

RACE
GUIDE



BRITAIN'S MOST BEAUTIFUL



SATURDAY 4TH OCTOBER 2025

10K START - 13:00 / GRAVEL DUATHLON START - 13:00

KIELDERMARATHON.COM



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Event licensing powered by England Athletics



RACE INFORMATION / EVENT SCHEDULE

We are delighted that you will be joining us and taking part in the Altra Kielder Marathon Weekend on Saturday 4th - Sunday 5th October 2025. This pack should provide all the information you need for race day. If you entered before Monday 15th September you will be receiving your race number in the post. If your race number has not arrived by Thursday 2nd October please email info@eventsofthenorth.com.

RACE INFORMATION LOCATION

If you entered after Monday 15th September, you will be able to pick up your number from race information located next to the tipi from 10:45am - until 12:30pm.

YOUR RACE NUMBER

Your timing chip is already affixed to your race bib. When storing your bib please take care not to fold or bend the chip as this can damage it and reduce it's effectiveness. Please make no attempt to remove or swap the chip as this will invariably result in damage. When you put your bib on, please ensure that it is clearly visible on the front of your body, and take care not to pierce the timing chip with pins. Do not pass your race number to another runner before or during the race. This is very important for health and safety reasons and is a serious breach of UK Athletics rules. If you have lost your race number you will be able to pick up a replacement from race information.

GRAVEL DUATHLON TEAM ENTRANTS

All Gravel Duathlon participants will need to collect their timing chips from registration at Transition on the day.

For Team entrants, there is a race number for each team member and each leg will be timed electronically. Your pack also contains your bike identification number, please attach this securely to your bike.

BTF LICENSE

All Gravel Duathlon participants will need to confirm their British Triathlon Race Pass or show the British Triathlon Home Nations Membership card.



EVENT SCHEDULE

- 10:30 Car Parks Open
- 10:45 Race Information & Transition Opens
- 12:30 Runners must be at Kielder Waterside Park
- 12:45 Race Assembly
- 13:00 Race Starts (10K AND Gravel Duathlon)

GETTING HERE / ACCOMMODATION

Directions to Kielder Waterside

BY CAR

If you are using SATNAV please use the postcode and address for Kielder Waterside Park, Kielder, NE48 1BT.

Approximate travel times to Kielder:

From the A69 junction at Hexham – 50 minutes

From Otterburn – 40 minutes

From Carlisle – 1 hour 30 minutes

From Newcastle – 1 hour 15 minutes

BY COACH

A coach service is available from Newcastle. This service must be pre-booked. Please email info@eventsofthenorth.com to book. You will receive a specific email with final travel information by Tuesday 30th September. We would encourage as many people as possible to use this service to help us in our sustainability efforts. It is also a guaranteed drop off at the closest point to the start line!

CAR PARKING

The event centre is located at Kielder Waterside Park. There are a number of car parks situated within a short walk or bus journey to Kielder Waterside park which you will be directed to on your approach:

Green car park

(located opposite entrance to Kielder Waterside Park) – 10 min walk to event centre

Blue car park – 10 minute bus journey

All car parking is free of charge for competitors presenting a race number; the shuttle buses will run from the Blue car park dropping off at Kielder Waterside Park (10K & Gravel Duathlon Start).

All Gravel Duathlon competitors will be directed to parking at the Green Car Park.

Please ensure you allow enough time to park your car and get to the start line.

KEY



BLUE CAR PARK
10K ONLY
SHUTTLE BUS TO START



GREEN CAR PARK
GRAVEL DUATHLON / 10K
10 MINUTE WALK TO START



PINK CAR PARK
10K OVERFLOW
SHUTTLE BUS TO START



DISABLED
PARKING



NEWCASTLE
BUS DROP OFF /
PICK UP



SCOTLAND

NEWCASTLE
HEXHAM

GETTING HERE / ACCOMMODATION

SPECTATORS

Spectators can use the car parking and shuttle bus facilities at the purchase of a day pass for £5 on the day or £3 if purchased in advance. Shuttle buses will operate from Kielder Waterside Park to all car parks throughout the day. Under 5s travel free.

PRE-BOOK SPECTATOR TICKETS

FUEL STATION

An unmanned fuel station is located at Kielder Village taking card payments only.

This is open 7:00am – midnight, seven days a week. Bellingham garage is open 06:00am to 10:00pm, seven days a week. There is also a fuel station in Hexham.

