



The **40<sup>th</sup>**  
Great  
**Cumbrian**  
Run

**EVENT GUIDE**



SPORT IN ACTION

**BETTER**

# WELCOME BACK

Whether you're taking part in The Great Cumbrian Run half marathon, 10k or fun runs for the first time or you're a seasoned pro, we can't wait to see you on the start line! To make sure you're fully prepared, please take the time read this short to event guide prior to race day.



# REGISTRATION

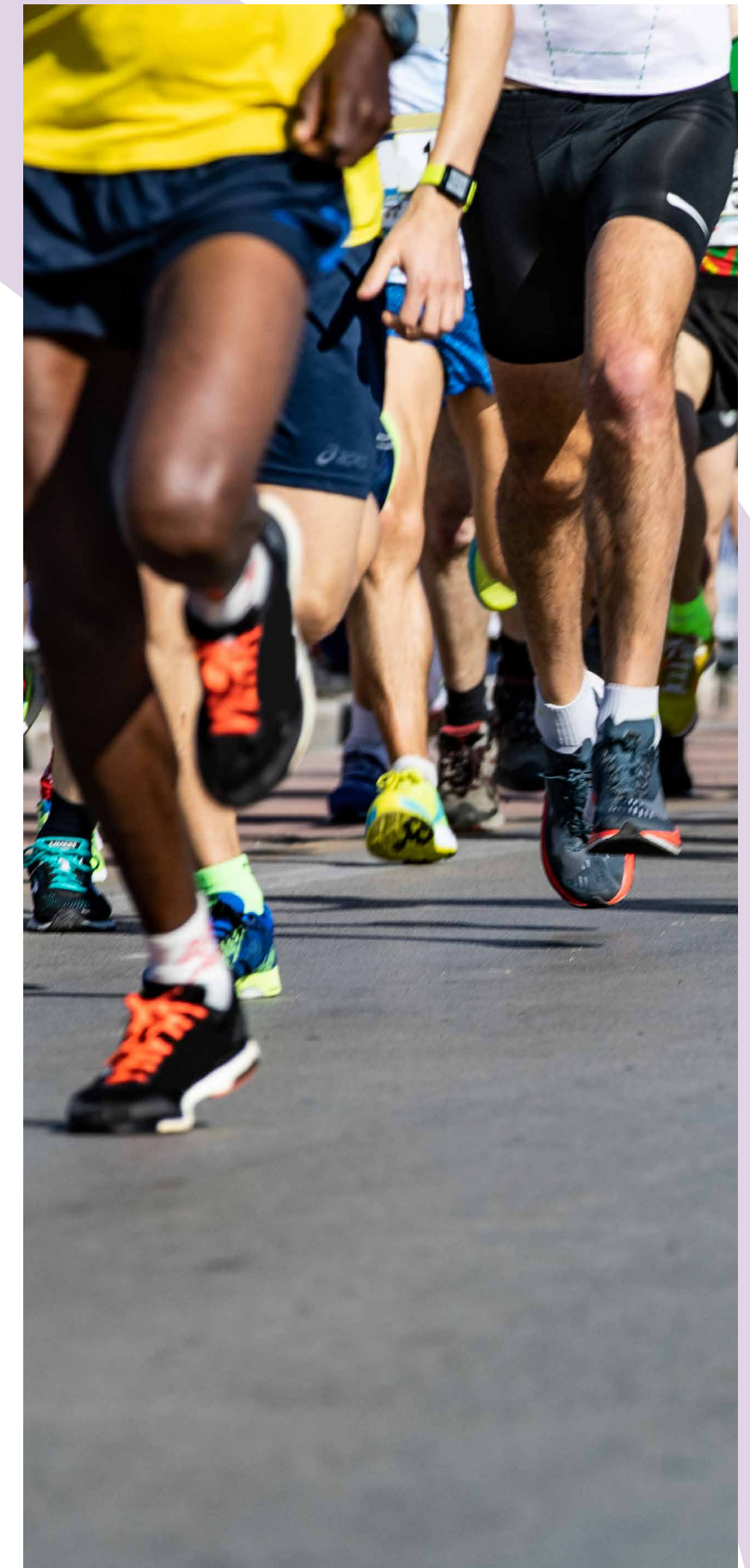
## THE SANDS CENTRE CA1 1JQ

You are able to collect your race numbers, timing chip, technical t-shirt and register both on the morning of the event and in the days prior. Registration will be open:

- Friday 4th October 4pm-8pm
- Saturday 5th October 12pm-4pm
- Sunday 6th October 7am-8.30am

If you plan to collect your race number on the morning of the event, please consider road closures around the city and allow plenty of time.

