

RACE PACK



**LONG COURSE WEEKEND
YORKSHIRE**

2024

EVERYTHING YOU NEED TO KNOW FOR
LONG COURSE WEEKEND

WELCOME,

On behalf of the entire team here at LCW, we extend our warmest welcome to each and every one of you attending this year's Long Course Weekend.

We are incredibly excited to bring the inaugural Long Course Weekend Yorkshire to the beautiful town of Masham. A tremendous amount of work has gone on behind the scenes to ensure that this event is a memorable experience for all involved.



We owe a special thank you to our amazing team of over 500 volunteers and leaders, whose dedication will ensure the safety and success of our athletes throughout the weekend.

We are also deeply grateful to the local community for their unwavering support. Their enthusiasm and participation have been essential to bringing this event to life.

As an athlete or supporter, you're not just participating in a race—you're becoming part of something truly special. This weekend will be filled with camaraderie and lasting friendships, creating memories that will last a lifetime. We sincerely thank you for choosing LCW as part of your race journey.

We look forward to seeing you on the course. Compete with a smile and savour every moment of this fantastic weekend.

Regards

Matthew Evans and Scott Powell

Founders of LCW Global



HOW TO USE THIS RACE PACK

PLEASE READ PAGES 3-14 FOR IMPORTANT EVENT OVERVIEW INFORMATION. THEN HEAD TO:



**YORKSHIRE
DALES SWIM**

15



**YORKSHIRE
DALES SPORTIVE**

21



**YORKSHIRE DALES
MARATHON**

27



**YORKSHIRE DALES
HALF MARATHON**

27



**YORKSHIRE
DALES 10K**

27



**YORKSHIRE
DALES 5K**

27



LCKINDER

34



FULL LONG COURSE

36

RACE BRIEFING VIDEOS



 RACESKIN

THE YORKSHIRE DALES SWIM

Watch the video briefing by clicking on the thumbnail to the left.



THE YORKSHIRE DALES SPORTIVE

Watch the video briefing by clicking on the thumbnail to the left.



THE YORKSHIRE DALES MARATHON, HALF MARATHON, 10K & 5K

Watch the video briefing by clicking on the thumbnail to the left.



FULL LCW ATHLETES

Watch the video briefing by clicking on the thumbnail to the left.

KEY LOCATIONS

📍 MASHAM MARKET SQUARE

What3words [///organist.tree.winks](#)

Location of Athlete Village (Expo)
The Yorkshire Dales Sportive start and finish
The Yorkshire Dales Marathon start and finish
The Yorkshire Dales 5k start and finish
The Yorkshire Dales Half Marathon finish
The Yorkshire Dales 10k start and finish

📍 MASHAM TOWN HALL, MASHAM

What3words [///harmonica.dripped.tungsten](#)

Location of registration

📍 GRIMWITH RESERVOIR

What3words [.///padding.pardon.regularly](#)

Yorkshire Dales Swim Location

📍 FOUNTAINS ABBEY

What3words [///breached.lonely.troubled](#)

Entrance

What3words [///large.tripped.unsightly](#)

Yorkshire Dales Half Marathon Start



what3words

Getting you exactly where you need to be at

LONG COURSE WEEKEND

We'll be using **what3words** throughout this race pack and the event to give you precise locations wherever we can. You just need to download the app and enter the location codes. Easy.

Locations will look like this:

[///organist.tree.winks](#)

DOWNLOAD THE APP





Expo Partners

1. Yorkshire Water
2. Visit Yorkshire
3. Framed
4. EKOI
5. EKOI
6. Andrea Hall Design
7. Edco
8. Circle Health
9. Tredz
10. Tredz
11. In Sync Cycling
12. Tri Fit Athletic
13. Open Country
14. Argon 18
15. Swinton Food Truck

