

## Scafell Pike Trail Marathon Checkpoints, Time Limits & Aid Station Locations

**Start Time:** 0800

**Start Location:** Track adjacent to Entrance/car park at Lingholm, CA12 5TZ (GR 251 223).

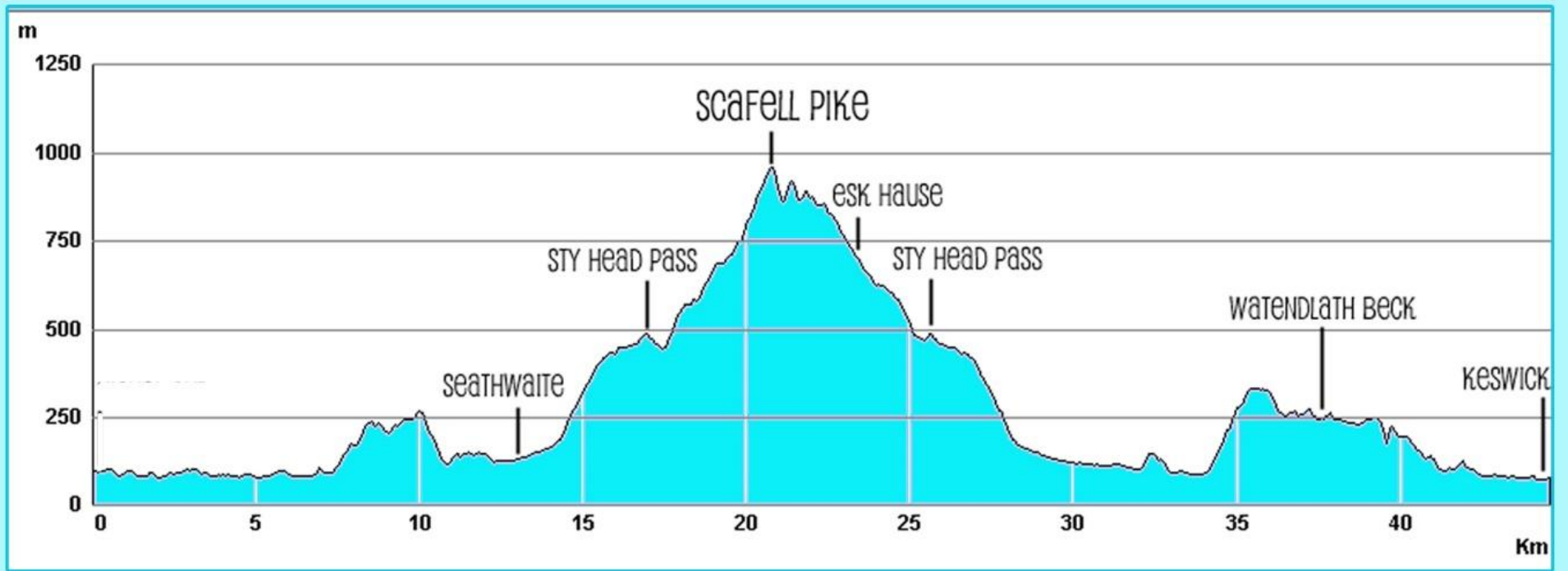
**Finish Location:** Crow Park, Lake Road, Keswick, CA12 5DJ (GR 263 229).

