



**LAKELAND TRAILS IN CONISTON**  
**FINAL DETAILS - EVENT ESSENTIALS**  
Saturday 3<sup>rd</sup> and Sunday 4<sup>th</sup> October 2020



Welcome to the 2020 Lakeland Trails in Coniston Weekend 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 the Event Page on our [website](#) and [Facebook](#) updates. If you need more comprehensive information, you'll find that on the Event Page and in the Event Guide, also on our website.

**You must follow all Government guidance and not travel to the event if you:**

- are experiencing any [coronavirus symptoms](#)
- are [self-isolating as a result of coronavirus symptoms or sharing a household or support bubble with somebody with symptoms](#)
- are [clinically extremely vulnerable](#) and live in an area where additional public health measures mean you have been advised to resume shielding
- have been advised by the [NHS test and trace service](#) that you should self-isolate

**TRAVEL AND PARKING**

Please ensure you follow [Government guidelines on travelling](#) on your way to Coniston. This advises that you only car share in a private vehicle if you are travelling with family members or people in your 'support bubble'.

All day Car Parking is available for £3 per car and is payable by contactless payment only. There is no 3 for Free offer this year as we do not want to encourage car sharing. The postcode LA21 8AS and signage will direct you from the road. Please be very careful on Saturday morning as 10K runners may be coming up the track. There is no overnight parking in the field and we cannot accommodate any vehicles larger than a minibus due to the space taken up and the risk of damaging the field.

**REGISTRATION**

As race numbers have been posted out, there will be a very limited number of staff in the marquee to help with any last-minute queries. If you forget to bring your race number or yours hasn't arrived, we will be able to re-issue it – please go to the main marquee 15 minutes before your start time.

Unfortunately, we will be unable to make any on-the-day swaps between events.

There will be a bag drop available. If you are using that, please avoid putting your bag on top of someone else's to minimise unnecessary contact.

**BEFORE YOU START** You will be given an allocated Start Time which we will send to you by email and which will be shown on the Start Lists on the Event Page of our [website](#). Please arrive in the Start Zone (you'll drive past it as you arrive) 5 minutes before you're due to start and note that if you arrive more than 5 minutes late, we may not be able to let you start.

**You will need to sanitise your hands and carry a face mask with you at all times on the course.**

**Apart from on the Marathon course, there will be no water stations on the course or in the Event Village so please come prepared to be self-sufficient.**

**ON THE COURSE**

**Please make sure you maintain social distance at all times whilst on the courses and if you need to clear your throat it must be done well away from the course and other people. We strongly advise you carry hand sanitiser with you.**

All 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. Our marshals don't have authority to stop traffic, so please be prepared to slow down and wait if necessary.

**Please note that for your safety and that of other competitors, only bone-conducting headphones are permitted.**

All routes are on typical Lakeland Trails terrain over a mix of public and private land, mostly hard-packed gravel or stony bridleways with enough ascent and descent to keep you on your toes. There are some tricky rocky sections – please run within your abilities and walk if necessary.

**IMPORTANT: If you are running the ½ Marathon or Full Marathon, you need to do a complete lap of Tarn Hows – watch for the '1 Lap' board and you'll have to run past a Lakeland Trails flag too.**

**IMPORTANT: If you are running the Marathon course, we have made a minor route change in Nibthwaite, at about 30km and after the fast, rocky descent from Parkamoor – you will stay on the road for an extra couple of hundred metres – please take care.**

**Very Important: Dogs are not allowed on the course**

**MARATHON FEED STATIONS** At both feedstations you must sanitise your hands and put on your face mask before collecting any food or water. Please collect water and find some space before topping up your own supplies – make sure you dispose of the bottles (some will be re-useable) in the correct place. Food will be available in single portions to collect: Maximuscle energy gels, bananas, crisps, flapjack and brownie – the pieces will be bigger than usual so you can keep fuelled along the course. There will be a one-way system in place in Water Yeat for you to collect your supplies. There is one toilet inside – if this is in use, please use the Portaloo which will be outside – there will be space for you to queue safely. Please do not drop any litter – we've got a really good reputation for keeping tidy!

**FINISH** The finish is at Coniston Showground. When you cross the finish line, it's really important that your **whole** number is clearly visible and failure to display your number fully will result in disqualification. Once you've finished, you'll be asked to sanitise your hands and if you're collecting a t-shirt, put on your face mask (we'll give you a couple of minutes to catch your breath if necessary, first).

**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. The Medics will have to be available for emergencies so they may not be able to help you with the minor cuts and scrapes you'd usually sort yourselves due to the extra precautions they will be taking to remain covid-safe.

If you are unable to finish your event and need to retire, **you must** report to the finish line or an event marshal and hand in your race number. 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**

**When you are in the Event Village, please observe social distancing at all times. We'll have green discs on the ground to help with that and please be prepared to move along if it gets too busy.**

There will be some great food and drink stalls including bacon butties & hog roast from Mansergh Hall Farm Hog Roast, delicious toasties from The Sourdough Toastie Company; great coffees from The Coffee Bug; and Yorkshire Dales Ice Cream, all selling locally sourced food. Our partner, inov-8, will be there with a great selection of kit and advice, alongside Pete Bland Sports for those pre-event essentials. 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 –**

**Exclusive Merchandise** We'll have our Lakeland Trails' headwear available, with a special 'buy one, get one half price' deal. These can be used as face coverings as well as the traditional uses. You'll be able to buy our exclusive Lakeland Trails Sports Bottles. We're giving these out to our marshals instead of single-use water bottles so grab one whilst stocks last!

**Children's Fun Trails, Bouncy Castle and Prize Giving** Unfortunately these won't be possible due to covid-19 restrictions.

### PRIZES AND RESULTS

Prizes will be sent out by post shortly after the event. Spot Prizes will be chosen at random and the winners numbers displayed at the Finish Line. Spot Prizes will be available to collect there-and-then.

### THANK YOU

It's been an extremely tough year for us here at Lakeland Trails so we'd like to thank you all for your positivity and support over the last few months – it's kept us going. We'd also like to thank our partners, inov-8, for their support too, as well as all as Coniston and Torver Parish Councils, National Trust, Coniston Old Hall Campsite, Maximuscle and everyone else involved in getting us back on the trails.

### COMING UP NEXT

Lakeland Trails Winter Training and Virtual Ultra – details soon!	
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[www.lakelandtrails.org](http://www.lakelandtrails.org)