EXPO OPENING TIMES

FRIDAY

9AM - 5PM

SATURDAY

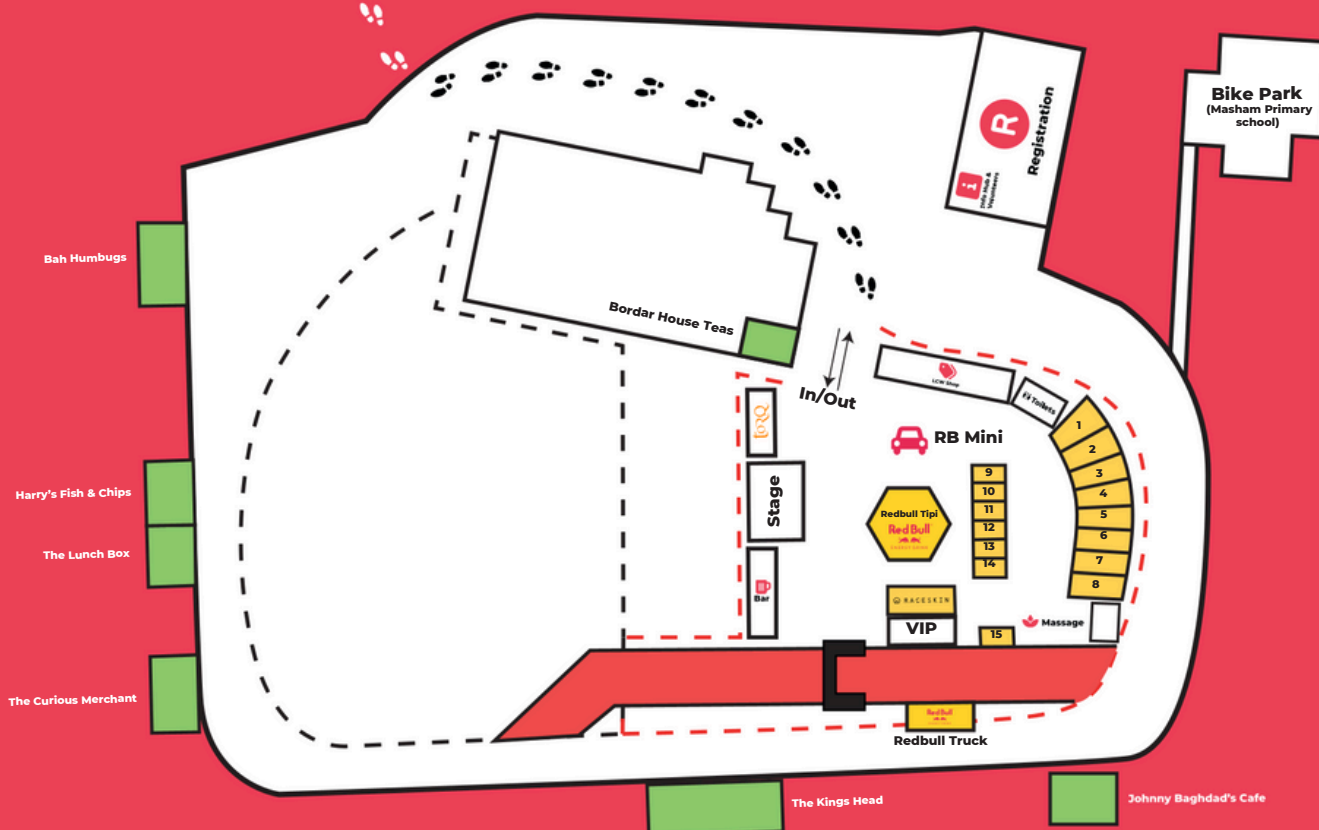
5AM - 5PM

SUNDAY

7AM - 5PM



3 Min walk



WHERE TO PARK

There will be parking available at the sports fields in Masham. The car park will be open Friday to Sunday.

Location: <http://harnessed.lemmings.biked> – Please follow the signs.

Parking Charges - All proceeds will go to Masham Parish Council and Masham Sports Association.

Friday - Free

Saturday - £5 all day per car

Sunday - £5 all day per car

Please bring cash and correct money if possible however a card machine will be available. All payments to be taken at the gate.

Please follow the parking marshal instructions. Please DO NOT park on the side streets of Masham, it's important to respect the Towns residents.



ITINERARY

LONG COURSE WEEKEND

VIEW ONLINE



Here is a full breakdown of everything happening on the weekend at a glance.

SWIM

FRI

SEPT

6

9am - 5pm	Registration Opens	Masham Town Hall, Masham
9am - 5pm	Event Expo Opens	Masham Market Square, Masham
2pm	1.2m, Half LCW, Junior LCW - Swim start	Grimwith Reservoir
3pm	1.2m, Half LCW, Junior LCW - Swim Cut Off	Grimwith Reservoir
5pm	2.4m, Full LCW - Swim Start	Grimwith Reservoir
6pm	2.4m, Full LCW - 1st Lap Cut Off	Grimwith Reservoir
7pm	2.4m, Full LCW - Swim Cut Off	Grimwith Reservoir

SPORTIVE

SAT

SEPT

7

5:00am - 5:00pm	Registration Open	Masham Town Hall, Masham
7am - 7:30am	All Cyclists Start	Masham Market Square, Masham
9:00am - 5:00pm	Event Expo Opens	Masham Market Square, Masham
10.30am	First Bikes Expected Back	Masham Market Square, Masham
12pm	Cut Off for Second Lap	Masham Market Square, Masham
5.00pm	Overall Cut Off	Masham Market Square, Masham

MARATHON

SUN

SEPT

8

7am - 9am	Registration Opens	Masham Town Hall, Masham
7am - 5pm	Event Expo Opens	Masham Market Square, Masham
8.45am	LC Kinder Start	Masham Market Square, Masham
9am	Half Marathon Coaches Depart	Outside Masham Town Hall
9.30am	Yorkshire Dales Marathon, 10k & 5k Starts	Masham Market Square, Masham
11.30am	Yorkshire Dales Half Marathon Starts	Fountains Abbey
11.30am	5k & 10k Prize Giving	Masham Market Square, Masham
12pm	First Marathon Athlete Back	Masham Market Square, Masham
12.30pm	Halfway cut off for Marathon	Fountains Abbey
3.30pm	Event Cut Off Time for Athletes	Masham Market Square, Masham
3.45pm	Marathon and Half Marathon Prize giving	Masham Market Square, Masham
4:00pm	LCW Trophy Presentation & 4th Medal	Masham Market Square, Masham
5.00pm	Acoustic Duo - Main Stage	Masham Market Square, Masham



THE YORKSHIRE BEER EXPERIENCE

LOCATED IN THE HEART OF MASHAM



BREWERY TOURS

Want to know more? Join one of our famous brewery tours! Our passionate tour guides know Black Sheep inside and out, and will talk you through the history and art of brewing whilst shepherding you through our unique brewhouse. Naturally, the tour ends at the bar for a tasting of our range!

TO BOOK A TOUR WITH US, EITHER GIVE US A CALL OR VISIT THE BREWERY AHEAD OF TIME.

Brewery tours can not be booked via our website.



BAA...R & KITCHEN

There's no better place to drink our beer than direct from the source! Naturally we serve the full range of Black Sheep cask, keg and bottled beers, ciders and spirits!

Grab a table and choose from our diverse menu of locally-sourced Yorkshire pub classics – a few of which feature our beer! Our menu features something for everyone, and as you might have guessed, all pairs excellently with our beer range!



SHEEPY SHOP

While you're here, you might as well stock up! Our shop features:

ALL OUR BEERS

MERCH

GIFTS & HAMPERS

LOCAL PRODUCE

For opening times, queries and bookings, please use the contact information below:

Phone: 01765 680 101 | E-mail: visitor.centre@blacksheep.co.uk | Website: www.blacksheepbrewery.com

The Black Sheep Brewery, Wellgarth, Masham, North Yorkshire, HG4 4EN

REGISTRATION

MAIN REGISTRATION: **MASHAM TOWN HALL**
What3words ///harmonica.drilled.tungsten



YOU WILL NEED YOUR PHOTO ID TO COLLECT YOUR BIB NUMBER. ONLY YOU CAN REGISTER. YOU ARE NOT ALLOWED TO REGISTER ON SOMEONE ELSE'S BEHALF.

TO REGISTER YOU BRING WITH YOU:

- **PHOTO ID**
- **YOUR ENTRY QR CODE (PRINT OR SCREENSHOT)**

Any athlete **WITHOUT PHOTO ID** will **NOT** be able to **REGISTER** or **RACE**.

Entries are non-transferable at registration. If you have not followed the correct steps to transfer your entry to another person (prior to the event), they will be unable to race.

If you do not complete your entered distance, it will result in a DNF. You will still receive a medal but no finishing time will be given.

CHANGING YOUR EVENT DISTANCE

You can change your distances at registration. All we ask is that you **PLEASE ALLOW PLENTY OF TIME** to do so. All changes must be made no later than **4 HOURS PRIOR** to the event start time.

There will be an admin charge of **£10** per event. Athletes cannot change distances during the event.

