



LAKELAND TRAILS IN STAVELEY EVENT GUIDE

Staveley Recreation Ground LA8 9LN

Saturday 13th May 2023



Welcome to the 2023 Lakeland Trails in Staveley 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](#) for the essential information and [Facebook](#) for any updates.

| | |
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Inspiring Races in Beautiful Places™

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. If you run 5 events this year having chosen the BiodiversiTee option, we'll give you a free entry to a future event!

If you arrive by bike or use public transport for any part of your journey and email greentravel@lakelandtrails.org with a photo of your ticket (or your bike in the event ground), 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/staveley>.

You can join our NEW Car Share Facebook group: <https://www.facebook.com/groups/lcarshare> 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 because we don't provide any. 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 but please use the correct bins

We will hopefully 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

We have bus and train information on our website. With bus tickets only £2 per journey, why not arrive at the event relaxed and enjoy the scenery on the way?

If you arrive by bike, we'll have a bike rack available (bikes left at your own risk).

All day car parking is available for £4 per car – payable by contactless card or exact change. Please remember that old pound coins are no longer legal tender. 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 and SMALL vans (nothing larger than a regular VW Transporter)**. The entrance is narrow and you will get stuck if you try and arrive in anything else.

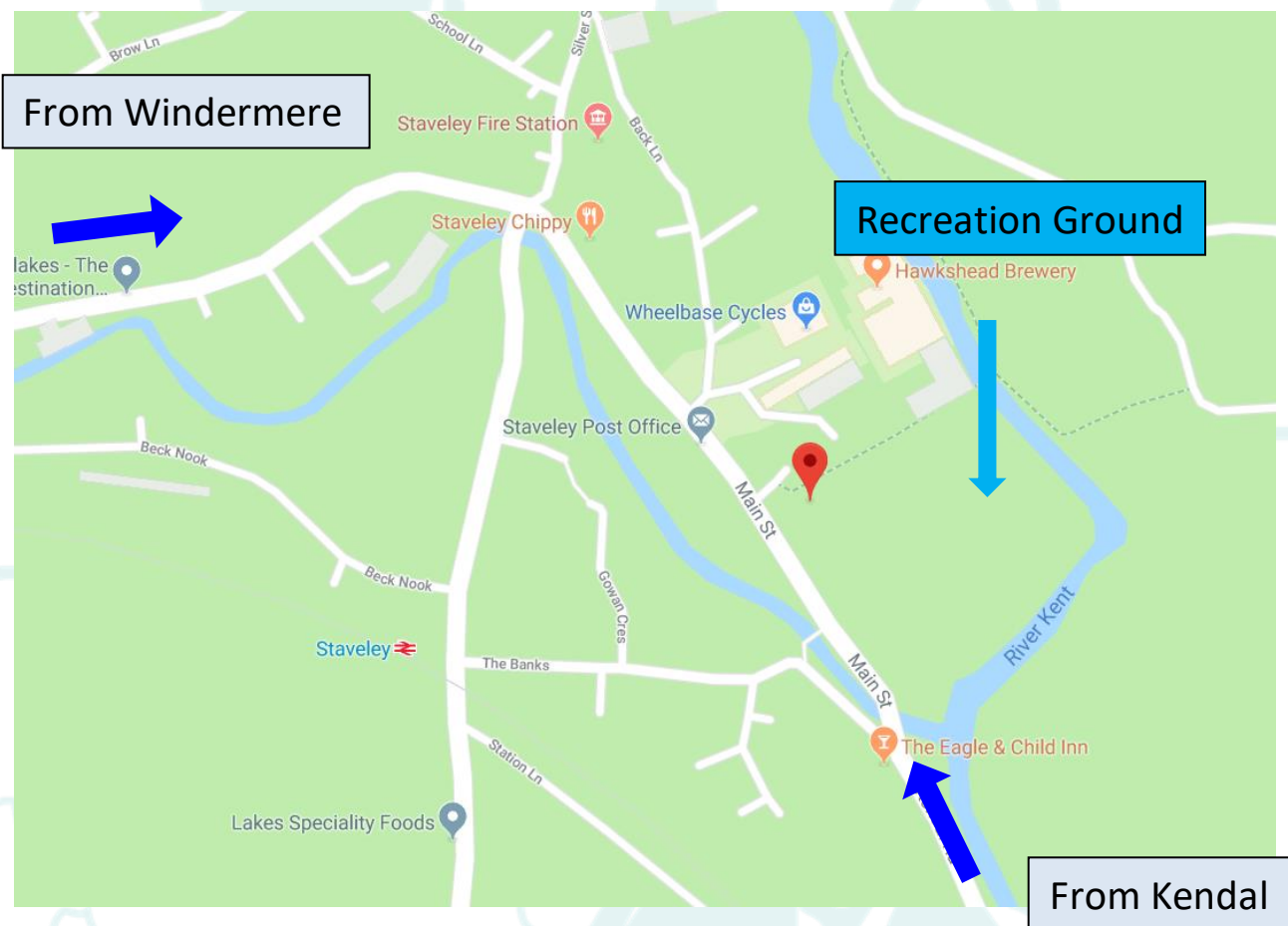
If the weather is very wet leading up to the event, please check the event website for any announcements about possible changes in arrangements.

