

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	21k	3:30	1030
CP2	Kielder Dam Car Park	707 882	36k	6:00	1330
CP3	Kielder Castle	631 934	50k	8:20	1520
CP4	Wainhope Moor	673 924	58k	9:30	1700
CP5	Kielder Dam Car Park	707 882	68k	11:30	1900

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

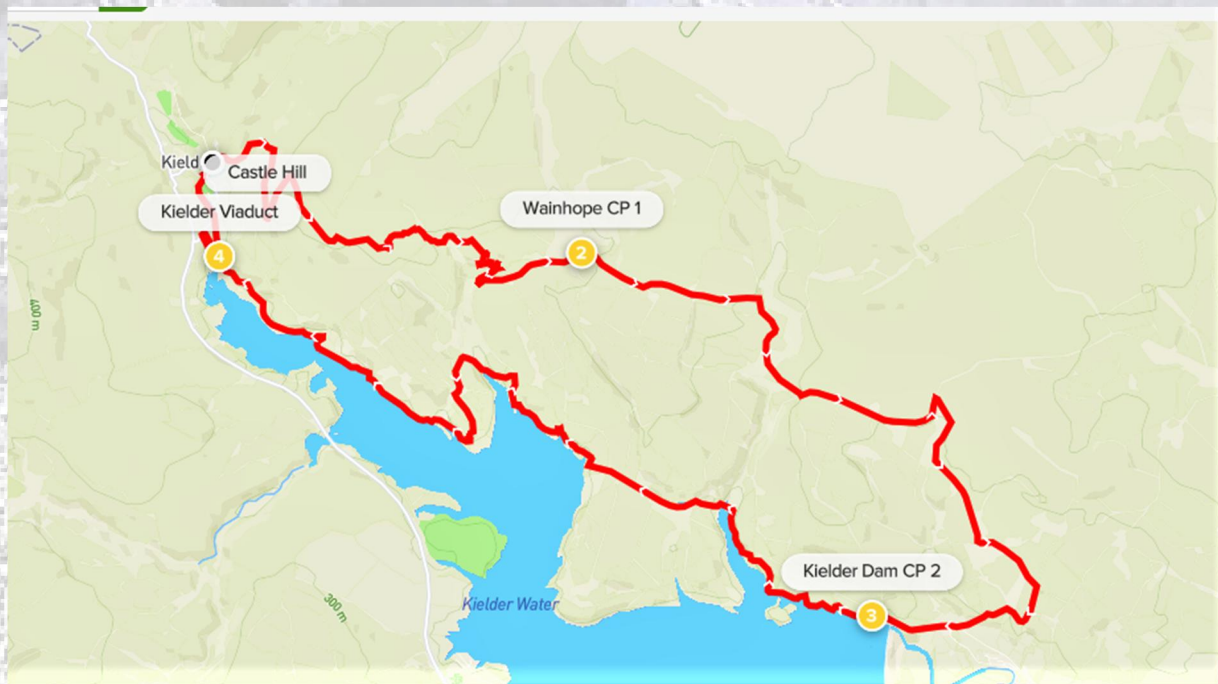
There will be three timing control checkpoints on the 50k route. Intermediate cut-off times will be established at these locations. These will be located at:



CONTROL	LOCATION	GRID REF (NY)	DISTANCE	TIME LIMIT	ACTUAL TIME
CP1	Wainhope Moor	673 924	21k	3:30	1230
CP2	Kielder Dam Car Park	707 882	36k	6:00	1500

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	21k/8k	Y	Y	Y
Kielder Dam Car Park	707 882	36k/18k	Y	Y	Y
Kielder Castle	631 934	50k	Y		
Wainhope Moor	673 924	58k	Y		
Kielder Dam Car Park	707 882	68k	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 the event.

High Terrain Events