REGISTRATION TIMES

FRIDAY:	9am - 5pm	Priority given to LCW, Junior, Half & Swim Athletes between 11am - 2pm
SATURDAY:	5am - 5pm	Priority given to Cyclists between 5am - 7am
SUNDAY:	7am - 9am	Priority given to athletes as per start time

IN YOUR RACE PACK

You will be supplied with your chip and race number for the weekend at registration. Full LCW athletes will also be issued with number tattoos which need to be applied to both the arms and legs.

Please make sure that you have the following before leaving registration:



YORKSHIRE DALES SWIM ATHLETES:

- 1 x issued swim hat (for safety reasons, the issued swim hat must be worn)
- 1 x back of the hand tattoo (wear on either hand)
- 1 x timing chip to be worn using the strap provided outside of your wetsuit on your ankle (wear on either ankle)



YORKSHIRE DALES SPORTIVE ATHLETES:

- 1 x number for the front of your bike (cable ties will be supplied)
- 3 x helmet stickers, one for each side and the front of your helmet
- 1 x bib number for your back
- 1 x timing chip which is to go on the **LEFT** side of your **DRY** helmet.



YORKSHIRE DALES FULL, HALF MARATHON, 10K & 5K

- 1 x bib number to be displayed on your front
- 1 x timing chip attached to your bib (do not bend)



LONG COURSE WEEKEND ATHLETES

- 1 x All of the above
- 1 x LCW Athlete Goody Bag
- 1 x LCW Athlete Top
- 1 x LCW Beer (Not issued to Juniors)

WE'RE THE TEAM WITH THE **CAMERAS**



OUR SERVICES

BRANDING



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PARTNERSHIP**



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emily@e-marketingagency.co.uk

E-MARKETING



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 [@lcwyorkshire](#)



We're incredibly pleased to announce that we're the official beer partner for the inaugural Long Course Weekend Yorkshire!

Following years of success in Wales, New Zealand, Mallorca and Belgium; this weekend of sport is branching out into England – into the Yorkshire Dales no less! The first LCW Yorkshire will be hosted in Masham this September, and we can't wait to see sport return to the Dales in a big way with its Tour de France and Tour de Yorkshire pedigree. From Friday 6th to Sunday 8th, athletes of any skill level will swim, run and cycle around various locations in the Dales, with special awards for participants completing the full distance in each discipline.

AND THAT'S NOT ALL!!!

We're incredibly pleased to invite you to the **first Black Sheep x Long Course Carnival!** Running in conjunction with the 3 days of sport, we'll be hosting friends and families of the athletes and punters for a family friendly beer festival at the brewery, just a few paces away from the start line. Join us for pints, carnival games and food all-day each day!

Carnival Stalls

Chilled Music Nights

20+ Cask & Keg Beers

Carnival Kitchen

Face Painting

Ice Cream

Live Music

Free Brewery Tours

Candy Floss

and much more...



 RACESKIN



YORKSHIRE DALES
SWIMMING

**FRIDAY 6TH
SEPTEMBER**

 2.4 MILE  1.2 MILE

Welcome to the first-ever Yorkshire Dales Swim. We are very thankful to Yorkshire Water for allowing us the use of the reservoir for the event.

Athletes have been split into 2 waves and please make sure you have pre-booked your parking voucher for the Grimwith Reservoir.

 **Registration is not at the swim location.
You MUST come to Masham to register**

REGISTRATION

 **DON'T FORGET YOUR PHOTO ID**

FRI

**SEPT
06**

9am-5pm

Registration

Masham Markey Square

ITINERARY

SWIM ACCLIMATISATION

1.40pm for the 2pm Start

4.40pm for the 5pm Start

WATCH BRIEFING

FRI

**SEPT
06**

1.40pm

1.50pm

2pm

3pm

3pm

4.40pm

4.50pm

5pm

6pm

7pm

7pm

Swim Acclimatisation

Start Pen Closes & Swim Briefing

1.2m, Junior & Half Athletes Swim Start

Cut off for all athletes

Swim Presentation

Swim Acclimatisation

Start Pen Closes & Swim Briefing

2.4m, Full & VIP Athletes Swim Start

First Lap Cut off

Cut off for all athletes

Swim Presentation

Grimwith Reservoir

Grimwith Reservoir

Grimwith Reservoir

Grimwith Reservoir

Grimwith Reservoir

Grimwith Reservoir

Grimwith Reservoir

Grimwith Reservoir

Grimwith Reservoir

Grimwith Reservoir

Grimwith Reservoir

PARKING

Due to limited parking at the reservoir, you will need to purchase a parking pass prior to the event. We encourage car sharing to minimise the number of vehicles. All cars must pre-pay for the parking pass.

- **Wave 1:** Parking valid from 1pm – 3:40pm - £5
- **Wave 2:** Parking valid from 4pm – 9pm - £5
- If you are car-sharing with another athlete in a different wave, we can give you a pass that covers both waves which would be - £10

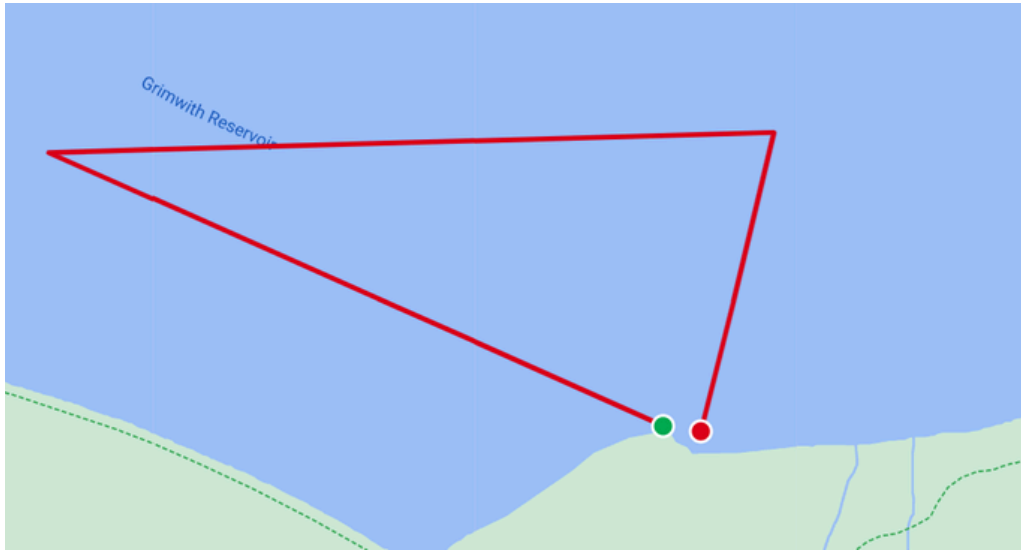
You will need to pre-book your parking via your Eventrac account and you can pick up the parking badge at registration.