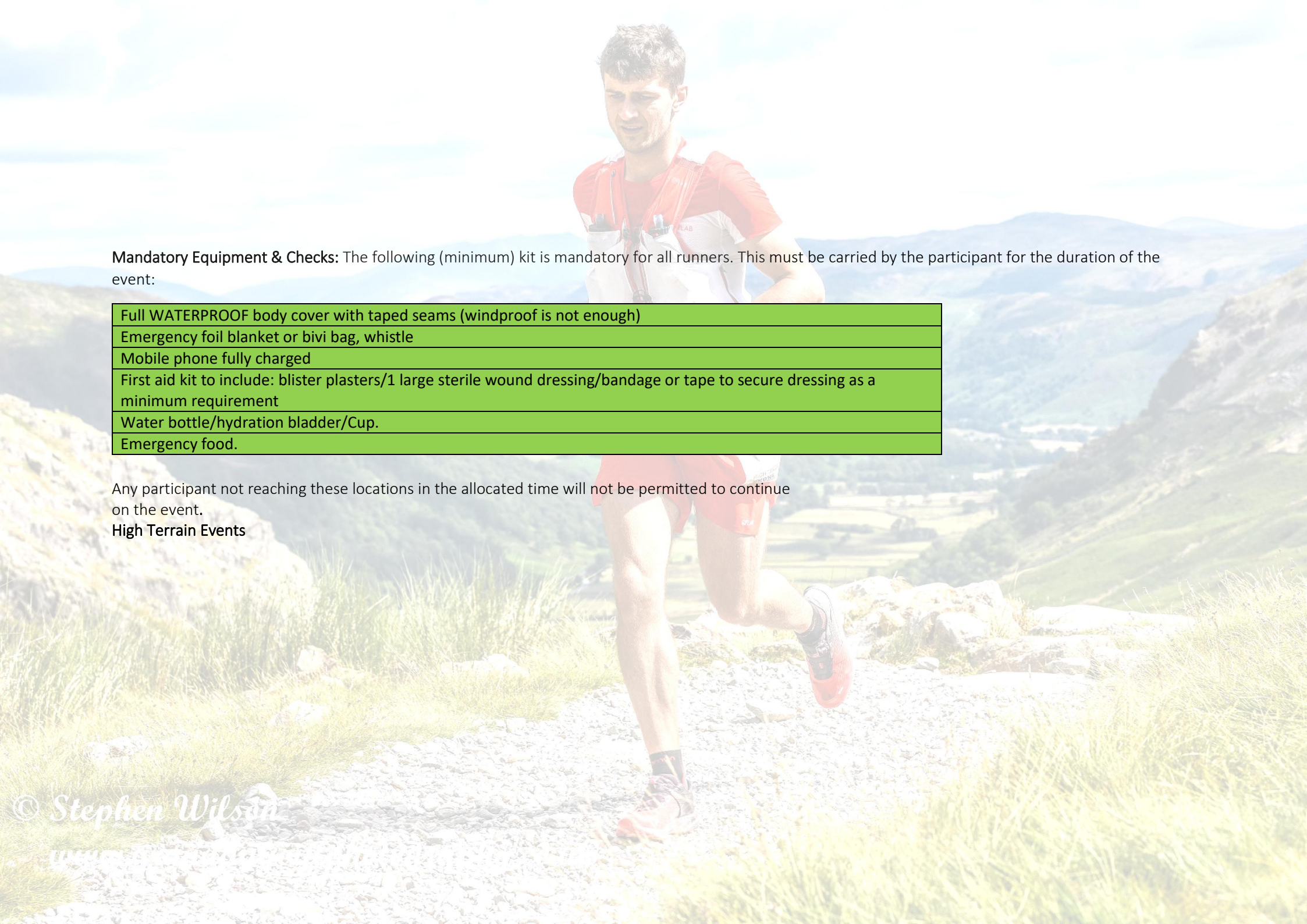
There will be SEVEN control checkpoints on the route. These CPs are indicated on the event maps & must be visited in the order specified. These are listed below.

**Time Limits:** 9 hrs for the full event. Intermediate cut-off times will be established at CP1 (Aid Station) Seathwaite, CP2 Styhead & the return to Seathwaite (CP6/Aid Station). These are 2:40hrs, 3hrs & 6hrs respectively.

**Aid Stations:** There will be three Hydration/Feed Stations on the route. (Please ensure that you have enough water/fluid for the mountain section. There will be no water supplied on this section. If necessary, fill up your bottles, etc. at Seathwaite).

CONTROL	LOCATION	GRID REF (NY)	DISTANCE	TIME LIMIT(Hrs)	ACTUAL TIME
CP1/Aid Station	Seathwaite	235 120	13k	2:40	
CP2	Styhead	219 095	17k	3:00	1100
CP3	Scafell Pike Summit	215 072	21k		
CP4	Esk Hause	235 082	23k		
CP5	Styhead	219 095	25k		
CP6Aid Station	Seathwaite	235 120	29k	6:00	1400
CP7/ Aid Station	Watendlath	275 163	36k		
	Finish - Crow Park	263 229	43k	9:00	1700





**Mandatory Equipment & Checks:** The following (minimum) kit is mandatory for all runners. This must be carried by the participant for the duration of the event:

Full WATERPROOF body cover with taped seams (windproof is not enough)
Emergency foil blanket or bivi bag, whistle
Mobile phone fully charged
First aid kit to include: blister plasters/1 large sterile wound dressing/bandage or tape to secure dressing as a minimum requirement
Water bottle/hydration bladder/Cup.
Emergency food.

Any participant not reaching these locations in the allocated time will not be permitted to continue on the event.

**High Terrain Events**