THE VENUE

Kielder Water is the largest man-made lake in Northern Europe by capacity, with Kielder Forest being England's largest working forest. The area is known for its breath taking beauty, wilderness and is a designated Dark Skies site. The shore line, including Bakethin is 27 miles and has a surface area of 2,740 acres. At it's deepest point, the reservoir is around 52 metre and is capable of holding 44,000 million gallons of water.

ACCOMMODATION

Being a registered dark skies site means Kielder Water is a hidden gem with only small towns and villages in close proximity. To find out more about the accommodation options, visit visitnorthumberland.com. Kielder Waterside is also home to a wide range of luxury log cabins that are available to hire for the full weekend. Please visit kielderwaterside.com to book directly.

CAMPING

Kielder Campsite – limited availability.

REFRESHMENTS

Our friends at Northumberland Coffee will be ready to serve you at both Kielder Waterside and Tower Knowe (near the Dam). Food and drink is also available from the Forest Bar and Kitchen, as well as snacks available from the 27/7 shop on site.





ALTRA
STAY OUT THERE

CRUSH THE TRAIL

NOT YOUR TOES

START / THE COURSE

10K:

START 13:00 / ASSEMBLY 12:45

GRAVEL DUATHLON:

START 13:00 / ASSEMBLY 12:45

ASSEMBLY AREA

All runners assemble next to timing flags located on the road behind the start gantry.



KEY RUN IN (TO FINISH) DUATHLON RUN IN DUATHLON BIKE OUT

TOILETS ACCESSIBLE TOILETS MEDICAL TRANSITION PEDESTRIAN CROSSING RACE INFO ATHLETES ONLY



BAGGAGE

Baggage is located in the tipi at Kielder Waterside. Bags should be stored in the area allocated according to your race number. Please make sure you can identify your bag. The baggage area will be secure and only accessible to race competitors on presentation of your race number.

Please collect a tag at the baggage tent entrance and write on your race number.

EARLY RACE WITHDRAWAL

Should you need to withdraw during the race you will be able to access transport at a number of points to return to the start area at Kielder Waterside Park:

- BATTERYHAUGH CAR PARK (approx 11km into bike leg)
- BELVEDERE WATER STATION (approx 20km into bike leg)
- THE DAM CAR PARK (approx 25km into bike leg)
- TOWER KNOWE VISITOR CENTRE (approx 30km into bike leg)

Please report to a marshal before taking the bus back to Kielder Waterside Park. You must report to event information or a race marshal at the finish line to advise them of your withdrawal from the race.

CUT OFF TIMES

Athletes will be asked to withdraw from the race if they reach transition 2 after the cut off time of 17:00.

START / THE COURSE

10K COURSE

The route follows a 10K circuit around the beautiful Bull Crag Peninsula, finishing along the Lakeside Way. Distance markers will be at every KM to keep you on track.

GRAVEL DUATHLON COURSE

The Gravel Duathlon starts at Kielder Waterside Park at 13:00. The first leg of the Gravel Duathlon will follow the same course as the 10k around Bull Crag Peninsula. When returning to site, participants in the duathlon will split off from the 10k field to collect their bike from T1 and will ride 34km around the Lakeside Way, back to T2 located at Bull Crag Car Park. Please be aware that the Lakeside Way is a winding, undulating path with a loose surface. Please take care when negotiating bends and downhill sections on a bike. More technical sections are clearly signposted. All cyclists must wear a helmet when riding.

GRAVEL DUATHLON TRANSITION

All competitors should arrive in plenty of time at Kielder Waterside to deposit their bike at Transition 1. Your bike/helmet etc will be placed at your designated number position. Please make sure your bike number is securely attached. A kit box will be provided and transported to transition 2 in time for completion of your bike leg. Your bike will be taken back to transition 1 at Kielder Waterside on completion of your bike leg.

GRAVEL DUATHLON TEAM

All parking for the Gravel Duathlon Team event is at the Green Car Park with registration at Kielder Waterside. After parking, please register at Transition 1 as a Team. Third leg runners will be taken from Transition 1 to Transition 2 after the race has started. Transport will be available to Kielder Waterside Park for leg two competitors if they wish to be at the finish to collect their medals and goodybags.