If you need additional Parking for Supporters, please check at registration.

COURSE MAPS

2 Laps for 2.4m Swim

1 Lap for 1.2m Swim



IT IS NOT POSSIBLE TO SWIM IN GRIMWITH RESERVOIR PRE OR POST EVENT.

RACE INSTRUCTIONS

The swim start is self-ranking with a single wave start. Faster swimmers should position themselves at the front and slower swimmers towards the back.

- **1.2 Mile: Complete one lap and keep left** to follow the chute to the finish line.
- **2.4 Mile: After completing one lap, keep right in the chute** to complete lap two. **After the second lap, keep left and follow the chute to the finish line.**

Due to underfoot conditions, there will be a trainer drop zone area

FOR YOUR SAFETY

Athletes must take care when entering and exiting the water. Water Safety is on hand to help should you need them and you can still complete the course; it will **NOT** result in a DQ.

Should you need assistance during the swim, lie on your back and put your arm in the air (for this reason, forward-facing strokes ONLY are permitted during the swim).

If you fail to start after registering, you **MUST** report to the race office before the start of the race, this is for safety reasons.

We reserve the right to withdraw anyone from the race who appears to be suffering from the cold during the dry land run between laps. We advise athletes to bring warm clothing to change into immediately after their race. Athletes must wear a wetsuit which covers their chest and thighs and athletes are **NOT** permitted to wear boots or gloves.



IF YOU ARE UNABLE TO FINISH, PLEASE REPORT TO AN OFFICIAL OR YOU WILL BE CLASSED AS A MISSING PERSON

WETSUITS

•To help protect Grimwith from invasive species please ensure you bring a clean and dry wetsuit and follow the instructions below: Check, Clean, Dry

- **Check:** Before leaving the reservoir, check all your equipment, clothing, and footwear for any plant material, mud, or small aquatic animals.
- **Clean:** Wash all equipment, clothing, and footwear thoroughly with clean water to remove any invasive species.
- **Dry:** Dry all equipment and clothing thoroughly as some invasive species can survive for days in damp conditions.

BAG DROP

Bag Drop opens 1 hour prior to each wave start and closes 30 minutes after the cut-off.

Bag drop will be located by the sailing club near the finish line. Please note: bag checks may take place.

Any bags left after this time will be removed and delivered to the Athlete Village where lost property is stored at the Event Information Tent. It will be available for collection during Race Registration Opening Times.

Please make sure you **put your race number onto the tag provided and attach it to your bag. You must present your bib upon collection.**

Every effort will be made to keep your bag secure but items are left at your own risk. Race Organisers cannot be held responsible for any items left behind. **Space is limited so we politely request only small bags under 5kg.**

Bag Drop closes at 7.30pm prompt. All bags remaining after this time will be moved to the Athlete Village as noted above.

TIMING CHIPS

During registration, you will receive a **swim hat** that you **MUST** wear on top of any other hat, a **hand tattoo (on any hand)**, **2 swim hat tattoos** and your **timing chip**.

Your timing chip **MUST be on the top** of your wetsuit and **facing out**. Failure to do so will result in **no time**. If you lose your chip in the swim, you must report to a timing official at the finish line.

CUT OFFS

Due to athlete safety, there will be cut-offs in place for both distances. If we feel you are not going to make the cut off, you will be escorted back to shore in a safety boat.

Cut off for the 1.2m Swim - 3pm (1 hour after start)

First Lap Cut off for the 2.4m Swim - 6pm (1 hour after start)

Overall cut off for the 2.4m Swim - 7pm (2 Hours after start)

FACILITIES

All athletes will be given a bottle of water at the finish line.

There will be portaloos present at the location.

Refreshments will be available outside the Yacht Club.

There will be NO Shower facilities.

PRESENTATION

There will be a trophy presentation for the following categories, after the cut-off of each event.

1.2m Swim

1st, 2nd, 3rd Male and Female overall

2.4m Swim

1st, 2nd, 3rd Male and Female overall

Please note, there will be no age category prizes.



Training to become the best athlete requires apparel that sets the performance standards.



The Raceskin cycling range is clean, modern, easy on the eye and you don't have to be training for the Tour de France to appreciate the cutting-edge tech in the jerseys, gilets, cycling shorts et al. Our award-winning triathlon apparel incorporates the latest in design and technology to optimise performance, helping you train better and race faster. Raceskin's wetsuits are made using the most advanced neoprene fabrics to create superior flexibility and performance resulting in the fastest open-water swims.

LCW athletes use
this discount code

WELCOME10

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Brooke's Mill, Armitage Bridge, Huddersfield HD4 7NR

 **RACESKIN**



Raceskin's custom apparel represents years of evolution and refinement. We've developed a range of designs that have been tried and tested in the lab, on the roads and in races. We use the latest fabrics, tools and technologies to create pro-level custom cycling and triathlon wear at affordable prices. Our award-winning design team will use your brand to create exceptional quality clothing for your team, club or company.

Scan to visit our website



Visit www.raceskin.co.uk
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 RACESKIN



**YORKSHIRE DALES
SPORTIVE**

POWERED BY
ARGON 18

**SATURDAY 7TH
SEPTEMBER**

 112 MILE  56 MILE

REGISTRATION

 **DON'T FORGET YOUR PHOTO ID**

FRI

SEPT
06

9am - 5pm

Registration

Masham Town Hall

SAT

SEPT
07

5am - 6.30am

Registration

Masham Town Hall

ITINERARY

SAT

SEPT
07

5:00am - 6.30pm

Registration Open

Masham Town Hall, Masham

7am - 7:30am

All Cyclists Start

Masham Market Square, Masham

9:00am - 5:00pm

Event Expo Opens

Masham Market Square, Masham

10.30am

First Bikes Expected Back

Masham Market Square, Masham

12pm

Cut Off for Second Lap

Masham Market Square, Masham

5.00pm

Overall Cut Off

Masham Market Square, Masham

NO ATHLETES WILL START AFTER 7.30AM

TIMING CHIPS

You will receive your **timing chip** at registration. Please attach your timing chip to the **LEFT-HAND** side of your **DRY** helmet. Do **NOT** stick your chip to the foam, reflective strips or transfers as it will not work.

FITTING THE UHF HELMET TAG

The UHF helmet tag is used to time your cycle ride and is supplied as a self-adhesive label on a protective backing strip. You will only get one so **please read the instructions below carefully** before attaching it to your cycle helmet.

