



STAVELEY

Saturday 5th June 2010

FINAL DETAILS

REGISTRATION open from 10.00am on Saturday

The Registration is at the large marquee, Staveley Recreation Ground (post code LA8 9LN) where your start number is collected. Changes of event from the Trail Race to the Challenge are permitted, but you must do so at the Registration before your event - NO changes can be made afterwards. The Registration will close 45 minutes before your event. Please check the start list on the display boards in the marquee for your race number before collection. Fun Trails (under 12's) entry can be made on the day until 12.00

PLEASE NOTE : THERE IS NO ENTRY ON THE DAY FOR THE 17KM PUMA KENTMERE TRAIL RACE & CHALLENGE - THE EVENT IS FULL

DIRECTIONS TO CAR PARKING (GATES OPEN 09.30am)

From the M6 junction 36 towards the Lake District. By-pass Kendal, follow the A591 towards Windermere, then signs to Staveley. Follow Car Park signs. From the west, take the A591 from Windermere towards Kendal, follow signs to Staveley, then Car Park signs to the event car parking. The event car parking is at Kentmere Photographic factory, and adjacent fields, clearly sign posted. There will be an all day car parking fee of £2 per vehicle and the Recreation Ground is a short 3-4 minute walk away.

START

The starts will be at Staveley Recreation Ground, a few minutes walk from the car parking areas. There will be a baggage storage area within the main marquee adjacent to the Registration. There will be a short briefing 2 minutes before the start, and we shall start on time - the police are assisting with traffic control and the roads are closed to traffic at the starts. The PUMA Kentmere Challenge will start at 13.00pm, the PUMA Kentmere Trail Race starts at 14.00pm.

WHAT TO WEAR

We recommend you wear suitable trail running or walking shoes. The new lightweight Puma Nightfox shoe would be ideal for the course and will be on discounted sale on the day. In adverse weather, gaiters, over trousers, hat and gloves may be required, so do come prepared, just in case. The Lake District is a mountainous region and the weather can deteriorate at any time of the year.

COURSE TERRAIN

The course has a variety of terrain. Grassy footpaths, stony bridleways and short stretches of tarmac road. There are a few stiles to cross near the end, so please take care particularly if wet. The descent on from Garburn Pass on the Troutbeck side has two short sections of washed out trail with loose stones - great care is needed. The entire course will be well marked and marshalled by friends of Kendal Mountain Rescue and members of Staveley Football Club. Most gates will be manned and open. The course is on public rights of way, so please respect other users.

VERY IMPORTANT : NO DOGS ALLOWED WITH COMPETITORS ON THE COURSE

STILES & PRIVATE LAND

Marshals will be in attendance at the four stiles in the last three kilometres to ensure that NO ONE climbs over the stone walls. You MUST use the stiles. Anyone not respecting this will be DISQUALIFIED from this event and ALL future Lakeland Trails events. Your cooperation is needed to retain our good relationships with local farmers. They have requested a single file through the fields which are in meadow grass. Please give way to faster, over-taking competitors

WATER STATIONS & KM MARKERS

There will be two water stations. The first after approx 7km at Hollingsworth & Vose factory - Wilson's Kendal Mint Cake here. The second is at approx 14km Wilson's Kendal Mint Cake here too. The course has guide markers at approx every kilometre.

FINISH

The finish will be at the Staveley Recreation Ground. 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 Kookaburra All-Stars samba drumming band will be performing too - you are sure to receive a warm welcome ! All 17K finishers will receive a specially designed Lakeland Trails technical T shirt and be eligible for one of the fantastic spot prizes on offer.

Event paramedic, Kendal Mountain Rescue and Cumbria Police will be in attendance.

There are limited toilet facilities (portaloos & urinals) at the Staveley Recreation Ground. 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. 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 two official 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 from 3.30pm and at the prize giving, 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 Kendal Mountain Rescue.

This event wouldn't have been possible without the grateful permission of all the landowners and tenant farmers, the LDNPA, the National Trust, Kendal Mountain Rescue, Staveley Parish Council, Dr Jo Zakrewski, Cumbria Police, PUMA, Bridgedale, TrailRunning.co.uk, Kookaburra All-Stars, Pete Lashley, 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

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

5th September - Keswick, incorporating the 14km PUMA Derwentwater Trail Race & Challenge
2nd October - Coniston, incorporating the 15km PUMA Coniston Trail Race & Challenge

www.lakelandtrails.org