KIELDER 10KM ROUTE



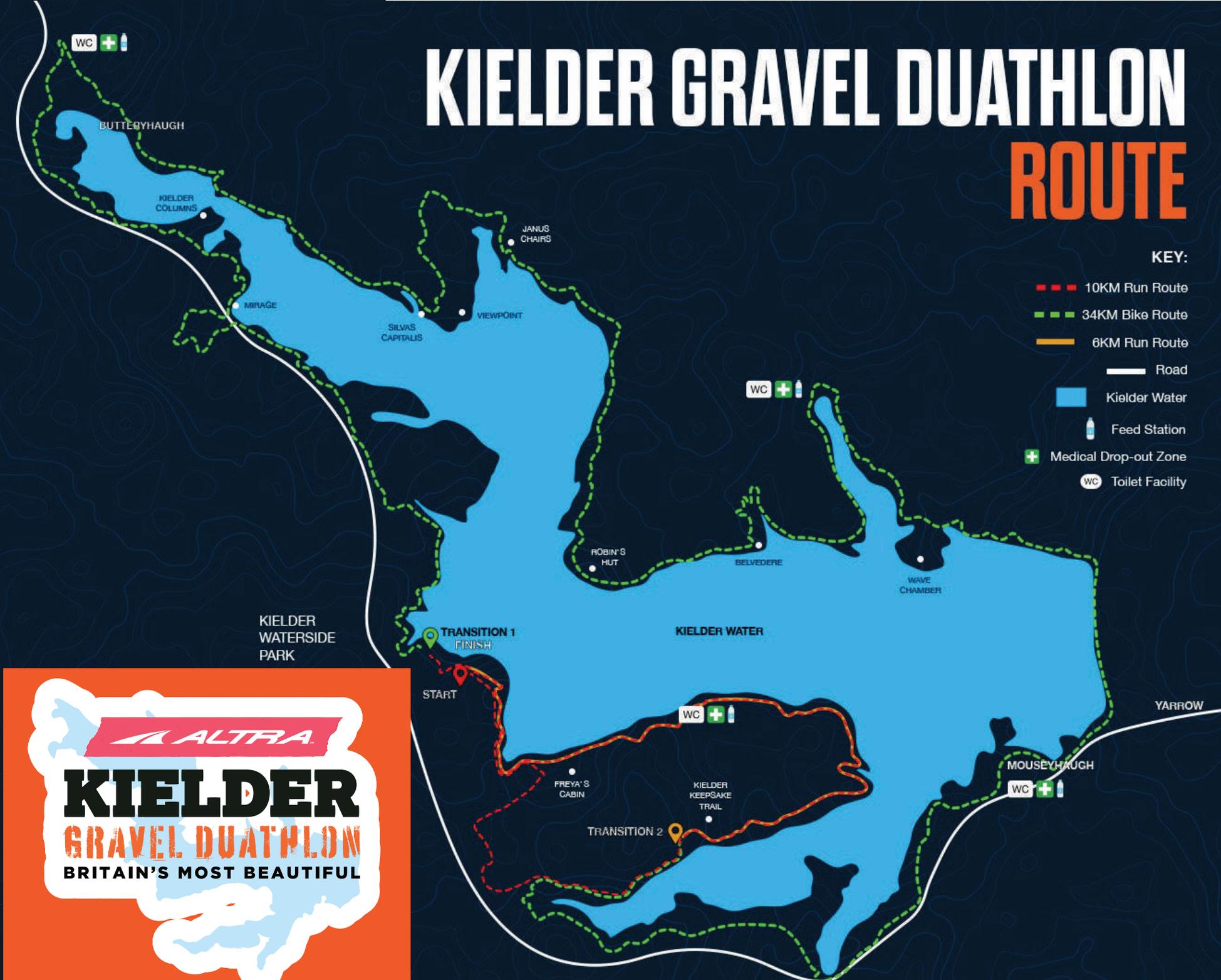
ALTRA
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10K
BRITAIN'S MOST BEAUTIFUL

KEY:

-  Start
-  Finish
-  Feed Station
-  10KM Route
-  Direction
-  Road

KIELDER GRAVEL DUATHLON

ROUTE



KEY:

- 10KM Run Route
- 34KM Bike Route
- 6KM Run Route
- Road
- Kielder Water
- 💧 Feed Station
- + Medical Drop-out Zone
- WC Toilet Facility



KIELDER

GRAVEL DUATHLON

BRITAIN'S MOST BEAUTIFUL

COURSE CONTINUED / NUTRITION

FIRST AID

A course doctor and medical units will be available at the start / finish area. First aid will be available on the course. Cycle units and mountain rescue personnel will also be on the course and will alert the medical teams if required.



