



## LAKELAND TRAILS IN CARTMEL

### FINAL DETAILS

Saturday 16<sup>th</sup> March 2019



Welcome to the 2019 Lakeland Trails in Cartmel Final Details! To help make your day as enjoyable as possible, please take a few moments to read all of this essential information, as well as checking our **Race Day** page on our website and **Facebook** updates. This information has been condensed to make it printable. Want more comprehensive details? Please refer to our website for the full **Event Guide**.

**TRAVEL AND PARKING** All day car parking is available for £3 per car. We want to encourage car sharing, so if there are **three or more** of you in the same car, car parking is **free!** The car park opens at **8:45am**. **PLEASE DON'T ATTEMPT TO FOLLOW SAT NAV TO CARTMEL OR DRIVE THROUGH THE VILLAGE SQUARE – IT WON'T TAKE YOU TO THE CAR PARK.**

**Directions** – Maps can be found in our full Event Guide. **From the East**, follow the A590 past Lindale and follow the signs for Cartmel. Directions [from this link](#) will take you to the correct junction. **From the West**, follow the A590 **past Newby Bridge** and follow the signs for Cartmel. Directions [from this link](#) will take you to the correct junction. When you have left the A590 follow the Lakeland Trails signs and Car Park signs. We will have two car parks in use depending on what time you arrive. As you approach Cartmel, signage and our stewards will direct you to the correct one. It's really important that you follow our instructions to avoid causing congestion in Cartmel village – we want to minimise the disruption to the local residents.

**REGISTRATION** All Race Numbers must be collected from Registration in the main marquee on race day. Registration **opens at 9:00am** and closes **one hour before** each event. To make your day run smoother and speed things up, we're using race numbers with integrated chips again for this event. Start Lists will be displayed inside the marquee, or you can [check them on our website](#). Please note, there are NO entries available on the day and for your own safety you must not run using someone else's number.

Event	Start Time	Registration Closes
10K Cartmel Trail Run	11:00am	10:00am
5K Cartmel Sport Trail	11:15am	10:15am
18K Cartmel Trail Challenge	1:00pm	12:00pm
18K Cartmel Trail Race	2:00pm	1:00pm
Children's Fun Trails	12:30pm	Entry only open on the day

Please don't fold your race number as this can damage the timing chip meaning we might not know you've started the event and you won't get a finish time. If you've got any questions about your entry, please go to the Enquiries desk on the right-hand side of the main marquee and a friendly face will help you. Please make your way to the start line 10 minutes before the scheduled start as we like to get events off on time. Runners competing with someone else's number will be disqualified and will not be eligible for prizes or appear in the results.

#### EVENT TIMETABLE

8.30am	Car park opens
9.00am	Registration opens in the main registration marquee
11.00am	10K Cartmel Trail Run
11.15am	5K Cartmel Sport Trail
12.30pm	Cartmel Fun Trails (under 12's - enter on the day)
1:00pm	18K Cartmel Trail Challenge
1.15pm	5K, 10K and Fun Trails Prize Giving
2.00pm	18K Cartmel Trail Race
3.30pm	Après Trails live music with singer / songwriter Pete Lashley
4.30pm	18K Prize giving & spot prize giving

#### COURSE MAPS AND INFORMATION – [Please See The Event Guide For Further Information](#)

**Start** We've moved the start / finish this year to make it easier for family and friends to cheer you off the line and back in to the finish. You will need to make your way to the start line 10 minutes before the start so we can get you off on time.

**On the course** All three courses will be well marked and marshalled by our magnificent Lakeland Trails volunteers, all of whom work hard to make your run as enjoyable and safe as possible. The courses have a variety of terrain, mainly beautiful, scenic trails with short sections of tarmac just after the start, mid-way along the course and near the finish. Please stay alert on these sections and keep close to the side. Our marshals don't have authority to stop traffic, so please be prepared to slow

down and wait if necessary. Some sections of the course are a real BEAST, with deep, wet muddy sections to make it a lot of fun. If you think the terrain is too tricky, it's fine to slow down or walk! Some gates on the course may not be staffed so if you arrive at a closed gate, please close it after you – some sheep ended up in the wrong fields last year. There are sections of private land which may only be used on race day and please put any litter in your pocket until you reach a bin.