1. Before you attach the helmet tag, take a moment to check that the number printed on the tag is the same as the race number you have been issued.
2. The helmet tag should be attached to the **LEFT-HAND SIDE** of the dry helmet only as illustrated
3. The tag should be positioned as close to horizontal as possible when the helmet is on the head.
4. Peel off the protective backing and position the tag on the suitable part of the helmet.

RULES & REGULATIONS

FAILURE TO FOLLOW THE FOLLOWING WILL RESULT IN DISQUALIFICATION

- 1) Bikes must be road-worthy. They will be checked going into the Start Pen and athletes will not be allowed to start if tyres, brakes or any other part of athletes' equipment is deemed faulty. ALL athletes must carry a puncture repair kit.
- 2) Athletes must not ride more than 2 abreast
- 3) Helmets must be worn and fastened at all times.
- 4) Marshals are there for reference points only and it is your responsibility to know the course.
- 5) Although there are feed stations on course, we advise all athletes to carry 2 full bottles on their bike.
- 6) Any abuse of officials, locals or fellow competitors will result in an instant DQ.
- 7) Any littering during the weekend will result in a DQ from all events.
- 8) Event Organisers reserve the right to issue penalties and DQ as they see fit.
- 9) Cut Offs will be enforced at advertised times. All athletes must then head to the finish line or return home on the sweep vehicle.
- 10) It is advised to carry a mobile phone with you at all times Should you need any assistance for any reason please call the number on the back of your bib number.
- 11) At the finish, any rider who is riding too fast and ignores the marshal's advice to slow down or is riding dangerously will be DQ. Cut Offs will be enforced at advertised times.
- 12) It is your responsibility to know the route. Failure to follow the route will result in a DQ.
- 13) If you are riding a TT bike or with Tri Bars, drafting Laws will apply.
- 14) Please ride within your ability
- 15) Please ride withing the conditions of the roads
- 16) Hazards on the course - You, other road users, weather conditions, steep descent, sharp bends, narrow roads, cattle grids, livestock, potholes - please ride responsibly at all times.
- 17) Please ensure that you are kind and courteous to all other road users at all times.
- 18) Please note there is no mechanical assistance. You should be self-sufficient.

CUT OFFS

Cut-offs are in place for athlete safety and marshal welfare. First Cut Off is 12pm for first lap and 5pm for the overall.

If you miss a cut-off, you will not be able to go down the finish line and will be given your medal before the entrance. Please also report to an official if you miss the cut off.

IMPORTANT INFORMATION

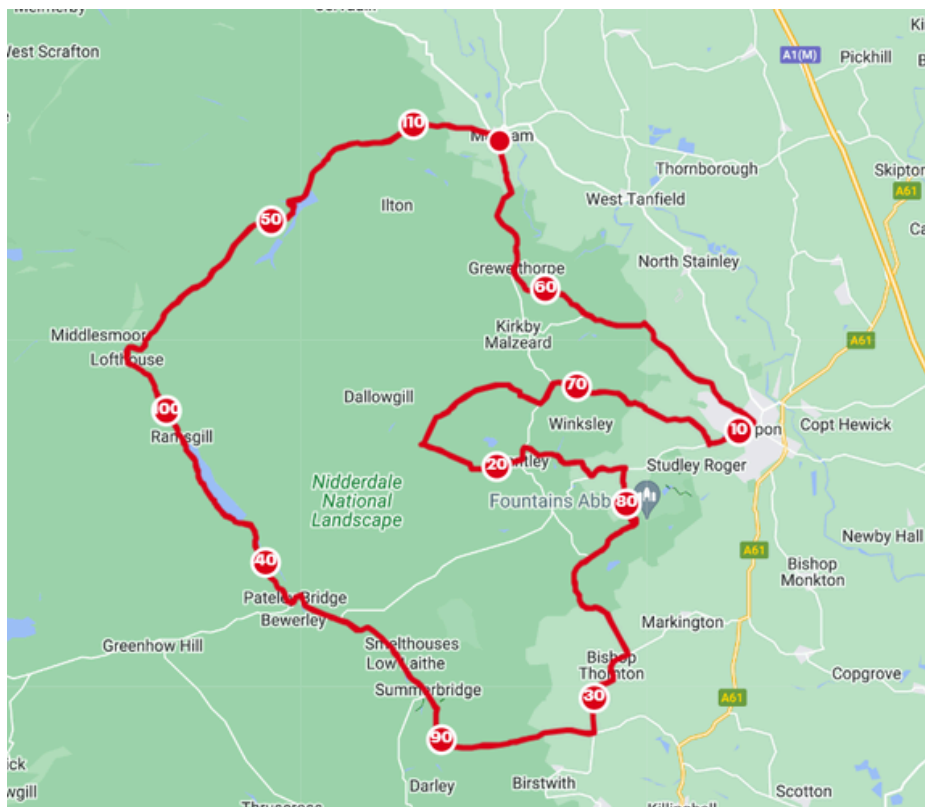
Your tag will not work if placed on carbon fibre. If you have a carbon fibre helmet or the part of your helmet that you are attaching the tag to is made of carbon fibre, you will need to report to registration to obtain a seat label.

NEVER stick the tag directly onto your bike frame, handlebars, forks, seat posts or components. Your tag will not work as these parts are either made of metal or carbon fibre.

If there are any incidents on the course that enforce a route change, cut offs will be adjusted accordingly.

COURSE MAPS













The course is a 56-mile loop which will be completed twice if you are taking part in the 112-mile route.



COURSE MAPS

FEED STATIONS

There will be 2 feed stations on course, which will be available twice on the 112-mile route.

- 
START
- 
MILE 14  112 MILE  56 MILE
 Water, Crisps, Sweets, Energy, Sausage Rolls, Flapjacks, Coke
- 
MILE 40  112 MILE  56 MILE
 Water, Crisps, Sweets, Energy, Mini Savoury Eggs, Flapjacks, Coke
- 
MILE 69  112 MILE
 Water, Crisps, Sweets, Energy, Sausage Rolls, Flapjacks, Coke
- 
MILE 80  112 MILE
 Water, Crisps, Sweets, Energy, Mini Savoury Eggs, Flapjacks, Coke
- 
FINISH LINE
 Bottled water, Erdinger Alkoholfrei

Athletes must report to the race office via the number on the back of your bib number should you start but self-retire on the course. We need to know that you are safe.

