



LAKELAND TRAILS IN CARTMEL (5k, 10k & 18k) EVENT GUIDE

Cartmel Racecourse

Saturday 18th September 2021



Welcome to the 2021 Lakeland Trails in Cartmel 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 **Race Day** page and **Facebook** updates.



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Inspiring Races in Beautiful Places™

CORONAVIRUS SAFETY

Whilst legal restrictions have been lifted, the implications of catching covid-19 or coming into contact with an infected person remain real. Our event attracts over 1000 people from different parts of the country and we want to make the event as safe and relaxing as possible for everyone so please be respectful of others both on the course and in and around the venue.

Like us, you may not yet feel comfortable being in large groups and whilst the risk of coming into close contact with someone with covid-19 is relatively high with the consequence of infection and the requirement to self-isolate for 10 days, we are only relaxing some of our precautions.

We are re-opening Registration for you to collect your number but we request you wear a mask for the short time you are inside our marquee and we will still have hand sanitisers to use in there and at the Start and Finish.

We are offering the option of both a Waved Start and Mass Start.

For everyone's safety, we request you take a free lateral flow test before attending the event. Further information, including how to arrange one or get the test kit posted out to you, can be found [here](#). We may ask you to show us proof of a negative test (which comes by text message or email) before you are given your number.

You must continue to 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](#)
- have been advised by the [NHS test and trace service](#) that you should self-isolate

If you are unable to take part because you are self-isolating, we are happy to defer your entry to 2022 if you [email us](#) **before** the event with a screenshot of your Test and Trace app screen showing your postcode and isolation period.

TRAVEL AND PARKING

All day Car Parking is available at £3 per car and is situated in the Racecourse grounds. Depending on capacity, we may be operating two car parks, with the first opening at 08:45. Please see the travel directions below, along with links to Google Maps to take you to the correct junction. In all cases:

PLEASE FOLLOW OUR SIGNAGE AND STEWARDS. DON'T ATTEMPT TO FOLLOW SAT NAV OR DRIVE THROUGH THE VILLAGE SQUARE – IT WON'T TAKE YOU TO THE CAR PARK AND YOU RISK MISSING THE START.

We can only accommodate cars and camper vans up to the size of a small Transit van. Please do not bring any vehicles larger than this onto the site.

Junction to take from the West



Navigate to this junction in Google Maps: <https://bit.ly/3miqiPU>

Map from: <https://goo.gl/WBX1NY>

Junction to take from the East



Navigate to this junction in Google Maps: <https://bit.ly/3moTzIQ>

Map from: <https://goo.gl/H2UzDC>

Please note that the main village Pay and Display Car Park uses ANPR and if you drive through it either to access or leave our event parking, you will have to pay charges. Neither we, nor the Racecourse, are able to help if you receive a parking ticket as a result of driving through this car park so please follow our signage to avoid this.

Unfortunately, there will be no overnight parking or camping available within the Racecourse grounds this year.

REGISTRATION

All Race Numbers must be collected from Registration in the main marquee on race day – we are not posting any out.

Registration **opens at 9:00am** and you must collect your number at least **30 minutes before** your allocated start time event.

We will be sending out an email on Tuesday 24th August requesting you to confirm your Start Time in your account before Sunday 29th August at 9pm. Please wait until you have received the email before selecting your times as we may be tinkering with the settings beforehand and all selections made before the emails are sent will be removed automatically by the system.

Start Lists will be available to view [HERE](#) from 31st August and will not be displayed in the marquee.

IMPORTANT - Please note if you do not select your own Start Time, we will allocate one for you which cannot be changed. We have found that most people who do not book their start time haven't turned up so to prevent wasting t-shirts, **we won't order one for you but instead will put the money towards our Tees for Trees initiative**. You can find out more about that [HERE](#).

IMPORTANT – when they arrive at the Start Line, lots of people have been requesting to run at a time different to the one they booked. This is not possible as our Timing Manager is unable to deal with all of the swaps on the day (over 200 at the Marathon!) and this has implications on the accuracy of results. If you miss your allocated Start Time, we will be happy to transfer you to the Mass Start and if you arrive early, why not grab a coffee and browse the inov-8 / Pete Bland Sports stalls?

If you've got any urgent 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 but **please try and be self-sufficient by checking through the information in this guide and on our website** so we can minimise queues.

There will be a baggage storage area adjacent to the main marquee. Please bring as little as possible to the event and lay your bags side by side, rather than on top of each other.

Please note, there are NO entries available on the day and for your own safety you must not run using someone else's number. Runners competing with someone else's number will be disqualified and will not be eligible for prizes or appear in the results.

EVENT TIMETABLE

8.45am	Car park opens
9.00am	Registration opens in the main registration marquee
10.30am	10k Cartmel Trail Run – first Waved Start
11.30am	10k Cartmel Trail Run – Mass Start
11.35am	5k Cartmel Sport Trail – first Waved Start
12.00pm	5k Cartmel Sport Trail – Mass Start
12:30pm	18k Cartmel Trail Challenge – first Waved Start
1.30pm	18k Cartmel Trail Challenge – Mass Start

1.35pm	18k Cartmel Trail Race – first Waved Start
2.00pm	18k Cartmel Trail Race – Mass Start
3.15pm	Cartmel Fun Trails (under 12's - enter for free on the day)
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 Racecourse Grandstand with the awesome Milnthorpe Steel Band keeping you entertained. You will need to make your way to the start line 5 minutes before the Start so we can get you off on time (10 minutes if you are in the Mass Start). There will be a separate Start and Finish line to accommodate the Waved Starts.

Waved Start runners will be running on 'Chip Times' (your time will be based on the actual time you cross the line) and Mass Start Runners will be running on 'Gun Times' (your time will be based on the mass start time as in traditional race formats).

