



RACE
GUIDE

BRITAIN'S MOST BEAUTIFUL



SUNDAY 5TH OCTOBER 2025

HALF MARATHON START - 10:15

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 15th Anniversary Altra Kielder Marathon weekend on Saturday 4th and 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 need to pick up your number from race information located in the marquee next to the start line at The Dam from 07:45am - until 20 minutes before your race start time. **If you are entered in the Half Marathon, DO NOT go to the Marathon Start at Kielder Waterside.**

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.



EVENT SCHEDULE

- 07:30 Car Parks Open
- 07:45 Race Information opens
- 10:00 Half Marathon Runners assemble at start line
- 10:15 Half Marathon Start

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 Half Marathon starts at the Dam and finishes at Kielder Waterside. There are a number of car parks situated within a short walk or bus journey to the Dam which you will be directed to on your approach:

Red 1 – 15 minute walk to HM start

Red 2 – 15 minute walk to HM start

Green (located opposite entrance to Kielder Waterside Park)

All car parking is free of charge for competitors presenting a race number; the shuttle buses will drop off at Kielder Waterside Park (Marathon Start) & the Kielder Dam (Half Marathon start).

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

KEY



ORANGE CAR PARK
(Marathon and Junior only) 10 minute drive towards Kielder Village.

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 spectator points 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 breathtaking 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 its 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 the Dam (Half Marathon Start). Food and drink is also available from the Forest Bar and Kitchen, as well as snacks available from the 27/7 shop at Kielder Waterside.

The brand new Tower Knowe visitor Cafe will also be open, located at Red 2 Car Park.



THE ALTRA SWITCHBACKS



Ever watched the epic scenes at Alpe d'Huez in the Tour de France, or Notre Dame de la Gorge at UTMB and wished you could be part of it?

WELL, spectators, this is your chance to bring the best and biggest atmosphere to an iconic part of the Altra Kielder Marathon course!

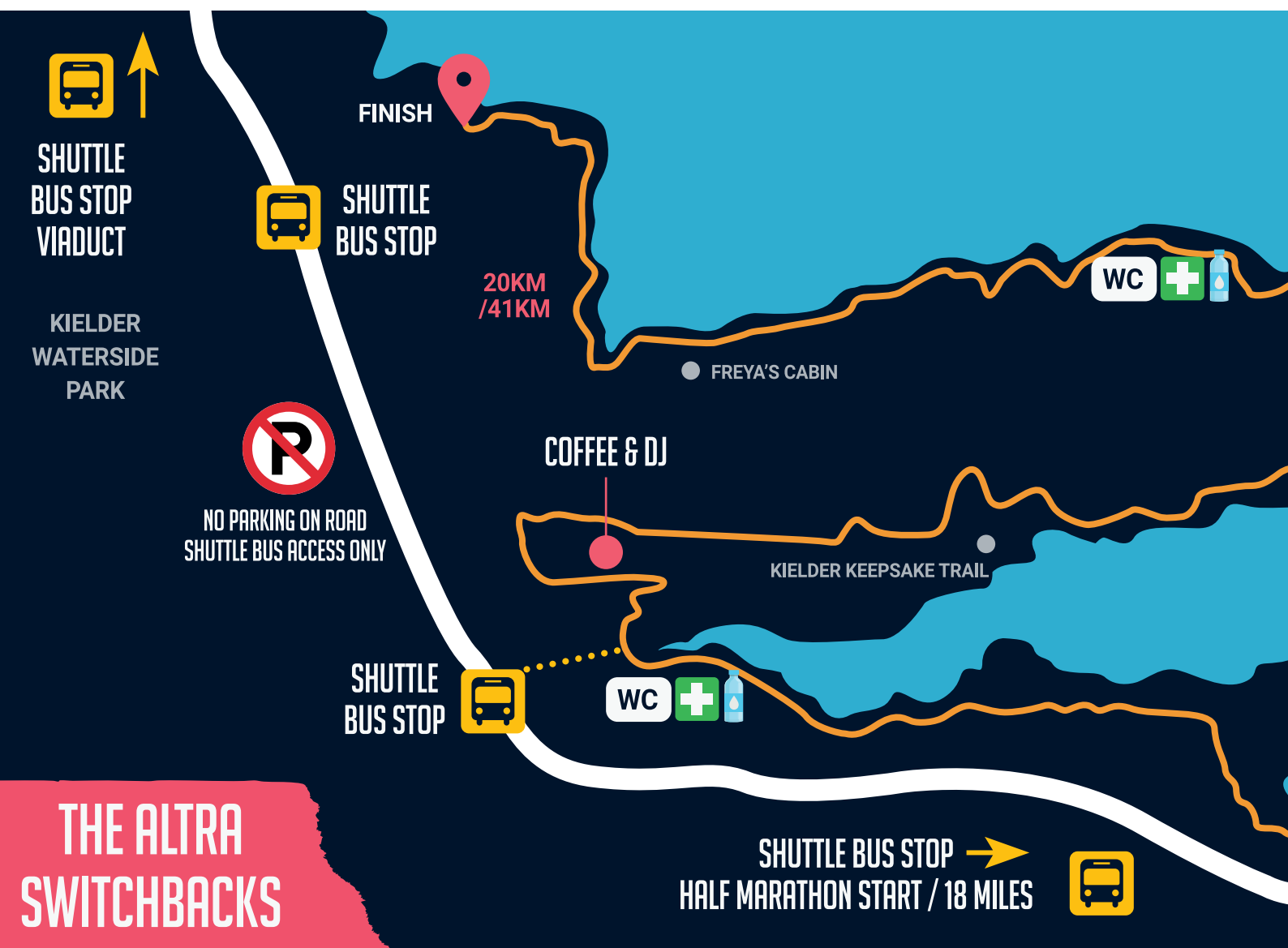
New for 2025, Altra will be hosting a mega spectator point at the switchbacks. At 36km in the marathon, and 13km in the half marathon, the switchbacks are the time in your race where you need that boost to get you over the hill and onto the last stretch.

