



LAKELAND TRAILS IN HAWKSHEAD EVENT GUIDE

Hawkshead Recreation Ground LA22 0NT

Saturday 15th April 2023



Welcome to the 2023 Lakeland Trails in Hawkshead Event Guide! To help make your day as enjoyable as possible, please take a few moments to read all of the following information, as well as checking our [website](#) and [Facebook](#) for any updates.

The first page of this guide covers all of the ESSENTIAL information you need as succinctly as possible and the second page has IMPORTANT sustainability information!

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Inspiring Races in Beautiful Places™

ESSENTIAL INFORMATION

We won't be holding a Safety Briefing as all of the ESSENTIAL information is covered below.

- ☒ All day parking is £4
- ☒ Follow event car park signage when you arrive in the village. The routes are planned to avoid backlogs
- ☒ If the ground is soft, use LOW revs and set off in a straight line
- ☒ **NO vans are permitted on our event parking.** You must use the large, public car park in the village
- ☒ **NO EXIT** before 1pm as both car parks have only one entrance / exit
- ☒ Race number to be collected on the day AT LEAST 45 minutes before your Start Time
- ☒ Start Times and numbers will be found on the Start Lists on the event page on our [website](#)
- ☒ Your race number must be attached HORIZONTALLY or the timing chip won't be read
- ☒ Let us know if you want to change your start time / race distance at least 45 minutes before the earliest Start Time of the two (e.g. if you want to swap from the 1pm Challenge to the 2pm Race, 12:15pm is the deadline)
- ☒ Set off at your allocated time or you won't show on the Results
- ☒ Carry your own water or bring your own cup for the water stations on course or by the marquee
- ☒ If you arrive at a closed gate, please close it behind you – there will be lambs in the fields
- ☒ If you find the terrain is tricky, be prepared to slow down so that you can negotiate it safely
- ☒ **No over ear or in ear headphones (bone conducting ones permitted)**
- ☒ **Snot rockets or spitting on the course**
- ☒ **Dogs are not permitted on the course or in the Recreation Ground – please respect this**
- ☒ Have a wonderful day

Sustainability

You can play the biggest role in reducing our impact by making a few simple choices and we'd like to encourage you to do just one thing.

Please have a think if you really need another event t-shirt. Exciting news about how you'll be able to Run for Free with BiodiversiTee will be appearing on our website soon.

If you use public transport for any part of your journey and email greentravel@lakelandtrails.org with a photo of your ticket, we'll add you to a draw for a FREE entry to a future event. You can find public transport information of the event page on our website <https://lakelandtrails.org/hawkshead>

You can join our NEW Car Share Facebook group: <https://www.facebook.com/groups/lrcarshare> or ask around at your local club to see if you can fill your car

Please remember to bring your own cup / flask for water on the course and the event village. There's no need to bring single use plastic water bottles when we provide Lake District water!

We have no facilities to recycle plastics in bulk so please take yours home.

We will have special containers to recycle coffee cups but bringing your own re-useable cup is a better option.

Give your shoes a good wash after you've got home – keeping the uppers in good condition will prolong their life.

If we all do one thing, we can make a big difference!