TOILETS

Toilets will be located around Kielder Waterside. Ample toilets will be on the route: Matthew's Linn car park, Butteryhaugh, at the 10 and 14 mile water station, North Dam car park, Tower Knowe Visitor Centre (30km) and Bull Crag.

WATER

There will be ample water stations on route which will be clearly signposted in advance, please see route map for details. Water will be distributed in pouches. Please dispose of them in the bins provided or within the designated 'litter zones' found approximately 400m after the water stations. These will then be recycled after the event. As the route is within the Kielder Forest, please do not dispose of your litter outside of these zones as this has a damaging effect on the protected environment.

ISOTONIC

High5 isotonic drink will be available from water stations positioned around the route as shown on the map.





HIGH 5

KIELDER MARATHON NUTRITION



If you're tackling a marathon, you will have trained hard for months to get in great shape and ready to line up at the start of those 26.2 miles. One of the critical pieces in the marathon puzzle is your race-day nutrition strategy...

The Fuelling Facts

During a marathon, more than two thirds of your energy can come from carbohydrate. Unfortunately your body is only able to store a limited amount of carbohydrate and as the miles tick by, you will deplete that store. As your carb levels fall, so does your energy, and you will find it harder to maintain your early pace. You could even hit the dreaded 'wall' – where your carb stores are so depleted that your muscles are forced to rely almost exclusively on fat as fuel.

During Your Marathon

Think of your body's store of carbohydrate as a relatively small fuel tank, that starts emptying as you start running. Your muscles use carbohydrate quickly and can easily deplete that store during a Marathon. If you provide your muscles with carbohydrate by consuming gel as you run, they will take less fuel from your carbohydrate store and it will last longer. The purpose of taking gel during your marathon is to delay the point at which you run out of fuel – until you cross the finish line.

Taking too much gel too quickly can and will cause stomach problems. By contrast, taking just a couple of gels at the 17 mile mark, as some people do, will only provide a short lived energy boost. Taking 2 or 3 gels every hour from the very start of your event is optimum and will mean that by mile 17, you should still have enough carbohydrate energy available for a strong finish.



ENERGY GEL AQUA AND ZERO

AVAILABLE ON COURSE

RACE DAY BREAKFAST

Breakfast should be light and high in carbs. Cereals, toast and porridge are good options. Drink 500ml of HIGH5 Energy Drink for additional carbs and to stay well hydrated. Take a HIGH5 Energy Bar with you to eat on the way to your race.

NOVICE RUNNERS

If you weigh more than 55kg: 15 minutes before the start take two HIGH5 Energy Gel Aqua Caffeine sachets and drink 200 to 300ml of water or HIGH5 ZERO.

If you weigh less than 55kg: 15 minutes before the start take two HIGH5 Energy Gel Aqua sachets (no caffeine) and drink 200 to 300ml of water or ZERO.

DURING YOUR RUN: take one Energy Gel Aqua sachet every 30 minutes. Wait until 30 minutes from the start of your race before taking your first sachet.

If you are on-course for a long time, try using Energy Gel Aqua Caffeine for the first 4 1/2 hours of running, then switch to standard Energy Gel Aqua (without caffeine) for the remainder of your run. Use a HIGH5 Race Belt to carry your gels.

EXPERIENCED RUNNERS

15 minutes before the start take two Energy Gel Aqua Caffeine sachets (with caffeine) and drink 200 to 300ml of water or ZERO.

DURING YOUR RUN: Take one gel sachet every 20 minutes during your run (3 per hour). Wait until 20 minutes into your race before taking your first sachet. Depending on bodyweight, there is a maximum number of Energy Gel Aqua Caffeine sachets you can take. Any additional gels you consume should be standard Energy Gel Aqua (without caffeine). Your bodyweight: Max Energy Gel Aqua Caffeine sachets:



50kg: 5 during + 2 before

60kg: 7 during + 2 before

70kg: 8 during + 2 before

80kg: 9 during + 2 before

90kg: 10 during + 2 before

If you find that 3 gels an hour is too much, try and consume as many gels as you comfortably can. Practicing using gel during longer training runs makes it easier to use on race day. You can use Energy Gel instead of Energy Gel Aqua depending on personal preference - they perform the same function.

