



LAKELAND TRAILS MARATHON IN CONISTON FINAL DETAILS

Coniston Showground, Land's Point, Coniston LA21 8AS

Sunday 2nd June 2019



Welcome to the 2019 Lakeland Trails Marathon in Coniston 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 We want to encourage car sharing, so if there are **three or more** of you in the same car, parking is **free! Parking is not available on Saturday**. On the **Sunday only**, all day car parking is available for £3 per car. The car park opens at **6:30am** and is located at the Start / Finish venue, Coniston Showground. We will have a one-way system in operation and **cars will be unable to leave the venue until 2pm**. If you need to leave before this, please use public car parking in Coniston village and walk to the venue (approx. 1km). Please bring the correct change so we can get you parked quickly.

Directions – The postcode **LA21 8AS** will direct you to Coniston Hall and we will have signs directing you from the road. You will be driving past a number of houses along a narrow track. Please do not park on the track or drive on the field as this is hay meadow which will be providing food for livestock in the winter.

REGISTRATION All Race Numbers must be collected from Registration in the main marquee. 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 Opening Times
Marathon Challenge	07:00	Saturday ONLY – 14:30 – 18:00 No registration on Sunday
Marathon Race	09:00	Saturday 14:30 – 18:00 and Sunday 07:00 – 08:00
½ Marathon Challenge	10:00	Saturday 14:30 – 18:00 and Sunday 07:00 – 09:00
½ Marathon Race	11:00	Saturday 14:30 – 18:00 and Sunday 07:00 – 10:00
Mini Marathon 10K	11:15	Saturday 14:30 – 18:00 and Sunday 07:00 – 10:15
Children's Fun Trails	14:15	Entry only open on the day so please listen to announcements from the MC

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.

EVENT TIMETABLE

6.30am	Car park opens
7.00am	Registration opens in the main registration marquee
7.00am	Marathon Challenge
9.00am	Marathon Race
10.00am	½ Marathon Challenge
11.00am	½ Marathon Race
11.15am	Mini Marathon 10K
2.15pm	Children's Fun Trails (under 12's - enter on the day)
2.30pm	Après Trails live music with singer / songwriter Pete Lashley
3.30pm	Prize giving & spot prize giving

COURSE MAPS AND INFORMATION – Please See The Event Guide For Further Information

Start Each event will set off from the Coniston Showground with the awesome Milnthorpe Steel Band keeping you entertained. 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 courses will be well marked and marshalled by our magnificent Lakeland Trails volunteers, including members of Coniston Mountain Rescue Team, all of whom work hard to make your run as enjoyable and safe as possible. All routes are on typical Lakeland Trails terrain, mostly on hard-packed gravel or stony bridleways and taking in enough ascent and descent to keep you on your toes. The course is on public rights of way and the general public have been notified about the event, with signs on all footpaths and bridleways, so please respect other users.

Please stay alert on any road 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. 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 – there will be lots of lambs in the fields and we want them to stay there. Please put any litter in your pocket until you reach a bin.

VERY IMPORTANT: NO DOGS ARE ALLOWED ON THE COURSE.

There will be FOUR feed stations on the Marathon and an additional Two water stations. The Half Marathon has ONE feed station located just before the half-way point, with TWO additional water stations. Drinking water will also be available at the finish. We're phasing out single use plastic cups but still have some existing stocks which will be used for this event. Can you do your bit and bring a reusable bottle or buy one from us on the day?

Finish The finish is at Coniston Showground. 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 specially designed gender-specific Lakeland Trails T-shirt with its **fantastic new design** for 2019. Photos will be available shortly after the event on [our Facebook page](#).

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.

EVENT VILLAGE Our shoe and kit partner, inov-8, will have their latest shoes available to demo, with Pete Bland Sports selling a wide range of inov-8 products and race essentials. There will be some great food and drink stalls including vegetarian & vegan caterer Green Canteen; 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) 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!

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 2.15pm 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](#)

Results will be published in the marquee shortly after the last runner has finished and posted on our website on Sunday evening.

COMING UP NEXT

Lakeland Trails Ultra in Ambleside (100K, 55K, 23K, 14K) on Saturday 28 th June 2019. Filling fast! Enter now to secure your place.	Lakeland Trails Autumn Series Keswick (5K, 10K & 15K) 2 nd September Coniston (10K & 15K) 5 th October Helvellyn (5K, 10K & 15K) 26 th October Ullswater (10K & 14K) 27 th October Filling fast and Early Bird Prices on Series and Individual entry. Enter now to secure your place.
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THANKS We are grateful for the permission and support of all the landowners and tenant farmers, the National Trust, Lake District National Park Authority, Natural England, Forestry Commission, Coniston Mountain Rescue, Coniston, Torver and Colton Parish Councils, Coniston Old Hall, Cumbria Police, inov-8, James Kirby Photography, Pete Bland Sports, Event Safety Group, 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



Venue Partners



Photography and Web Partner

