

FEED STATION LEVEL

VENUE	TIMES	AMENITIES	13 VALLEYS ULTRA	7 VALLEYS ULTRA	5 VALLEYS ULTRA	2 VALLEYS TRAIL
HONISTER YHA	FRI 18:15 - FRI 21:00		15K			
BLACK SAIL YHA	FRI 19:15 - FRI 23:15		23K			
WASDALE HEAD	FRI 20:15 - SAT 01:00		30K			
ESKDALE YHA	FRI 21:15 - SAT 03:45		41.5K			
CONISTON BOATING CENTRE	FRI 23:15 - SAT 07:30		57K			
JOEY'S CAFÉ AT WRAY CASTLE	SAT 00:30 - SAT 11:30		71K			
STICKLE BARN	SAT 01:45 - SAT 14:00		82K	8K		
BORROWDALE INSTITUTE, ROSTHWAITE	SAT 03:45 - SAT 18:15		100K	26K		
GRASMERE SHOWFIELD	SAT 05:45 - SAT 22:30		117K	43K		
LAKESIDE CAR PARK, WATERHEAD	SAT 06:45 - SUN 01:00		127K	53K		
THE FILTER HOUSE, HAYESWATER	SAT 09:00 - SUN 05:45		146K	72K	19K	
BURY HOSTEL, GLENRIDDING	SAT 09:45 - SUN 07:45		154K	80K	27K	
THRELKELD VILLAGE HALL	SAT 11:30 - SUN 11:30		169K	95K	42K	9K
FINISH			180K	109K	56K	22K



ALL FEED STATIONS



ENHANCED FEED STATIONS



HOT FEED STATIONS

FEED STATION MENU INFO

ALL FEED STATIONS

	VEGETARIAN	VEGAN	GLUTEN FREE	CONTAINS NUTS
WATER	●	●	●	
COKE	●	●	●	
TEA	●	●	●	
COFFEE	●	●	●	
VOOM NUTRITION HYDRATE ELECTROLYTE DRINK	●	●	●	
VOOM NUTRITION POCKET ROCKETS	●	●	●	
VOOM NUTRITION POWR BARS	●	●	LOW GLUTEN	
WATERMELON OR ORANGE	●	●	●	
JELLY SWEETS	●	●	●	
BANNANAS	●	●	●	
COCONUT MACAROONS	●	●	●	
CHOCOLATE CREPES	●	●		
SALTED CRISPS	●	●		

ENHANCED FEED STATIONS

SOUP	●	●		
BREAD	●	●		
SALTED NEW POTATOES	●	●	●	
TOMATOES	●	●	●	
SALAMI / CHORIZO				
MALT LOAF	●	●		
COLD RICE PUDDING	●			

HOT FEED STATIONS

ZENB PASTA AGILE BOWLS	●	●	●	
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PLEASE NOTE THAT WE RESERVE THE RIGHT TO AMEND SOME FOOD OPTIONS AHEAD OF THE EVENT BUT WILL COMMUNICATE THIS TO ALL RUNNERS.