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# HELVELLYN TRAIL & ULLSWATER TRAIL

Saturday 5<sup>th</sup> November and Sunday 6<sup>th</sup> November 2011

## FINAL DETAILS

**REGISTRATION** - You must collect your start number before competing. The Registration is open on Saturday from 10.00, Sunday from 08.00 at Jenkins Field, Glenridding, where the finish arena is located, and a 10 minute walk from the Car Parking. Start lists are displayed on the event website [www.lakelandtrails.org](http://www.lakelandtrails.org) and you can check we have your correct details. Changes can be made between the Challenge and Trail Race on Saturday, but there will be NO changes between sailings on the Sunday as all sailings are at full capacity. The Registration will close 30 minutes before your event so please arrive with plenty of time to spare. All sailings on Sunday depart from Glenridding Pier, adjacent to Jenkins Field. There will be a designated bag storage area within the marquee adjacent to Registration. Dirty Double entrants can collect numbers for both days.

On the day entries are available for the children's Fun Trails on both Saturday and Sunday (under 8's, under 10's & under 12's)

### DIRECTIONS

From the north, take Junction 40 from the M6, then the A592 to Glenridding (Brown tourist signs for Ullswater Steamers). From the village, the Lakeland Trails Car Parking is 800m further on towards Patterdale on George V Playing Field - clearly sign posted. From the south, approach along the A592, go through Patterdale, and the Ullswater Trails Car Parking is 800m further on - clearly sign posted. There is an all day car parking fee of £2, and please share transport where possible.

### HELVELLYN TRAIL - Saturday 5<sup>th</sup> November

Both Helvellyn Trail Challenge (start 13.00) and the Helvellyn Trail Race & 10km Trail Run (start 14.00) will start and finish from Jenkins Field. The police are assisting with traffic control, and we will start on time. Please be directed by the marshals and stewards.

### ULLSWATER TRAIL - Sunday 6<sup>th</sup> November : SAILINGS

You will need to be at the Ullswater Steamers Pier 15 minutes before your sailing departs. Sailings are for competitors ONLY (spectators must use the public service), and your race number is your ticket - no visible number - no sailing ! The 09.30am sailing competitors have YELLOW numbers, the 10.30am sailing have BLUE numbers, and the 11.30am sailing has WHITE numbers. The cruise takes approximately 30 minutes, and you will be entertained by virtuoso guitarist, and singer/songwriter Pete Lashley. Please wear your hat, gloves, cagoule and overtrousers as it can be cold on board, and some of you will be on the deck. The start will be on the minor road leading to the hamlet of Howtown, 100m from the Howtown pier. There will be a short briefing 2 minutes before the start, and we shall start as soon as everyone has disembarked from the Ullswater Steamer.

### WHAT TO WEAR - IMPORTANT

November can be cold & wet, and frost & even snow is not uncommon. On Saturday's Helvellyn Trail you may be advised to carry with you warm clothing if the weather conditions are poor, and you will be informed at the Registration if this is required. On Sunday's Ullswater Trail, every competitor **MUST** carry with them a hat, gloves, cagoule and overtrousers. We also recommend you wear suitable trail running shoes, as sections of the course are rough and rocky - the lightweight Puma Trailfox would be ideal for the course and will be for sale on the day. There will be NO kit transfer from Howtown, you must take with you everything you bring on board.

### COURSE TERRAIN

Both of the courses have a variety of terrain, with most of the course on hard packed gravel or stony bridleways, with only a short section of tarmac at both the start and finish. On the Ullswater Trail, the bridleway along the east side of the lake through the woods is rocky and slippery - great care needed. Both of the courses will be well marked and marshalled. Gates will be open and most of them manned. The road section returning to Jenkins Field will be marshalled, and please keep close to the side of the road for your own safety. The course is on public rights of way so please kindly respect other users. There is a map and profile of the course on the event website.