The nearest and recommended parking on race day will be Castle Car Park, CA3 8AN, which is £3.20 for 9.5 hours or £4.10 all day. The nearest an recommended parking on race day will be Castle Car park on Devenshire Walk, alternatives are Swifts Bank, West walls, the Viaduct car park and Central car park. Information about pricing and spaces can be found [\*here\*](#). Please note that there will be no access to Castle Car park from 8:40am when road closure will be in place.



# THE 40TH GREAT CUMBRIAN RUN

- The event is a 13.1 mile Half Marathon.
- Athlete warm up & briefing is from **8.30am** in Bitts Park.
- The Great Cumbrian Run will start at **9am**.
- There will be four water stations throughout the course:
  - **1st water station:** Bitts Park.
  - **2nd and 3rd Water:** Station Motorway Bridge on Brampton Road.
  - **4th Water Station:** RickerbyPark.
- For runner's safety, Bone conductor headphones are the only headphones allowed during the race.
- Always listen to instructions from the marshals that will be present throughout the race.
- The race will officially conclude at **12.30pm** at The Sheepmount Stadium.

- Please ensure that you listen and abide to the race instructions issued during the briefing at the start warm up area.
- Throughout the race make sure that you keep to the **left at all times**, with the exception of when instructed otherwise by either marshals or signage

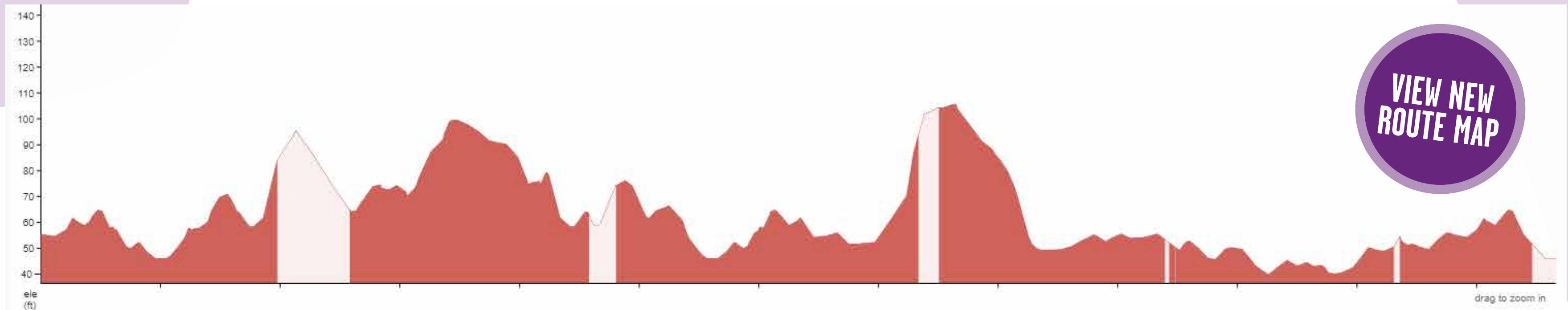
# HALF MARATHON ROUTE

2024 sees alterations to the 2023 route based on athlete feedback! The 40th Great Cumbrian Run will start in Bitts Park and head to and around the city centre before heading out to Bitts Park and heading out to the local villages of Brunstock, then Houghton passing the Boogie Bridge and Linstock before heading back towards the finish line via Rickerby park and the Eden River path behind The Sands Centre then finishing in The Sheepmount Athletics Stadium.

**PLEASE KEEP RIGHT WHEN ENTERING GETTING ON TO THE TRACK.** This year we will have pacers for the following times: 1 hour 30 minutes, 1 hour 45 minutes, 2 hours, 2 hours 15 minutes, 2 hours 30 minutes.