FLUIDS

Your fluid needs will depend on how warm the weather is on race day and how much you sweat. Try to drink water or the on-course drink regularly. If you use the on-course drink, take care not to consume too much additional carbohydrate from that drink or you will need to adjust your gel intake. In very hot conditions you may need additional electrolytes. Individual ZERO tabs can be wrapped in Cling Film and carried on your run. Simply put the tab into the on-course water to make a refreshing electrolyte drink. ZERO does not contain carbohydrate.

AFTER YOU FINISH

Drink 400ml of HIGH5 Recovery Drink as soon as you finish. Drink another 400ml one hour later and eat a balanced meal as soon as possible.



CAFFEINE NOTE

Caffeinated products are not suitable for children and pregnant or breastfeeding Women. If you do not wish to use caffeine for any reason, simply follow the guidelines using gel without caffeine.



HIGH5 RUN PACK

GET YOURS WITH 55% OFF

AT WWW.HIGHFIVE.CO.UK

WITH CODE **KIELDER2025***

*Cannot be used in conjunction with any other coupon.

FINISH / EVENT VILLAGE



FINISH LINE

Once you have crossed the finish line you will be guided through secondary finish where you will collect your medal, and goody bag. Don't forget to collect your bag from the tipi; please remember to show your race number to gain access.



TWO [26]
PROFESSIONAL SPORTS PHOTOGRAPHY

DON'T FORGET TO SMILE FOR THE CAMERA

Pre-purchase your event photos at 40% Off

*Remember your race day experience,
£12 pre-event.*



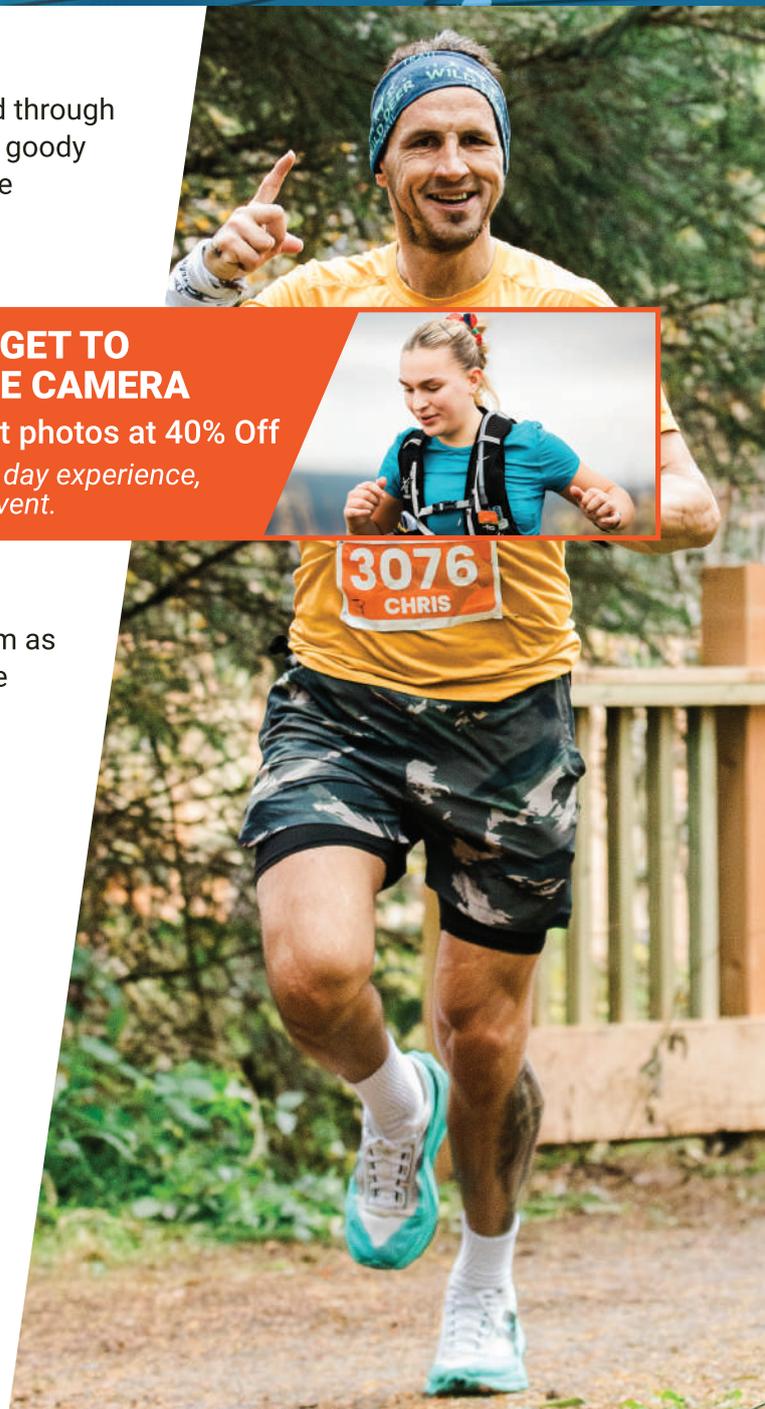
RACE RESULTS

Results will be available at www.titaniumracetiming.com as soon as possible after the event. Here you can enter the event name in the search criteria to find your time.