YOUR RITUAL AFTER



LHW

LONG COURSE WEEKEND
YORKSHIRE



ERDINGER
ALKOHOLFREI

ISOTONIC
REDUCED CALORIES
CONTAINS VITAMINS

EVERY SECOND. EVERY WATT. EVERY ADVANTAGE.

E-119 Tri+ Disc

Engineered for Speed

Obviously, as the name says, the E-119 Tri+ Disc sports disc brakes – but that's just the beginning. In an industry first, we've integrated the brake calipers into the frame, for an aero advantage.

Integration throughout the design also means a hidden toolkit in the BB, an integrated bento box and a fully re-designed cockpit. That this bike is aero goes without saying – but our focus was on full-system aero integration: bike and rider, plus all carry-ons.

Ride out of the ordinary – argon.com

ARGON 18 



**YORKSHIRE DALES
MARATHON**

**SUNDAY 8TH
SEPTEMBER**

YORKSHIRE DALES MARATHON, HALF MARATHON, 10K & 5K

REGISTRATION

FRI

SEPT
06

9am - 5pm

Registration

Masham Town Hall

SAT

SEPT
07

5am - 5pm

Registration

Masham Town Hall

SUN

SEPT
08

7am - 9am

Registration

Masham Town Hall

WATCH BRIEFING

ITINERARY

SUN

SEPT

8

7am - 9am

Registration Opens

Masham Town Hall, Masham

7am - 5pm

Event Expo Opens

Masham Market Square, Masham

9am

Half Marathon Coaches Depart

Outside Masham Town Hall

9.30am

Yorkshire Dales Marathon, 10k, 5k Start

Masham Market Square, Masham

11.30am

Yorkshire Dales Half Marathon Starts

Fountains Abbey

12pm

First Marathon Athlete Back

Masham Market Square, Masham

12.30pm

Halfway cut off for Marathon

Fountains Abbey

3.30pm

Event Cut Off Time for Athletes

Masham Market Square, Masham

4:00pm

LCW Trophy Presentation & 4th Medal

Masham Market Square, Masham

COURSE MAPS

Click the links below for the course map for each of the distances. The Marathon, 10k and 5k will start in Market Place, Masham. The half marathon will begin in Fountains Abbey. All distances will end on the red carpet finish in Masham. Yorkshire Dales 10k & 5k will be out-and-back courses and there will be a turnpoint sign in the road. Please keep left at all times.

**YORKSHIRE DALES
MARATHON**



**YORKSHIRE DALES
HALF MARATHON**



**YORKSHIRE DALES
10K**



**YORKSHIRE DALES
5K**



RULES & REGULATIONS

FAILURE TO FOLLOW EVENT RULES AND REGULATIONS WILL RESULT IN DISQUALIFICATION

IT IS YOUR RESPONSIBILITY AS A COMPETITOR TO KNOW ALL THE RULES. IGNORANCE IS NO DEFENCE.

- 1) As a competitor, you must know and correctly complete the full course.
- 2) Foul and abusive language is not permitted and the failure to follow a marshal's instructions, the police or referee will lead to disqualification. Marshals are volunteers who help with running the event that you are taking part in. Please respect them and thank them for their efforts.
- 3) No outside assistance is allowed at any time.
- 4) Please do not use mobile phones or listening devices that may impair your hearing or concentration in any way on the course as this will lead to disqualification. When racing, you need to be aware of other competitors and the general public (both on foot and live traffic).
- 5) Chests must always be covered on the run, no matter how hot it is.
- 6) Event numbers must be worn on the front for the run. They must be visible at all times. They must not be altered or mutilated in any way, otherwise, you will be penalised.
- 7) The course is comprehensively marshalled and signed with black arrows on fluorescent backgrounds. Remember, the referee will always be willing to answer any questions you may have however his/her decision is final.
- 8) Should a time or penalty be queried after the event, this must be submitted within 24 hours after the race. A review panel will meet 48 hours after the event and all decisions will be final.
- 9) All decisions are final. The Race Director and Race Referee have the final say on all decisions and outcomes. For safety purposes, the Race Director and Race Referee have the ability to implement and introduce laws and rules on the day.
- 10) Please make sure you are at the start line, 30 minutes prior to the event start.
- 11) Marshals are only a reference. You should check junctions yourself upon approaching and know the course.
- 12) If you cannot complete the course, please report to an official with your timing chip. This is for safety reasons.
- 13) If you decide last minute not to start the event, please report to an official with your timing chip. Again, this is for safety reasons.



MARATHON, 10K & 5K

📍 MASHAM TOWN HALL, MASHAM
What3words ///harmonica.dripped.tungsten

HALF MARATHON

📍 FOUNTAINS ABBEY
What3words ///large.tripped.unsightly

COLLECTION FOR ALL BAGS

📍 MASHAM TOWN HALL, MASHAM
What3words ///harmonica.dripped.tungsten

Bag Drop will be open for drop offs 1 hour prior to start and will close 15 minutes prior to race start. Collection will be open from **11am-5pm**. It will be signposted upon arrival at the Athlete Village.

Please make sure you put your race number onto the tag provided and attach it to your bag. You will be required to show your race number to collect your bag. Please note, bag checks may take place.

Every effort will be made to keep your bag secure but items are left at your own risk. Race Organisers cannot be held responsible for any items left behind. Space is limited so we politely request **only small bags under 5kg**.

Bag Drop for collection closes at 5pm prompt. All bags left after this time will be taken to LCW Headquarters in Haverfordwest where you can arrange collection from after the event.

TIMING CHIPS

YOUR BIB MUST BE VISIBLE AT ALL TIMES

Ensure the bib is pinned at all 4 corners. **DO NOT** fold, crease or remove the chip that is attached to the bib. Mount the bib on the torso area of your race top and do not cover it with other items of clothing. Race belts are permitted and can be purchased from the LCW Official Shop in the Athlete Village.

A YouTube link for fitting a BibTag can be found at - www.youtube.com/watch?v=fA5y1Ursqz0

ATHLETES NEED TO ENSURE THEIR RACE NUMBERS ARE PLACED ON GELS. RANDOM CHECKS AT THE START LINE WILL BE IN OPERATION

CUT OFFS

Cut Offs are in place for athlete safety. There will be 2 cut-offs in place -

- 12.30pm Cut off will be at the Half Marathon Start at Fountains Abbey
- 3.30pm there will be an overall cut-off at Masham.

If you are advised on course by a moto that you will miss the cut-off time, we will ask you to take the sweep bus back to Masham due to road opening and athlete safety.

If you miss a cut-off, you will not be able to run down the red carpet and will be given your medal before the carpet due to the 4th medal ceremony.