**Finish** The finish is at Cartmel Racecourse in front of the main Grandstand. When you cross the finish line, it's really important that your **whole** number is clearly visible – there are various events on the day, and failure to display your number fully will result in disqualification. Once you've finished, you'll be directed through the main marquee to collect your **free** Cartmel Sticky Toffee Pudding and a specially designed gender-specific Lakeland Trails T-shirt.

**Your Safety** In the event of an accident, you must report to the nearest marshal so we can arrange medical assistance. Event Advanced Life Support Medics from Event Safety Group will be in attendance and our in-house Comms Team will provide radio coverage to the marshals and crew. Cumbria Police have also been informed. If you are unable to finish your event and need to retire, **you must** report to the finish line or an event marshal. Please remember to treat fellow runners, members of the public, our volunteers and crew with respect. We want everyone to have an enjoyable day and don't want to have to ban people who don't follow this simple rule. **VERY IMPORTANT: NO DOGS ARE ALLOWED ON THE COURSE**

**EVENT VILLAGE** There will be some great food and drink stalls including vegetarian & vegan caterer Beans n Lentils (Green Canteen will be back at Hawkshead), along with hog roast from Mansergh Hall Farm Hog Roast; bacon butties and burgers from Deer n Dexter; great coffees from The Coffee Shop @ Heaton and The Coffee Bug; and Yorkshire Dales Ice Cream, all selling locally sourced food. There will be a range of retail stands, trade stands, sports massage, a Kids' Zone with Bouncy Castle (FREE for kids with a Fun Trails number) and children's Fun Runs along with plenty of entertainment in the event village. A PA system with race commentary from our fantastic MC will keep you informed of progress of runners and give you a warm welcome as you cross the finish line!

Camping is available for tents, motorhomes and caravans on Friday and Saturday night – please book directly with Cartmel Racecourse (015395) 36340 at a cost of £12.50 pppn with a £5 supplement for electrical hookup if required.

#### **GENERAL INFORMATION - Please See The Event Guide For Further Information**

**Exclusive Merchandise** As well as our range of hoodies, headwear and tees (details in our [shop](#)) you'll be able to buy our exclusive Lakeland Trails Sports Bottles from the Meet and Greet team. We're giving these out to our marshals instead of single-use water bottles so grab one whilst stocks last!

**Children's Fun Trails – Start 12.30pm** All children Under 12 have the chance to run alongside, or maybe even in front of, the ever-popular Gerry the Giraffe. Entry is only available on the day and is **free** for competitors' children.

#### **PRIZES AND RESULTS - Please See The Event Guide For Further Information**

The winning male and female in the 18K Trail Race will be awarded the Peter Samuelson Memorial Trophy. To celebrate our 10<sup>th</sup> year at Cartmel, each will also receive a £100 prize, donated by a local business. Results will be published in the marquee shortly after the last runner has finished and posted on our website on Saturday evening.

#### **COMING UP NEXT**

Lakeland Trails in Hawkshead (10K and 16K) on Saturday 13 <sup>th</sup> April 2019. <b>Filling fast!</b> <b><u>Enter now</u></b> to secure your place.	Lakeland Trails in Staveley (5K, 10K and 18K) on Saturday 4 <sup>th</sup> May 2019. <b>Filling fast!</b> <b><u>Enter now</u></b> to secure your place.
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**THANKS** We are grateful for the permission and support of all the landowners and tenant farmers, especially Holker Estates, Cartmel Racecourse, King George V Allithwaite Playing Field Committee, Wilson Estates, Cumbria County Council, Lower Allithwaite Parish Council, Event Safety Group, Cumbria Police, inov-8, James Kirby Photography, John Bagge Sports Therapy, the Lake District Foundation (Fix the Fells), and all the local businesses sponsoring prizes. Last, but not least, to all the friends and helpers who have contributed. However, the biggest thank you goes to you for supporting the event. We hope you have a great day out and enjoy the stunning views. Good luck!

Shoe and Kit Partner



Charity Partners



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