### NO DOGS ALLOWED ON THE COURSE

### WATER STATION & KM MARKERS

There will be NO water stations on either of the courses due to access restrictions and you are advised to carry your own water. Water and Wilson's Kendal mint cake will be available at the finish. The course has guide markers at approximately every kilometre.

## FINISH

The finish will be at Jenkins Field, Glenridding. 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. Runners competing with someone else's number without informing the organisers by email or at registration beforehand will be disqualified and will not be eligible for prizes or appear in the results. EVERYONE MUST REPORT TO THE FINISH EVEN IF THEY RETIRE. There will be a PA commentary with music - you are sure to receive a warm welcome !

Event paramedics from Mountain Trauma Rescue Services and the Police will be in attendance, and Patterdale Mountain Rescue have been informed about the event.

There are limited toilet facilities (portaloos) and public toilet facilities adjacent to the Registration/finish arena in Jenkins Field. There will be outdoor caterers, trade and retail stands, face painting and plenty of entertainment at the finish arena on Jenkins Field.

## CHILDREN'S FUN TRAILS

All children's classes (U8's, U10's & U12's) enter on the day - the entry fee is just £2. On Saturday, the Fun Trails will start at 12.30pm, and on Sunday, they will start immediately after the last senior runners have finished the Ullswater Trail at approximately 13.30pm. All the children are rewarded with a special finisher's medal, and the aim is to have fun and enjoy the day - no running kit is necessary, so bring your whole family along

## SPECTATORS

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

## PHOTOGRAPHERS

We will have professional sports photographer from R and R Photos out on the course, and the photographs will be available for sale via the event website in the week following the event.

## PRIZE GIVING & SPOT PRIZE DRAW

We will have results available shortly after finishing, and will present prizes on Saturday at 4.30pm and on Sunday immediately after the children's Fun Trails at approximately 14.30pm

## SPOT PRIZES - ALL HELVELLYN & ULLSWATER TRAIL FINISHERS

We have some fantastic spot prizes donated by PUMA, VO2 Max Events, Ullswater Steamers and local businesses. All will be displayed at the start and finish arena. The spot prize draw will immediately follow the prize giving, so remember to fill in your spot prize draw ticket, available at Registration. You can only claim a prize if you are present to collect it!

This event wouldn't have been possible without the grateful permission of all the landowners and tenant farmers, especially Eden District Council, King George V Playing Field Committee, Dalemain Estates, National Trust, Mountain Trauma Rescue Services, Cumbria Police, Ullswater Steamers, PUMA, Wilson's Kendal Mint Cake, TrailRunning.co.uk, the local businesses who have sponsored a prize, and 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 !

## TRAIL RACE PRIZES (HELVELLYN 15KM AND ULLSWATER 13.6KM)

Men & Women Open - First 3                      Veteran Classes - First Man & Woman V40, V50, V60 & V70

Helvellyn 10km : Men & Women Open - First 3

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, prizes to be collected on the day please.

## DIRTY DOUBLE (OVERALL WEEKEND COMBINED : HELVELLYN + ULLSWATER)

First man and woman overall

## SATURDAY EVENING PARTY (7pm - 9pm)

All our 2011 Lakeland Trails Season Ticket holders are invited to a party aboard the Ullswater Steamer "Lady of the Lake" on Saturday evening (7pm-9pm). We will have live music and the bar on board will be open. We can't sail into open water at night, so the Steamer will be moored to the jetty. A great opportunity to meet the event crew and fellow Lakeland Trails competitors.

## EMERGENCY ALTERNATIVE COURSE

In the unlikely event of high winds forcing cancellation of Ullswater Steamer sailings, an alternative course will be used. This is a low level course, all on bridleways and trails and taking in some of the Ullswater Trail route. All the starts will be delayed as course markers and marshals are relocated. You will be informed at the Registration.

**2012 Lakeland Trails discounted early bird entry is NOW OPEN**

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