FEED STATIONS



START



MILE 3 - NUTWITH LANE



Energy Station - Water, Energy, Crisps, Sweets, Flapjacks



MILE 6 - KIRKBY MALZEARD



Water Station



MILE 9 - WINKSLEY



Energy Station - Water, Energy, Crisps, Sweets, Flapjacks



MILE 12 - FOUNTAINS ABBEY



Water Station



MILE 15 - GALPHY LANE



Energy Station - Water, Energy, Crisps, Sweets, Flapjacks



MILE 18 - GALPHY VILLAGE



Energy Station - Water, Energy, Crisps, Sweets, Flapjacks



MILE 20 - KIRKBY MALZEARD



Water Station



MILE 23 - GREWELTHORPE



Energy Station - Water, Energy, Crisps, Sweets, Flapjacks



FINISH LINE



Bottled water, Erdinger Alkoholfrei

NOTE: PLEASE BE AWARE ALL DISTANCES ARE APPROXIMATE AND ALL CONTENTS ARE SUBJECT TO CHANGE.

THERE WILL BE NO FEED STATIONS FOR THE 5K



IF YOU CAN CARRY IT FULL, YOU CAN CARRY IT EMPTY.
LITTERING BY ATHLETES WILL NOT BE TOLERATED. PLEASE
CARRY LITTER OR DISPOSE IN BINS AT FEED STATIONS.

BUS INFORMATION

INFORMATION REGARDING THE BUS TO THE HALF MARATHON START

 **9am depart**

 **Outside Masham Town Hall**

Ticket Sales have now closed online. Places will be available to purchase (subject to availability) at the LCW Official Shop in the Athlete Village.

AWARDS

Presentations will be at different times, please see below for the timings for your distance.

Prizes

5k

1st, 2nd, 3rd Male and Female overall

10k

1st, 2nd, 3rd Male and Female overall

Half Marathon

1st, 2nd, 3rd Male and Female overall

Marathon

1st, 2nd, 3rd Male and Female overall

No Age Category Prizes for these events.

Times

5k & 10k Presentation - 11.30am

Half Marathon & Marathon Presentation - 3.35pm



torq®



LONG COURSE WEEKEND
YORKSHIRE

£10

EXCLUSIVE LCW OFFER



OR



OR



1x

+

ANY 6

500ml
drinks bottle
(SRP £5.95)

TORQ
energy gel
(SRP £2.15)

TORQ
energy drink
(SRP £1.95)

TORQ
hydration drink
(SRP £1.50)

Other offers will be available from the TORQ stand



**SUNDAY 8TH
SEPTEMBER**

Long Course Kinder is the first event on Sunday to kid off the Run Day. Ages 4-11 will take part in their own event of the weekend, with a run around Masham Market Place. There will be 1, 2 or 3 laps available and young athletes can choose what distance they run, This decision can be made on the day.

Registration will in the Masham Town hall. Parents can collect the pack and t-shirt for their child. Registration times below.

If you have not registered your child, you can still do this at Masham Town Hall, when you register yourself.

All children will receive medal on the red carpet ceremony.

ITINERARY

FRI

SEPT
06

9am - 5pm

Registration

Masham Town Hall

SAT

SEPT
07

5am - 5pm

Registration

Masham Town Hall

SUN

SEPT
08

7am - 8am

Registration

Masham Town Hall

8.30am

All Children Gather

Market Place

8.45am

LC Kinder Event Starts

Market Place







LCW
LONG COURSE WEEKEND
YORKSHIRE

**6 - 8TH
SEPTEMBER**

**FULL LCW
ATHLETES**

ALSO CHECK OUT THE YORKSHIRE DALES SWIM, BIKE AND MARATHON SECTIONS FOR MORE INFORMATION

WATCH BRIEFING

2.4 MILE  112 MILE  26.2 MILES

COURSE MAPS →

COURSE MAP



REGISTRATION

! DON'T FORGET YOUR PHOTO ID

FRI
SEPT 6 9am-3pm **Registration** Masham Markey Sqaure

ITINERARY

SWIM FRI SEPT 6	9am - 4:30pm	Event Expo Opens	Masham Market Square, Masham
	4.40pm	Swim Acclimatisation	Grimwith Reservoir
	5pm	2.4m, Full LCW - Swim Start	Grimwith Reservoir
	6pm	2.4m, Full LCW - 1st Lap Cut Off	Grimwith Reservoir
	7pm	2.4m, Full LCW - Swim Cut Off	Grimwith Reservoir

SPORTIVE SAT SEPT 7	7am - 7:30am	All Cyclists Start	Masham Market Square, Masham
	9:00am - 5:00pm	Event Expo Opens	Masham Market Square, Masham
	10.30am	First Bikes Expected Back	Masham Market Square, Masham
	12pm	Cut Off for Second Lap	Masham Market Square, Masham
	5.00pm	Overall Cut Off	Masham Market Square, Masham

MARATHON SUN SEPT 8	77am - 5pm	Event Expo Opens	Masham Market Square, Masham
	9.30am	Yorkshire Dales Marathon, 10k & 5k Starts	Masham Market Square, Masham
	12pm	First Marathon Athlete Back	Masham Market Square, Masham
	12.30pm	Halfway cut off for Marathon	Fountains Abbey
	3.30pm	Event Cut Off Time for Athletes	Masham Market Square, Masham
	4:00pm	LCW Trophy Presentation & 4th Medal	Masham Market Square, Masham
	5.00pm	Acoustic Duo	Masham Market Square, Masham

CUT OFFS

Cut-offs are in place for athlete safety. There will be a number of cut-offs in place for the weekend. If you miss a cut-off, we will allow you to carry on with the next discipline, but you will not be eligible for the 4th Medal.

SWIM

First Lap Cut off for the 2.4m Swim - 6pm (Aussie Exit)

Overall cut-off for the 2.4m Swim - 7pm (Finish Line)

BIKE

First Lap Cut Off for the 112m Bike - 12pm (Masham)

Overall cut-off for the 112m Bike - 5pm (Finish Line)

MARATHON

First Lap Cut Off for the Marathon - 12.30pm (Fountains Abbey)

Overall cut-off for the Marathon - 3.30pm (Finish Line)

If you are advised on course by a moto that you will miss the cut-off time, we will ask you to take the sweep bus back to Masham due to road opening and athlete safety.

If you would like to drop your distances during the weekend, please visit Registration to get this changed.