EVENT VILLAGE

The event village will be located in the bottom car park. Within the event village you will find local produce, refreshments and offerings from our partners stalls.

TD Performance Therapy will be providing post-race massages in the event village.





USE CODE 'ALTRAMARATHON2025' FOR 20% OFF BIKE HIRE IN OCTOBER

AT TEAM CYCLES KIELDER FOREST, WE'VE GOT BIKE HIRE COVERED FOR EVERY RIDER. CHOOSE FROM **ELECTRIC BIKES, MOUNTAIN BIKES, GRAVEL BIKES, ROAD BIKES, KIDS' BIKES, OR TRAILER ATTACHMENTS**, PERFECT FOR SOLO ADVENTURES, FAMILY DAYS OUT, OR TACKLING THE TRAILS WITH FRIENDS. LITTLE ONES CAN ALSO ENJOY OUR **FUN KIDS' TRAIL BOOKLETS**, MAKING IT A RIDE FOR THE WHOLE FAMILY.

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TEAM CYCLES KIELDER FOREST, KIELDER CYCLE CENTRE, HEXHAM NE48 1ER



We go the extra mile to support Northumbria Healthcare NHS Foundation Trust.

We fund things that bring a bit of brightness to patients, staff, and our local communities. **Your donations make it happen.**

We have access to some of the nation's best running events - sign up now to receive a discounted place and help support your local NHS.

[Click here to make a difference](#)

Registered charity: 1083122



Run a canny 10K in Newcastle!



Go international and run the Paris Half Marathon!



Take on 70 miles across Hadrian's Wall!

ADDITIONAL INFORMATION

REMEMBER

DO NOT stray into the wider forest, Kielder has minimal light pollution and as a result, has the darkest night skies in England. Whilst perfect for stargazing, this does mean it goes dark very quickly.

DON'T FORGET:

- Race number
- Safety pins
- Bin bag
- Change of clothes
- Money

SPECTATOR POINTS

Spectator Points are shown on the race map.

FURTHER INFORMATION

Mobile phone reception around Kielder Water is very poor, even non-existent in some areas. Please do not rely on the use of mobile phones to keep in touch with family and friends on the day. In the event of an emergency please use the

following number to contact runners:

01434 251 000

If you have any further queries e-mail:

info@eventsofthenorth.com

RACE VOLUNTEERS

This event cannot take place without the support of our race volunteers; they are integral and help to support you through every part of the challenge. If you have friends and family supporting that may be willing to help marshal throughout the day then get in touch with volunteers@eventsofthenorth.com. All volunteers will receive food and drink, a full briefing and a FREE entry into any of our 2026 running events, or 50% off The Northumbrian 2026 or Kielder Gravel Duathlon 2026.

KIELDER THANK YOU'S

This event would not be possible without the generosity of the businesses and residents in and around Kielder; we would like to thank them for their continuing support. We would also like to thank our title partner Altra, and venue partner Northumbrian Water Limited.

USEFUL CONTACTS

Kielder Castle Visitor Centre: **01434 250 209**

The Kielder Tavern : **01434 439 062**

Kielder Waterside Park – reception: **01434 251 000**

Forest Kitchen at Kielder Waterside Park:

01434 251 000

The Pheasant Inn, Stannersburn: **01434 240 382**

Falstone Tearoom: **01434 240 459**

The Blackcock Inn, Falstone: **01434 240 200**

Bellingham TIC: **01434 220 616**

PLEASE MAKE SURE TO CHECK THE EVENT WEBSITE
FOR THE MOST UP TO DATE INFORMATION

KIELDERMARATHON.COM

**EVENTS
OF THE NORTH**

THANK YOU FROM ALL THE TEAM
AT EVENTS OF THE NORTH
WE CAN'T WAIT TO WELCOME YOU
BACK TO KIELDER!

FOLLOW US

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