



## HAWKSHEAD

Saturday 24<sup>th</sup> April 2010

### FINAL DETAILS

**REGISTRATION** - Please note : you must collect your start number from the Registration before competing.

Open Race Day from 10.00 at the large registration marquee, Hawkshead Showground where car parking , the start and the finish arena are located. Start lists are displayed on the event website [www.lakelandtrails.org](http://www.lakelandtrails.org) and you can check we have entered you for the correct event. We will permit individuals to change from the Trail Race to the Challenge, but not the other way around, as the Trail Race is completely full. Please check the start lists for your race number from the display boards in the marquee before collecting your number. The Registration will close 45 minutes before your event so please come with plenty of time to spare.

### DIRECTIONS

The event car parking is located at the Hawkshead Showground (postcode LA22 0NN) just outside Hawkshead village, on the Ambleside road, clearly sign posted. There is an all day car parking fee for competitors of £2 per vehicle payable on entry (£5 for non competitors). Please share transport if possible, or come by public transport, we have baggage storage available.

### START

The starts for the PUMA Hawkshead Trail Race & PUMA Hawkshead Challenge will be from the Showground and NOT from the village - we have been unable to secure the necessary support to start from the village. The acclaimed street band "Blast Furness" will be opening the 2010 PUMA Lakeland Trails Festivals and performing for you at the start and finish ! There will be a short race briefing 2 minutes before the start, and we shall start on time - the police are assisting with traffic control. The PUMA Hawkshead Challenge will start at 13.15pm, the PUMA Hawkshead Trail Race starts at 14.00pm.

### WHAT TO WEAR

We recommend you wear suitable trail running shoes. The new lightweight PUMA Nightfox shoe would be ideal for the course and will be on sale by our retail partner Pete Bland Sports on the day. The new Bridgedale fast and light trail running socks will also be available for sale on the day. In adverse weather, cagoule, hat and gloves may be required.

### COURSE TERRAIN

The course has a variety of terrain. Two short sections of tarmac (approx 500m each) at the start, then mainly gravel bridleways with a short section of narrow footpath. The entire course will be well marked and marshalled by friends of Coniston Mountain Rescue. Gates will be manned and open. The course is on public rights of way, so please respect other users. The general public have been notified about the event with signs on all footpaths and bridleways.

### NO DOGS ARE ALLOWED ON THE COURSE WITH COMPETITORS

### WATER STATION & KM MARKERS (15K PUMA HAWKSHEAD TRAIL RACE & CHALLENGE)

There will be two water stations, the first at approximately the half-way mark, 7.5km, at the Sawrey Hotel in Far Sawrey. The second water station is at 11km at the start of the infamous "Coffin Trail". Please help the marshals by disposing of the biodegradable cups in the black bins provided 50m or so after the water station. Water will also be available at the finish. The course has markers at approximately every kilometre.

### FINISH

The finish will be at the Hawkshead Showground. Please make sure ALL your number is clearly visible - there are various events on the day, and failure to display your number fully may result in disqualification. EVERYONE MUST REPORT TO THE FINISH EVEN IF THEY RETIRE. There will be a PA system playing music with a race commentary and the Blast Furness street band will be performing too - you are sure to receive a warm welcome ! All 15K finishers will receive a specially designed event technical T shirt and be eligible for one of the fantastic spot prizes on offer.

Event paramedics 'Extreme Medics', Coniston Mountain Rescue and Cumbria Police will be in attendance.

There are limited toilet facilities (portaloos & toilet trailer) at the Hawkshead Showground. There will be some great food and drink stalls from Bridge Bistro Event Caterers, Bob the Coffee Man & Windermere Ice Cream & Chocolate Company selling locally sourced food, retail stands, bouncy castle (weather permitting), face painting, bar and plenty of entertainment at the finish arena on the Hawkshead Showground. There will be an opportunity to try on the new PUMA Nightfox trail running shoe too, and also try the enduring comfort of Bridgedale trail running socks.

## CHILDREN'S FUN TRAILS - START 12.30pm

All children Under 12 enter on the day only - the fee is just £2 for competitor's children (£4 for non-competitor's children). They will start at 12.30pm and the number of events determined by the number of entrants. Please give the youngsters your support - they are the future of our sport and will appreciate vocal encouragement on their short laps around the finish arena. All the children are rewarded with a special finisher's medal. There are no winner's prizes, but we have some fabulous spot prizes instead that every child can have a chance to win. Bring your whole family along !

## SPECTATORS

We encourage spectators, and there is plenty of entertainment at the start and finish arena. Bring deck chairs, rugs, cameras and a smile. Why not bring your club tent or gazebo along - there is plenty of room, just let us know beforehand.

## PHOTOGRAPHERS

We will have professional photographers around the course and at the start and finish area. The photographs will be available for sale on the website in the week following the event.

## PRIZE GIVING & SPOT PRIZE DRAW & APRES TRAILS PRIZE GIVING PARTY

We hope to have results available shortly after finishing, and will present prizes immediately after the closing ceremony at 4.30pm. We also have some fantastic spot prizes donated by PUMA, Bridgedale and local businesses - all will be displayed at the finish arena, and there are free spot prize draw tickets for all competitors (one per person!). The spot prize tickets need to be put into the winner's podium, and the draw will immediately follow the prize giving. You can only claim a prize if you are present to collect it! Results will be posted on the website as soon as possible after the event. Prizes will not be posted out - if you cannot attend the prize giving please arrange to either collect it beforehand or for someone to collect it for you.

Apres Trails Party - Singer / songwriter Pete Lashley will be performing live at the prize giving, and for an hour or so beforehand, when the bar will be open until 5.30pm. A great opportunity to meet fellow competitors, the organising and marshalling teams

## CHARITY RUNNERS

A warm welcome to everyone running the event for their chosen charity. Please let us know how much money you have managed to raise for our nominated charities Cancer Care, North West Air Ambulance and Coniston Mountain Rescue.

This event wouldn't have been possible without the grateful permission of all the landowners and tenant farmers, the National Trust, Coniston Mountain Rescue, Hawkshead Parish Council, Extreme Medics, Cumbria Police, PUMA, Bridgedale, TrailRunning.co.uk, VO2 Max Events 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 !

PUMA TRAIL RACE PRIZES - Sponsored by PUMA, Bridgedale and VO2 Max Events

Men & Women Open : First 5 Men and Women

Veteran Classes - Men & Women : First Veteran Man & Woman Vet 40, Vet 50 & Vet 60

Please note : in the event of a veteran winning a senior open prize, the prize of higher value will be awarded - only one prize per person. In addition, the first FIVE men and women will be invited to the 2011 event. All prizes must be collected on the day as prizes cannot be posted out - if you are unable to attend the prize giving please arrange to either collect it beforehand or for someone to collect it for you.

VO2 Max Events (01524) 784711

Event Manager Helen Lamb : helen@vo2max.co.uk

Don't forget the rest of the 2010 PUMA Lakeland Trails series

5<sup>th</sup> June - Staveley, incorporating the new 17km PUMA Kentmere Trail Race & Challenge  
5<sup>th</sup> September - Keswick, incorporating the 14km PUMA Derwentwater Trail Race & Challenge  
2<sup>nd</sup> October - Coniston, incorporating the 15km PUMA Coniston Trail Race & Challenge

**[www.lakelandtrails.org](http://www.lakelandtrails.org)**