IMPORTANT

GOLD BAND COLLECTION - FULL LCW ATHLETES

On completing the Full Long Course Weekend, you will need to visit the DBMAX VAN to retrieve your **gold band**. Without this, you **will NOT be permitted** access to the red carpet for the 4th medal ceremony. Here we will verify your results on our system and issue you with a gold band which **MUST** be worn before heading to the red carpet with your athlete t-shirt and event medals.

You will be required to show your bib number at the collection point to be issued with a band.

We strongly advise that you collect your gold band within 20 minutes of finishing to avoid delays.

MEDAL CEREMONY: FULL & JUNIOR LCW

Long Course Weekend is brought to a close with the very special 4th medal ceremony. This is your chance to walk the red carpet and share success with fellow athletes in a guaranteed spine-tingling atmosphere. The unique ceremony is certainly a moment to cherish and is a great occasion for you as an athlete and for your supporters.

All athletes eligible for the 4th medal must gather at the bottom of the finish area at 3:45pm. The ceremony will start at 4pm.

To be part of the ceremony, you **NEED** to be wearing:

- A LCW Athlete Gold Band (to be collected from the Masham Town Hall.)
- Your LCW Athlete Polo Shirt
- All Medals received over the weekend.

It is anticipated that the ceremony will last **approximately 30 minutes**. Be a part of something special...be a part of history.

Athletes who have entered each distance separately will not be eligible, you must have entered the Full LCW event.

For queries about results, please see a member of the timing team at the finish line.

THE 4TH MEDAL WILL NOT BE GIVE OUT PRIOR TO THE CEREMONY. IF YOU ARE UNABLE TO ATTEND, WE CAN POST IT OUT TO YOU AFTER THE EVENT FOR £5.

DON'T FORGET YOUR POLO SHIRT

To take part in the 4th medal ceremony on Sunday, you must wear the athlete polo that was issued to you at Registration.





Cheers to you

A free pint for all race finishers

Take a well-earned break with a complimentary beer when you show your LCW race number. Choose from either a pint of Greene King Level Head IPA, Seasonal Cask Ale, or non-alcoholic alternative. Sip back & relax, *you've earned it*



THE KINGS HEAD

Market Place, Masham, Ripon, HG4 4EF

Chef & Brewer
COLLECTION

book your spot



Enjoy one complimentary drink when showing your LCW race number, choose from a pint of Greene King Level Head IPA, seasonal cask ale, bottle of Lucky Saint or soft drink. One complimentary drink per race number, per person. Over 18s only. Valid at Kings Head, Masham 6-20th September 2024. Copied race numbers will not be accepted. Enjoy responsibly. Sunrise House, Ninth Avenue, Burton upon Trent. Full T&Cs visit chefandbrewer.com/terms-and-conditions

NEW

LCW WORLD CHAMPIONSHIPS

LONG COURSE WEEKEND WORLD CHAMPIONSHIP... HERE IT IS!

LCW Belgium 2025: Your First LCW World Championship

Twenty athletes from the Full LCW will qualify for the 2025 LCW World Championship in Belgium; 10 Male and 10 Female. The twenty will consist of the top 3 male athletes and the top 3 female athletes, with the remaining 14 athletes being chosen completely at random!

We've asked our sponsors, officials and VIP's to choose a finish time at random. We will announce to the crowd the next Long Course Weekend athlete to cross the finish line will qualify. Then you are on your way to Belgium for the World Champs – congratulations!

How to know you've qualified? Yellow flags (male) and orange flags (female) will fly high as you run down the red carpet, announcing to you and the crowd that you have qualified.

Need to know

Entry is completely FREE* for qualifiers.

Qualifying Events:

If you're not one of the lucky ones to qualify for the 2025 LCW World Championship in Belgium, all is not lost! There are several more chances to qualify, just head to one of our LCW global events for another opportunity.

LCW Belgium 2024
LCW Mallorca 2025
LCW Holland 2025

Good luck!

*Travel, accommodation etc. is not provided.

ADDITIONAL INFORMATION

LOST PROPERTY

Please Registration during opening hours to retrieve lost property during the event weekend. Once the event has ended, all lost property will be transported to the LCW Headquarters in Haverfordwest where it will be kept for 7 days. After this time, it will be disposed of accordingly.

PHOTOGRAPHY AND MEDIA

We will have several photographers and videographers out on course during the event. Finisherpix will be taking athlete photos so make sure you smile for the camera.

Please be aware that drones will be flying over and on the course. If a drone is flying on course, be aware that the drone may not be able to see you. Please do not approach the drone and give the drone right of way. If you believe the drone is malfunctioning or has crashed, please don't approach it or touch it and notify a member of staff.

CHANGING YOUR DISTANCE

All distance changes can be done at Registration, this can no longer be done online or over the phone. Please register as normal and then see the Changes Desk in Registration to amend your race entry.

LITTER

Long Course Weekend takes place in the magnificent Nidderale Area of Outstanding Beauty and we kindly help us to respect and preserve the beauty of this wonderful landscape throughout the weekend.

Wherever you are in Yorkshire this weekend, whether you are on course, in the Athlete Village, on the finish line or at the Reservoir; we ask that you place all litter in the bin and dispose of your waste correctly. No matter where you are or whether it is as part of this event, please respect the county. Leave only footprints.

MASSAGE

There will be massages available on Saturday and Sunday from 11am - 5pm at the Event Expo. You can pre-book your massage slot [HERE](#).

THANK YOU TO OUR SPONSORS



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FUTURE EVENTS



LCW BELGIUM

20th - 22nd SEPTEMBER 2024



LCW MALLORCA

3rd & 4th MAY 2025



LCW NETHERLANDS

16th - 18th MAY 2025



LCW WALES

27th - 29TH JUNE 2025



LCW YORKSHIRE

29th - 31st AUGUST 2025



LCW BELGIUM

WORLD CHAMPS

26th - 28th SEPTEMBER 2025

A quick dip **could** **cost your life!**

**Dangers of swimming in a reservoir
outside of organised events.**

Isolated locations



Our reservoirs are usually in remote areas, making it harder for the fire service to reach you in an emergency.



Extremely cold water

The water in our reservoirs is a very low temperature all year round and cold water shock can kill.



Strong underwater currents

These can be caused by pipes and machinery you can't see. Even if the water looks calm, under the surface it's a different story.



Time

Don't waste time trying to help - call 999 immediately! Without specialist equipment you could put yourself at risk.

In an emergency

If you see someone struggling in the water, don't jump in to help, call 999 and ask for the fire service!

Scan the QR for **more reservoir safety advice**



Swimming is not allowed in our reservoirs! We've worked closely with Long Course Weekend to be able to provide safety measures to make this a safe experience for those taking part in this event only.

