

Kielder Ultra Route Checkpoints & Time Limits

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

Sunrise/Sunset: 0640/1948

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

There will be five 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	Kielder Dam Car Park	707 882	14k	2:45	0915
CP2	Kateshaw Hill	660 865	27k	4:15	1145
CP3	Kielder Castle	631 934	50k	8:30	1600
CP4	Kielder Dam Car Park	707 882	64k	10:30	1800
CP5	Bakethin	641 915	77k	13:00	2030

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

There will be two 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	Kielder Dam Car Park	707 882	14k	2:45	1215
CP2	Kateshaw Hill	630 887	27k	4:15	1400

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

There will be one timing control checkpoint on the route. An intermediate cut-off time will be established at this location. This will be located at:

CONTROL	LOCATION	GRID REF (NY)	DISTANCE	TIME LIMIT	ACTUAL TIME
CP1	Kielder Dam Car Park	707 882	14k	2:45	1245

Mandatory Equipment & Checks: The following (minimum) kit is mandatory for all runners (Including 32k). This must be carried by the 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. Reusable Eco Soft Cups will be provided
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