With coffee from our friends at Northumberland Coffee, a live DJ, and a few other surprises from Altra, bring your cow bells, your clappers, and maybe a little fancy dress?

Access to this spectator point will be via the spectator shuttle bus ONLY. You can get on the bus from Kielder Waterside (Marathon start) or the Dam (Half Marathon start).

Please do not attempt to park on the road in this area and help us ensure we are able to continue what we hope will be a new tradition at the Altra Kielder Marathon.

ALTRA WILL SEE YOU AT THE SWITCHBACKS!



THE ALTRA
SWITCHBACKS



ALTRA
STAY OUT THERE

CRUSH THE TRAIL
NOT YOUR TOES

START / THE COURSE

HALF MARATHON

10:00 ASSEMBLY

10:15 START

ASSEMBLY AREA

All runners assemble next to timing flags.



START MAP



RACE INFO
& BAGGAGE



TOILETS



ATHLETES
ONLY



FINISH MAP

→ RUN IN (TO FINISH)



TOILETS



ACCESSIBLE
TOILETS



MEDICAL



PEDESTRIAN
CROSSING



RACE INFO



ATHLETES
ONLY



START / THE COURSE

BAGGAGE

Baggage is located in the trailer at the start of the Half Marathon. This will then be transported to the Finish at Kielder Waterside once the race starts. 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.

THE COURSE

The Half Marathon route follows an almost entirely off-road course around Kielder Water. The full route can be viewed at www.kieldermarathon.com. Distance markers will be at every mile and every 5KM to keep you on track.

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 event village at Kielder Waterside Park:

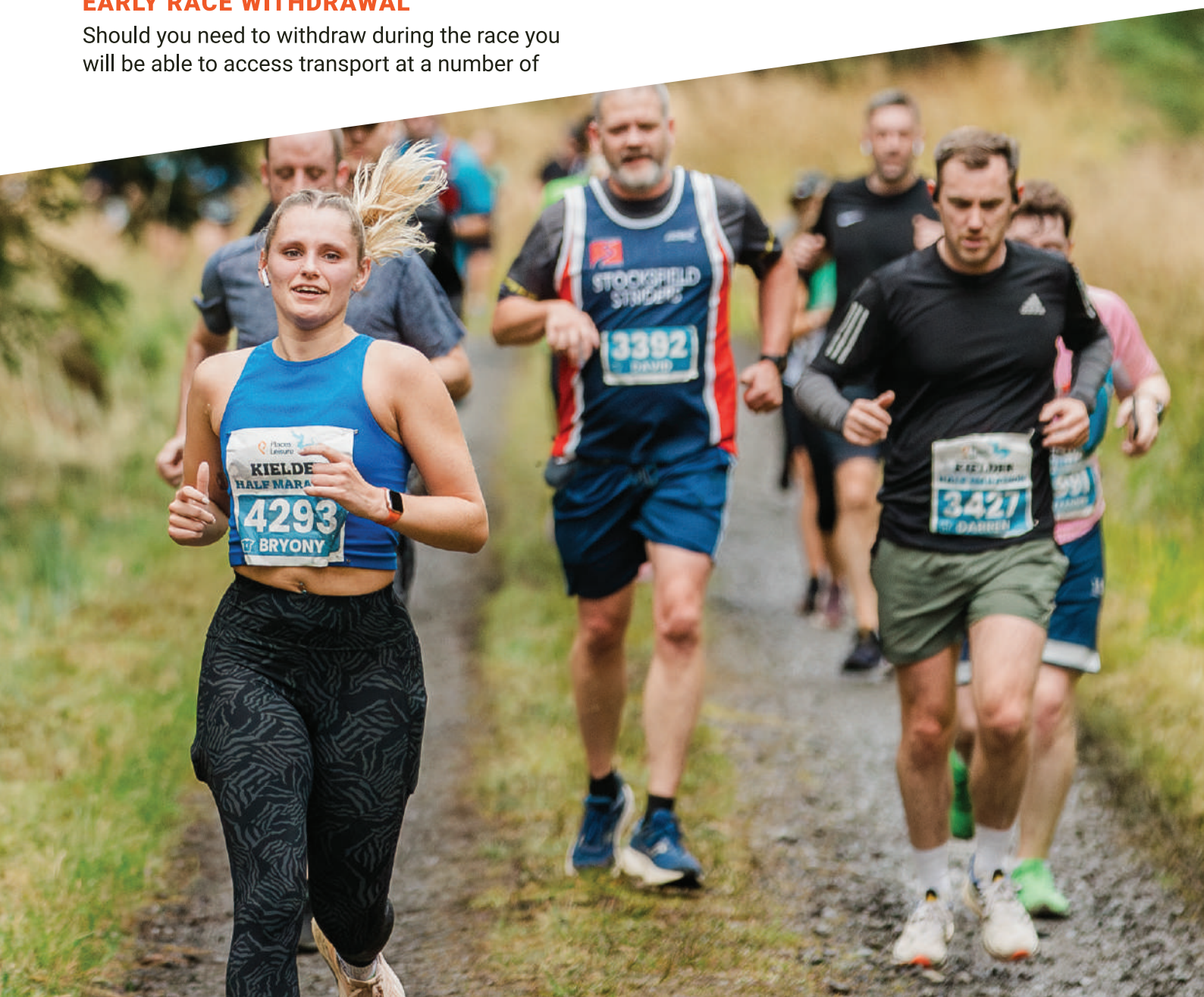
• Tower Knowe Visitor Centre

Please report to a marshal before leaving the course. 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 the following points after the cut off time:

- TOWER KNOWE after 4.00pm



KIELDER HALF MARATHON ROUTE



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 in the assembly area and at the start line. Ample toilets will be on the route: Matthew's Linn car park (5km), Booterhaugh (10km), at the 10 and 14 mile water station, North Dam car park (17.25km), Tower Knowe Visitor Centre (30km) and Bull Crag (35km). Note: distances are approximate.

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 marathon route as shown on the map.





KIELDER MARATHON NUTRITION



If you're tackling a half marathon, you will have trained hard for months to get in great shape and ready to line up at the start of those 13.1 miles. One of the critical pieces in the half marathon puzzle is your race-day nutrition...