**Don't forget to smile when you cross the line for your free photo!**

## Elevation



**VIEW NEW  
ROUTE MAP**

# THE GREAT CUMBRIAN RUN 10K

- The Great Cumbrian 10k is a 6.2 mile race.
- Athlete warm up & briefing is from **8.30am** in Bitts Park.
- The Great Cumbrian 10k will start at **9am**.
- There will be two water stations throughout the course.
  - **1st water station: Bitts Park**
  - **2nd water station: Rickerby park**
- For runner's safety, Bone conductor headphones are the only headphones allowed during the race.
- Always listen to instructions from the marshals that will be present throughout the race.
- The race will officially conclude at **12.30pm** at The Sheepmount Stadium.

- Please ensure that you listen and abide to the race instructions issued during the briefing at the start warm up area.
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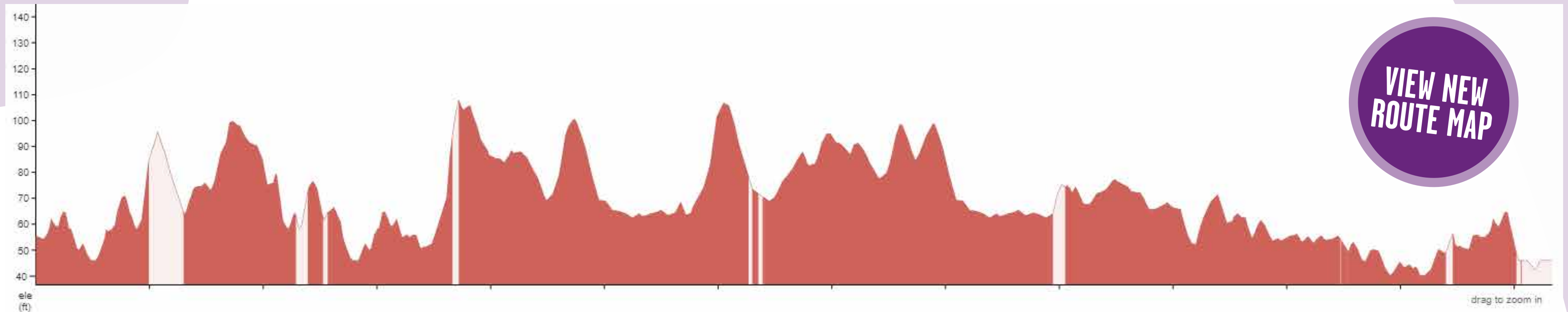
# 10K ROUTE

2024 has a brand new event starting within Bitts Park, heading in to the city centre following the half marathon until Rickerby Park where the 10K leaves the Half Marathon route turning into Rickerby Park and turning at The Cenotaph within Rickerby Park. Heading over the War Memorial Bridge, the 10K then heads back towards The Sheepmount Athletics Stadium by the path the runs next to the River Eden before finishing in front of the Grandstand at The Sheepmount Athletics Stadium.

**PLEASE KEEP LEFT WHEN ENTERING THE TRACK.**

**Don't forget to smile when you cross the line for your free photo!**

## Elevation



# THE GREAT CUMBRIAN FUN RUN

- The event is a fun run and consists of two races:
  - Fun run 1 is 1 mile
  - Fun run 2 is 5k
- Athlete warm up & briefing is from **8.30am** in Bitts Park.
- Fun Run 1 will start at **9:05am** and Fun Run 2 will start at **9am** at the back of the Half Marathon and 10k.
- Always listen to instructions from the marshals that will be present throughout the race.

- Please ensure that you listen and abide to the race instructions issued during the briefing at the start warm up area.
- Throughout the race make sure that you keep to the **left at all times**, with the exception of when instructed otherwise by either marshals or signage



# AFTER THE RACE

Once you're back at the event village, there will be opportunities for photos and to socialise with other participants.

An area will be available for loved ones to watch you cross the line and receive your medal. Live Race Results will be available [\*here\*](#), or simply go to [timingupnorth.co.uk](https://timingupnorth.co.uk) and select The Great Cumbrian Run.

# TROPHIES

There are trophies for 1st, 2nd and 3rd male and female, which will be presented shortly after all award winners have crossed the line in the event village.

# OUR PARTNERS



# AND FINALLY...

**We can't wait to welcome you back to The 40th Great Cumbrian Run!**

Our event couldn't go ahead without the support of our partners, volunteers and everybody who takes part too... a massive thank you.

Our team of marshals and race team will be available throughout the day of the event to help. Still have a question? Please email [cumbrian.run@gll.org](mailto:cumbrian.run@gll.org) or call us on **01228 538686**