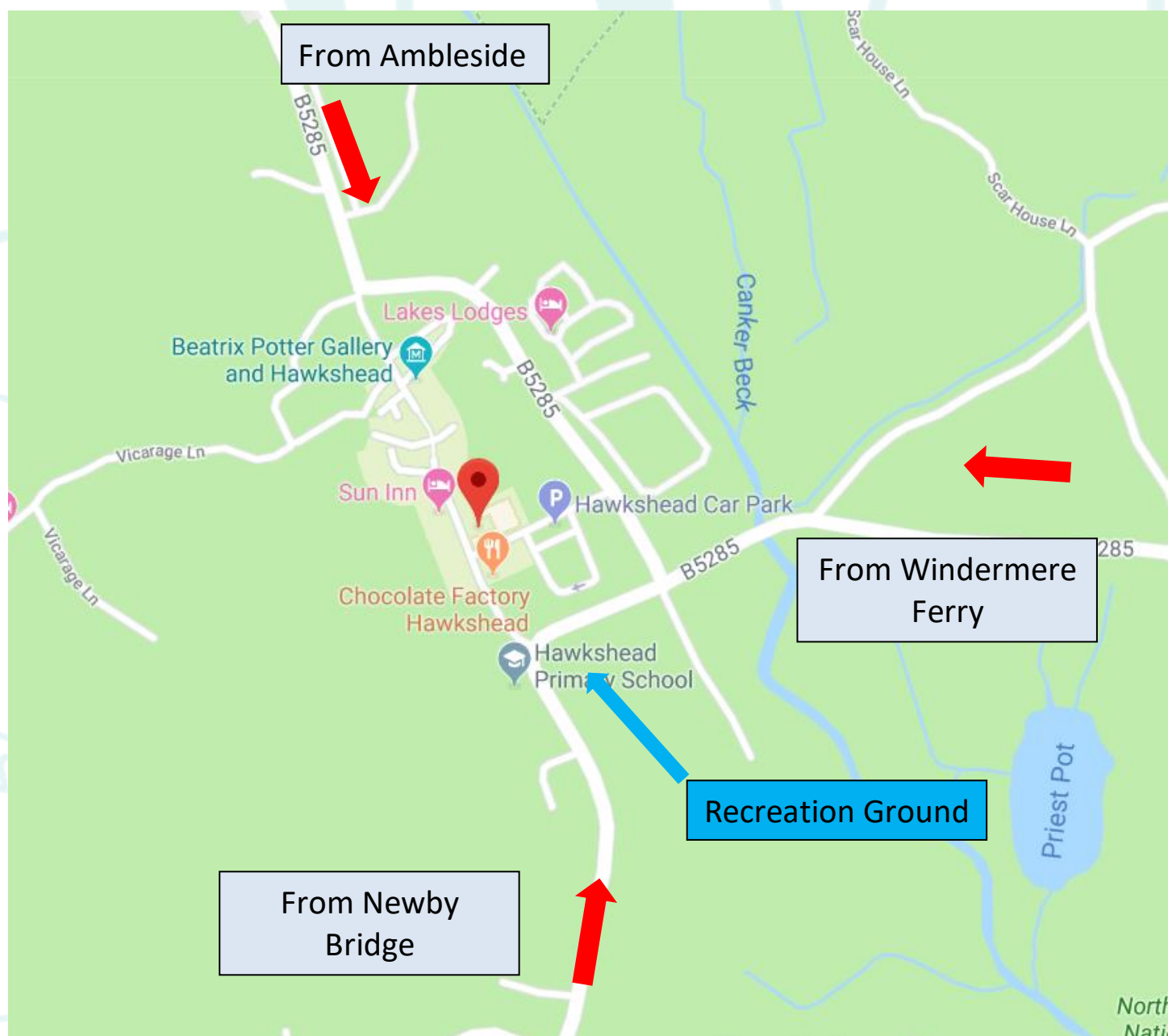
TRAVEL AND PARKING

All day car parking is available for £4 per car – payable by contactless card or exact change. The car park opens at **8:45am** and is located a short walk from the Recreation Ground. Please follow our Car Park signs because the entrance to one car park is tight and the direct route causes bottlenecks.

Please note that this parking is **only suitable for cars**. **ALL VANS must use the large, public Pay and Display Car Park.**

If the weather is very wet leading up to the event, please check the event website for any announcements about possible changes. We have a Park and Ride on standby.

Directions – The postcode LA22 0NT will direct you to the centre of Hawkshead. We will have two car parks in use so please follow signage and stewards' instructions to get you to the right one.



REGISTRATION

All Race Numbers must be collected from Registration in the main marquee on race day.

Registration opens at 9:00am on Saturday and you can collect your number up to **45 minutes before** your allocated start time.

Start Lists will be available to view on our website and won't be on display in the marquee. If you forget your number, you can check it on a tablet in Registration.

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.

There are no entries on the day and entries are not transferrable. Runners competing with someone else's number will be disqualified and will not be eligible for prizes or appear in the results. We will also prevent them from taking part in future Lakeland Trails events, such is the safety risk if something were to happen to a person whose details we don't have on our system.

There will be a baggage storage adjacent to the main marquee.

EVENT TIMETABLE

8.45am	Car park opens
9.00am	Registration opens in the main registration marquee
10.45am	10k Hawkshead Trail Run – Early Start
11.00am	10k Hawkshead Trail Run – Mass Start
12:30pm	Hawkshead Fun Trails with Zeraffa the Giraffe (under 12's - enter for free on the day)
1.00pm	16k Hawkshead Trail Challenge – Early Start
1.15pm	16k Hawkshead Trail Challenge – Mass Start
2.00pm	16k Hawkshead Trail Race
3.30pm	Après Trails live music with singer / songwriter Pete Lashley
4.30pm	Prize giving & spot prize giving

COURSE INFORMATION AND MAPS

Start

Each event will set off from the Recreation Ground with the awesome Boom Dang 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.

You will be running on 'Gun Times' (your time will be based on the actual time you cross the line) and for safety reasons, runners will not be allowed to start after the sweeper has passed the start line.

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. The courses have a variety of terrain, mainly beautiful, scenic trails with only a short section of tarmac just after the start.

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. Remember to save yourself for the brutal mile-long climb of the Coffin Trail at around 6k on the 10k Trail Run and 11k on the 16k Trail Challenge / Race.

If you think the terrain is too tricky, it's fine to slow down or walk and take in the views! 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. There are sections of private land which may only be used on race day and please put any litter in your pocket until you reach a bin.

VERY IMPORTANT: DOGS AREN'T ALLOWED ON THE COURSE

Water Stations

As part of our commitment to reduce our environmental impact, please play your part by coming self-sufficient with your own water supplies or bring your own re-useable cup. We will not be supplying cups at the Water Stations so please bring your own to be filled.

There will be TWO water stations on the 16k course and ONE on the 10k course (at 7k on each and 11k on the 16k). Drinking water will also be available at the finish.

