

MAPS

For those who have purchased map printouts from Stewart, it is advised that you write on the grid references in the white margin to aid navigation during the event.

You can still benefit from a 25% discount on the HARVEY British Mountain Map of the Lakes. To order your map call 01786 841202 and state that you are participating in the 10 Peaks challenge. www.harveymaps.co.uk

If you are using a GPS please download the latest route from the website: www.10peaks.com/the-route.php

WATER

Ground water in the Lake District is at a record low at the moment and that is unlikely to change before the event so please carry enough water, or arrange to meet your support crew in between check points. Styhead Tarn (before the ascent of Great Gable) is a nice walk from Honister Slate Mine and would be a good place to meet your support crew.

It is a long, hard walk between CP1 and CP3 so please carry sufficient supplies (3 litres should be an absolute minimum). CP2 will supply water but only 500ml per person – a huge thank you to Glenn and Farah who are going to carry 120 bottles of water up the mountain for us!

FOOD

Hot food in the shape of paninis, soup and crepes as well as cold sandwiches, cakes, ice cream and hot and cold drinks will be available to buy from the Sky Hi Café at CP3 until 5pm. www.honister-slate-mine.co.uk/cafe.asp

WEATHER

Conditions in the Lake District can change very quickly, you will need to be prepared for conditions ranging from 30°C and clear sky to high winds and driving rain. Please consider that Honister Slate Mine is the wettest place in England! Please see the following links for weather forecasts:

www.mwis.org.uk/mountain

www.metoffice.gov.uk/louddoor/mountainsafety/lakedistrict/lakedistrict_latest_pressure.html

www.metoffice.gov.uk/weather/uk/surface_pressure.html

KIT

Please ensure you have all your mandatory kit before registration, all of these items are essential for your safety.

Mandatory kit:

- Compass *
- Map / s *
- Waterproof jacket (regardless of the weather forecast)
- Water / drink
- Light & spare battery (it isn't necessary to carry this during the daylight sections)
- 2 x Glow sticks
- Survival blanket
- Mobile phone or money for a call box

* If you are participating as part of a team these items can be shared.

Other suggested items of kit include:

- Spare socks
- Spare underwear
- Long sleeve top
- Hat
- Blister kit
- Bladder
- Toilet roll
- Wipes
- Lip Salve or Vaseline
- Energy gels/ bars
- Pain killers
- Waterproof bag
- Watch
- Money
- Sunglasses
- Towel
- Suncream

SAFETY

The 10 Peaks challenge is not a race. Please take care and make sensible decisions, the dangers are real and there is no safety net! If you see another walker in trouble please help if you can.

Contact Numbers

Please make a note of the following numbers and carry them with you at all times during the event.

Sally: 07762 514720 (CP1 and base)

Hannah: 07935 345285 (CP1 and base)

Glenn: 07957 648251 (CP2)

Mountain rescue: 999

If, for any reason, you withdraw from the event it is essential that you contact base to notify them. We don't want to have to call out mountain rescue to find you if you are sitting at home enjoying a nice cuppa! **Likewise if you don't think you will make it to a check point before it closes please notify base.**

If you have doubts over your fitness for the challenge, please see your doctor. The event is extremely demanding and will require you to walk unsupported over some of the toughest terrain in the UK for long periods of time. There is no marked path, sign posts or a guide to help you, so it is essential you are an experienced navigator.

THE FINISH

The finish will be in the same room as registration at the Keswick Country House Hotel. If you are arriving late into Saturday night please be as quiet as possible as we'd like to be invited back! There will be someone in the Barmore Suite throughout the night to give you your finishers certificate.

THANK YOU

The 10 Peaks would not have been possible without the help and support of a lot of people, I'd like to thank Nicky, Simon, Grom, Stewart, Sally, Hannah, Glenn, Farah, Jenny, Tony, Jacquie, Peter, Robin, Chris, Piet, Ric, Martin, Katie, Vicky, Barry and Susan who have made the 10 Peaks a reality. Finally, a special thank you to my Dad who loved The Lakes, loved to walk and loved a challenge ...and passed on his love to me.

Also a big thank you to everyone taking part, it really wouldn't be the same without you! I look forward to seeing you at the end of the month.

Paul

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