

# Kielder Ultra Route Checkpoints & Time Limits

**Start Time:** 0730 82K/ 0930 50k/32k 1000

**Start/Finish Location:** Kielder Castle Visitor Centre, Northumberland, NE48 1ER.

**Maximum Time Limits:** We want everyone to finish the race whilst enjoying this amazing area. However, for safety reasons, there is a maximum time allowance for the full event with intermediate course cut-off times established at specific locations.

**Osprey 82k Course:** **Time Limits:** 82k 14hrs for the full event (Based on 6km/hr (3.7mph) approx.)

There will be six timing control checkpoints on the 82k route. Intermediate cut-off times will be established at these locations. These will be located at:



CONTROL	LOCATION	GRID REF (NY)	DISTANCE	TIME LIMIT(Hrs)	ACTUAL TIME
CP1	Wainhope Moor	673 924	16.5k	2:45	0915
CP2	Kielder Dam Car Park	707 882	32k	5:30	1230
CP3	Kielder Castle	631 934	50k	8:20	1520
CP4	Wainhope Moor	673 924	59k	9:45	1645
CP5	Kielder Dam Car Park	707 882	70k	11:30	1900

**Goshawk 50k Course:** **Time Limits:** 9hrs for the full event (Based on 6km/hr (3.7mph) approx.)

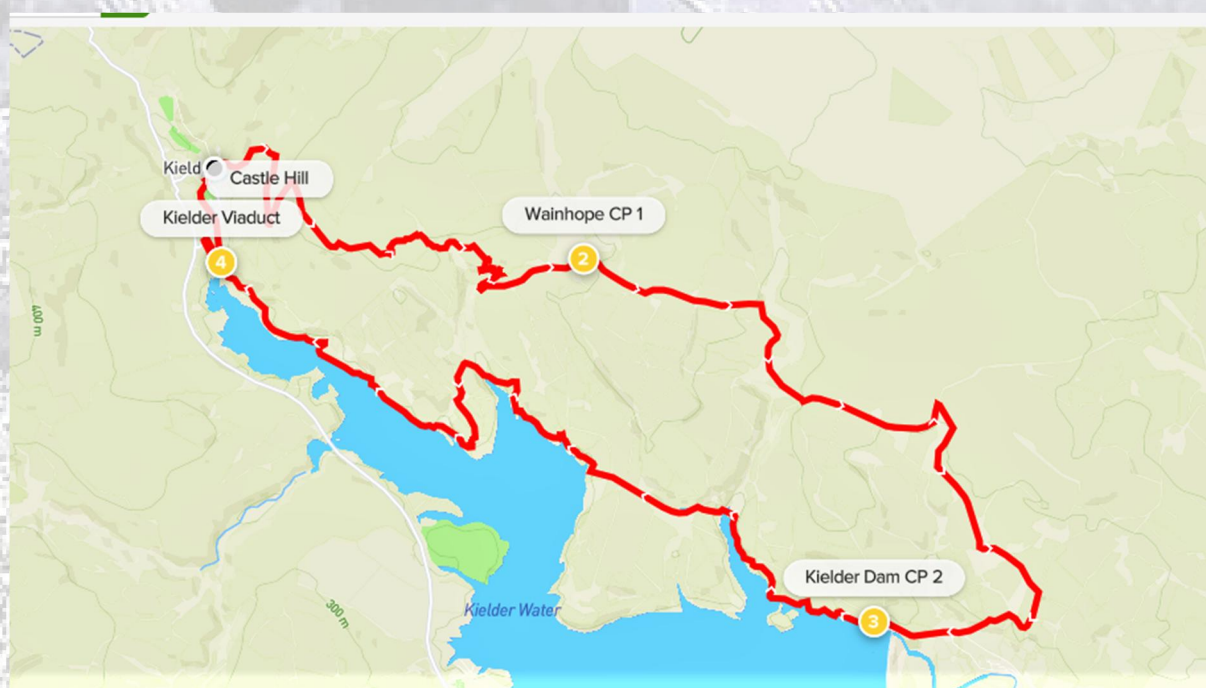
There will be three timing control checkpoints on the 50k route. Intermediate cut-off times will be established at these locations. These will be located at:



CONTROL	LOCATION	GRID REF (NY)	DISTANCE	TIME LIMIT	ACTUAL TIME
CP1	Wainhope Moor	673 924	16.5k	2:45	0915
CP2	Kielder Dam Car Park	707 882	32k	5:30	1230

**Falcon 32k Course:** Time Limits: 8hrs for the full event.

There will be two timing control checkpoints on the route. Intermediate cut-off times will be established at these locations. These will be located at:





CONTROL	LOCATION	GRID REF (NY)	DISTANCE	TIME LIMIT	ACTUAL TIME
CP1	Wainhope Moor	673 924	8k	1:45	1145
CP2	Kielder Dam Car Park	707 882	18k	4:00	1400

**Course GPS Measurement:** Please note that the actual distance and elevation gain can vary between +/- 5 % depending on the measurement method, i.e., make & model of watch/GPS unit, unit settings, tree cover, etc.

**Hydration/Feed Stations:** These will be located at each of the control point locations:

LOCATION	GRID REF (NY)	DISTANCE	82k	50k	32k
Wainhope Moor	673 924	16.5k	Y	Y	Y
Kielder Dam Car Park	707 882	32k	Y	Y	Y
Kielder Castle	631 934	50k	Y		
Wainhope Moor	673 924	59k	Y		
Kielder Dam Car Park	707 882	70k	Y		

No cups will be provided for cold drinks. To help minimize waste you will need to bring your own water bottle, bladder, etc.

**Mandatory Equipment & Checks:** The following (minimum) kit is mandatory for all runners (Including 32k). This must be carried by the **individual participant** for the duration of the event:

Full WATERPROOF body cover with taped seams (windproof is not enough)
Hat & gloves
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 and minimum 0.5L fluid.
Head torch & spare batteries (100k only) To be carried from the start.

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

**High Terrain Events**