Finish

The finish is under our **inov-8 gantry**. 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 go through the main marquee where you can collect your specially designed gender-specific Lakeland Trails T-shirt if you've chosen to have one.

If you have selected the 'BiodiversiTee' option, you will have a green background to your race number.

Results will be available in real-time via our website.

What to wear

We recommend you wear suitable trail running shoes. The inov-8 Roclite trail shoe would be ideal for the course. **In adverse weather a cagoule, tights, 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 but especially in the spring.

Your Safety

Event Advanced Life Support Medics with a 4x4 medical vehicle 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 priority is medical emergencies and more severe injuries. With that in mind, they may not be able to help you with any minor cuts and scrapes that you'd normally sort out yourself.

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.

If you want to run listening to music, the only type of headphones you can wear are the bone-conducting type. **In and over-ear headphones are not permitted** and you will not be able to start if you have them with you. This is so that you can hear any instructions from marshals on the course and any runners who want to pass you will be able to call out to alert you so you can maintain a safe distance.

Please remember to treat fellow runners, members of the public, our volunteers and crew with respect. We want everyone to have an enjoyable day!

Course Maps

Please see [our website](#) for the latest course maps and interactive profiles.

EVENT VILLAGE

Our partner, inov-8, will have their experts on hand to talk to you about their latest products, with Pete Bland Sports selling a wide range of inov-8 products and race essentials with **great discounts** on all inov-8 footwear and clothing – even the newest products.

There will be some great Cumbrian food and drink stalls including exciting offerings from our local caterers including *****NEW***** Bandito Burrito & Fiery Mamma's Pizza along with regular favourites Mansergh Hall Hog Roast (also serving bacon butties), with great coffees from The Coffee Bug and Fellside Coffee.

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!

Portable loos and urinals are also available. Occasionally, supplies run low inside them so do please let us know if we need to re-stock.

GENERAL INFORMATION

Meet and Greet

If it's your first event and you want to find out more information on the day, we will have a number of stewards in two-tone hi-vis jackets to direct you.

Children's Fun Trails

All children Under 12 have the chance to run alongside, or maybe even in front of, Zeraffa, the long-lost cousin of the late and much-loved Gerry the Giraffe. Entry is only available on the day and is **free** for competitors' children. The Fun Trails give children the buzz of the race day experience so please give them your support. You never know – they might be the next world champions! All the children are rewarded with a special finishers' sticker. As the emphasis is on FUN and participation, there are no winners' prizes. Bring your whole family along to make a great day of it!

Exclusive Merchandise

We'll have plenty of stocks of our hugely popular hoodies available – perfect to wear before your run or in the pub afterwards!

We've also got a stylish zip jacket, long sleeve crew tees and some NEW Big Bobble hats too.



Spectators

Spectators really help create a fantastic atmosphere in the event village and there is plenty of entertainment at the start and finish arena. Bring deck chairs, rugs, cameras and a smile.

Event Photos

We will have James Kirby, our professional photographer on the course. FREE photos will be available to download from [www.Facebook.com/lakelandtrails](https://www.facebook.com/lakelandtrails) on the Sunday after the event.

Après Trails Music and Prize Giving

The legendary Singer / songwriter Pete Lashley will be performing live for an hour with Prize Giving following on afterwards. This is a great opportunity to meet fellow competitors, the organising and marshalling teams.

There will still be a great range of **Spot Prizes** up for grabs. We'll choose the winning numbers at random during our Prize Giving ceremony where you'll be in with a chance of winning a free race entry, tickets to a Lake District attraction or inov-8 vouchers.

PRIZES AND RESULTS

Sport Trail 5k	Open Class: First Man & Woman Under 16: First Boy & Girl
Trail Run 10k	Open Class: First 3 Men & Women Veteran Classes: First Man & Woman (V40, V50, V60, V70, V80)
Trail Race 14-18k	Open Class: First 3 Men & Women Veteran Classes: First Man & Woman (V40, V50, V60 & V70*)

Please note that if a Vet in an event comes first, they will be classed as the winner and receive the Seniors' prize – only one prize per person and they don't get posted out.

Competitors in the 14-18k V70 can compete in either the Race or Challenge to be eligible for a prize.

Results will be available in real-time on our website.

COMING UP NEXT



LAKELAND TRAILS IN STAVELEY

(5K, 10K & 18K) – SATURDAY 13TH MAY

Lakeland Trails first event finished in Staveley way back in 2004 and it's as popular as ever.

Stunning views along the Kentmere Valley, some lovely undulating terrain and the Sting in the Trail to 'look forward to' with 1km to go!

Check out [OUR WEBSITE](#) for further information.

THANKS

We are grateful for the permission and support of all the landowners and tenant farmers, especially Hawkshead Recreation Ground committee, Coniston Mountain Rescue Team, Hawkshead Parish Council, Cumbria County Council, Event Safety Group, inov-8, National Trust 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!



Supporting
Cumbria
Wildlife Trust

www.lakelandtrails.org



Inspiring Races in Beautiful Places™