The Fuelling Facts

During a half 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 Half 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 half 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 7 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 7, 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 first, 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.*



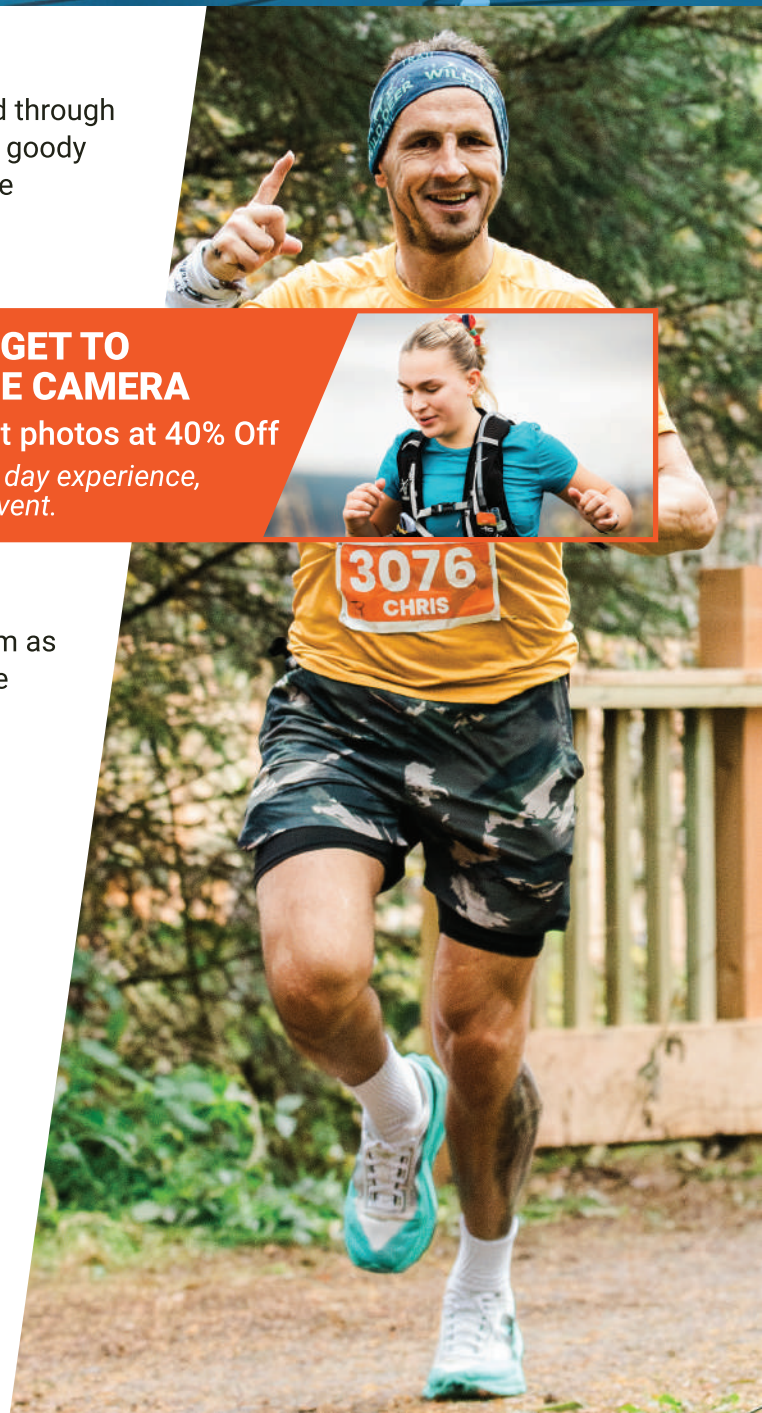
RACE RESULTS

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.





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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.

WE DON'T JUST HIRE BIKES, WE KEEP THEM RUNNING SMOOTHLY TOO. OUR **ON-SITE WORKSHOP OFFERS EXPERT SERVICING**, AND YOU CAN TAKE ADVANTAGE OF OUR **FREE BIKE WASH FACILITY** AFTER YOUR RIDE. SIMPLE, CONVENIENT, AND EVERYTHING YOU NEED FOR A HASSLE-FREE DAY ON THE TRAILS.

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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 2025 running events, or 50% off The Northumbrian 2025 or Kielder Gravel Duathlon 2025.

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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