Non-event parking in Staveley is very limited and the roads are narrow so please use our car parks so that residents aren't inconvenienced. We rely on their support and want to keep them happy. If you were planning to travel in a motorhome or large van, why not park in Kendal or Windermere and get the train in? You can check the timetable from [THIS LINK](#).

When you are leaving the venue, please be patient if you're asked to wait a couple of minutes, either for other cars to arrive or to give priority to runners.

Directions – The postcode **LA8 9LN** will direct you to the Recreation Ground in Staveley. We will have two car parks in use depending on what time you arrive. As you approach the centre of Staveley, signage and our stewards will direct you to the correct one. It's really important that you follow our instructions to avoid causing congestion in the village.

Please be very careful when you are driving through the village as there may be runners alongside the route.



REGISTRATION

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

If you have selected BiodiversiTee, your number will have a green background and you won't be able to collect a t-shirt unless we have any spares once the last runner has finished.

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

PLEASE NOTE: All runners in the 18k Trail Challenge will now start at 13:00 with a 3 ½ hour time limit.

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| 8.45am | Car park opens |
| 9.00am | Registration opens in the main registration marquee |
| 10.45am | 10k Staveley Trail Run – Early Start |
| 11.00am | 10k Staveley Trail Run – Mass Start |
| 11.15am | 5k Staveley Sport Trail |
| 12:30pm | Staveley Fun Trails with Zeraffa the Giraffe (under 12's - enter for free on the day) |
| 1.00pm | 18k Staveley Trail Challenge |
| 2.00pm | 18k Staveley Trail Race |
| 3.30pm | Après Trails live music with singer / songwriter Pete Lashley |
| 4.30pm | Prize giving & Spot Prize giving |

COURSE INFORMATION

Maps

Course maps and route profiles are available on our website.

Start

Each event will set off from the Recreation Ground with the awesome Batala Lancaster 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, 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 hard packed trails with the occasional muddy section!

Please stay alert on any road sections and keep close to the **right hand side**. Our marshals don't have authority to stop traffic, so please be prepared to slow down and wait if necessary.

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 infamous '**Sting in the Trail**' – the brutal climb to the top of Reston Scar which you summit with just a fast descent of 1km to go.

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 18k course (at 6.6k and 13.4k) and ONE on the 10k course. 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 so we won't have ordered a t-shirt for you.

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, with great coffees from The Coffee Bug and Fellside Coffee. All of our food vendors have special breakfast offerings for you and your support team.

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!

Portaloos 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 exclusive Big Bobble hats. We'll also have NEW technical tees and VESTS for those of you who don't want an event-specific one.



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 Paul Mitchell, 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 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 an inov-8 hat.

PRIZES AND RESULTS

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|--------------------------|---|
| 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 CONISTON WEEKEND – GREAT TWO-DAY PRICES ON OUR WEBSITE

SATURDAY 10TH JUNE 10K & 16K

After the steady climb up to the Coppermines Valley, surrounded by traces of the historic mining activity, follow the gently undulating Walna Scar Road along the flanks of The Old Man of Coniston and its rugged scenery before a fast descent and a lakeside finish.



SUNDAY 11TH JUNE MARATHON, ½ AND MINI-10K

Voted Britain's most scenic trail marathon, it's a course which keeps on delivering the views. With generous cut-off times of up to 8 hours, the fully waymarked course is exceptional, as is the support you'll receive along the way.

The ½ Marathon follows sections of the Marathon course, including a lap of the iconic Tarn Hows. Whereas the mini-marathon 10k is our flattest course (still with epic views).

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

THANKS

We are grateful for the permission and support of all the landowners and tenant farmers, especially Staveley Recreation Ground committee, Kendal Mountain Rescue Team, Staveley-with-Ings Parish Council, Event Safety Group, Cumbria Police, inov-8, 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™