

# FEED STATION CUT OFF TIMES

VENUE	AMENITIES	13 VALLEYS ULTRA	7 VALLEYS ULTRA	5 VALLEYS ULTRA	2 VALLEYS TRAIL
HONISTER YHA		21:45			
BLACK SAIL YHA		23:45			
WASDALE HEAD		01:30			
ESKDALE YHA		04:25			
CONISTON BOATING CENTRE		08:15			
JOEY'S CAFÉ AT WRAY CASTLE		11:45			
STICKLE BARN		14:30	08:00		
BORROWDALE INSTITUTE, ROSTHWAITE		19:00	12:45		
GRASMERE SHOWFIELD		23:15	17:00		
LAKESIDE CAR PARK, WATERHEAD		01:45	19:30		
THE FILTER HOUSE, HAYESWATER		06:30	00:30	15:00	
BURY HOSTEL, GLENRIDDING		08:30	02:30	17:45	
THRELKELD VILLAGE HALL		12:15	06:15	22:30	13:15
FINISH		15:00	09:00	02:00	16:00

NO SPECTATORS  
 SPECTATORS  
 HOT DRINKS  
 NUTRITION  
 HOT FOOD  
 SLEEPING  
 BAG DROP  
 DROP OUT VIA PUBLIC BUS SYSTEM