On the course

Please remember some people may not be as comfortable being close to others as you may be so be respectful and give everyone space when you are out on the course. **Spitting / snot rockets on the course will lead to disqualification and a ban from future events. If you need to clear your throat or cough, please move well away from the trail and other people and do not cough into your hand.**

All three 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 trails with short sections of tarmac just after the start, mid-way along the course and near the finish. Please stay alert on these 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. Some sections of the course have been a real BEAST in the past, with deep, wet muddy sections to make it a lot of fun. 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 – some sheep ended up in the wrong fields last time. There are sections of private land which may only be used on race day. Last year some farmers mentioned that there was quite a lot of rubbish left on the course – this can cause a hazard to their livestock so 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. 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 9.5k and 14.6k and ONE on the 10k course at 6.3k. Drinking water will also be available at the finish.

Finish

The finish is at Cartmel Racecourse in front of the main Grandstand. When you cross the finish line under our **inov-8 gantry**, 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 mean we can't give you a finish time.

Once you've finished, we'll ask you to sanitise your hands and put on your face mask / covering before directing you through the main marquee to collect your specially designed gender-specific Lakeland Trails T-shirt (we'll give you a couple of minutes to get your breath back if needed!). If you've chosen the Tees for Trees option, you won't need to put your mask on or go through the marquee.

We'll have each size on display so that you can move through swiftly. Please only pick up the t-shirt you are going to take home.

After you have finished, please do not cross the Carmel racetrack at any time. Please follow our signage once in the finish area.

Photos will be available shortly after the event on [our Facebook page](#) and 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 G275 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 quickly deteriorate at any time of the year.

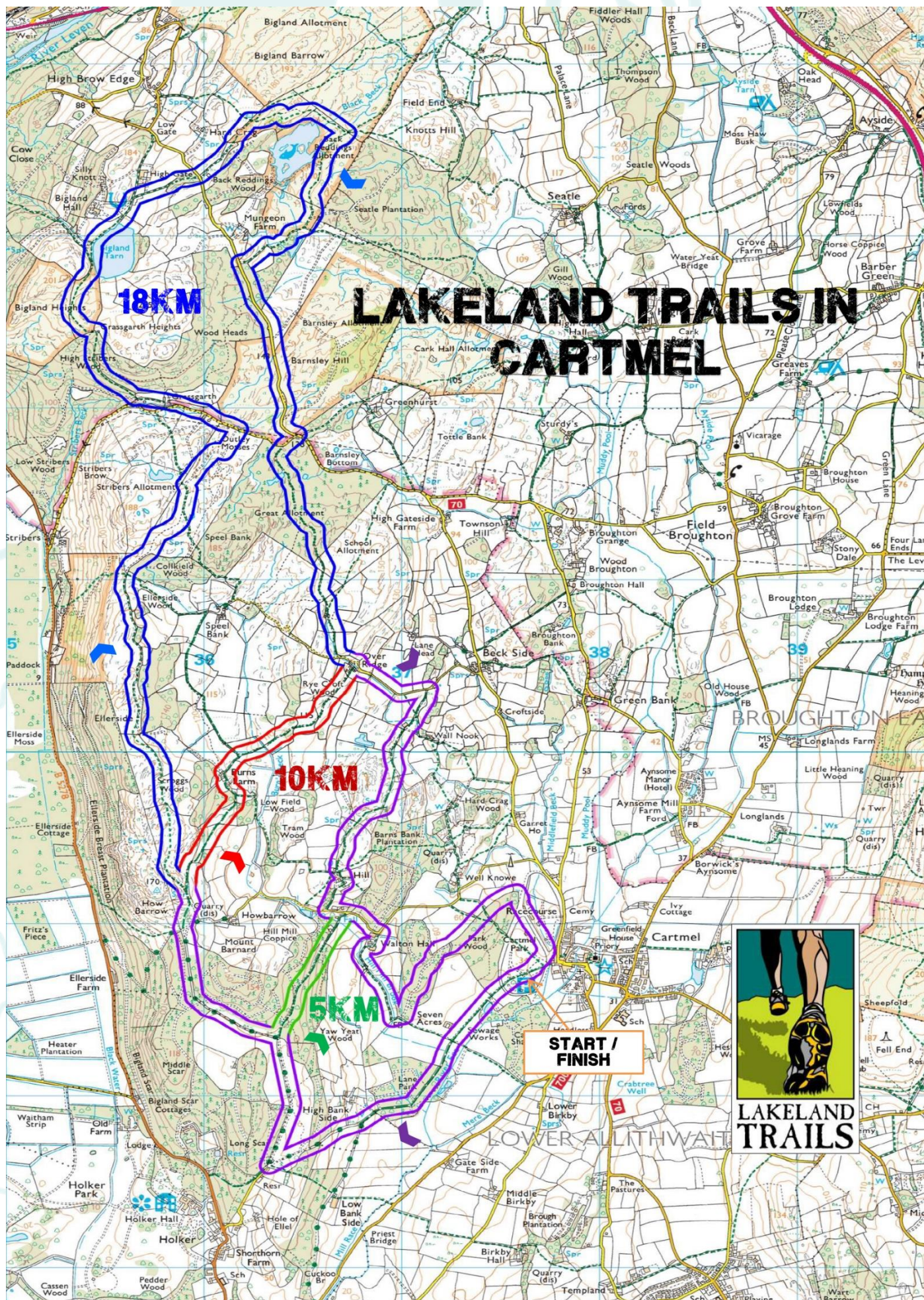
Your Safety

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. As you will appreciate, the medics still have a large number of extra steps to take to keep covid-safe and it's really important that their extra precautions do not compromise their response in an emergency. With that in mind, they may not be able to help you with minor cuts and scrapes that you'd normally be able to 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.

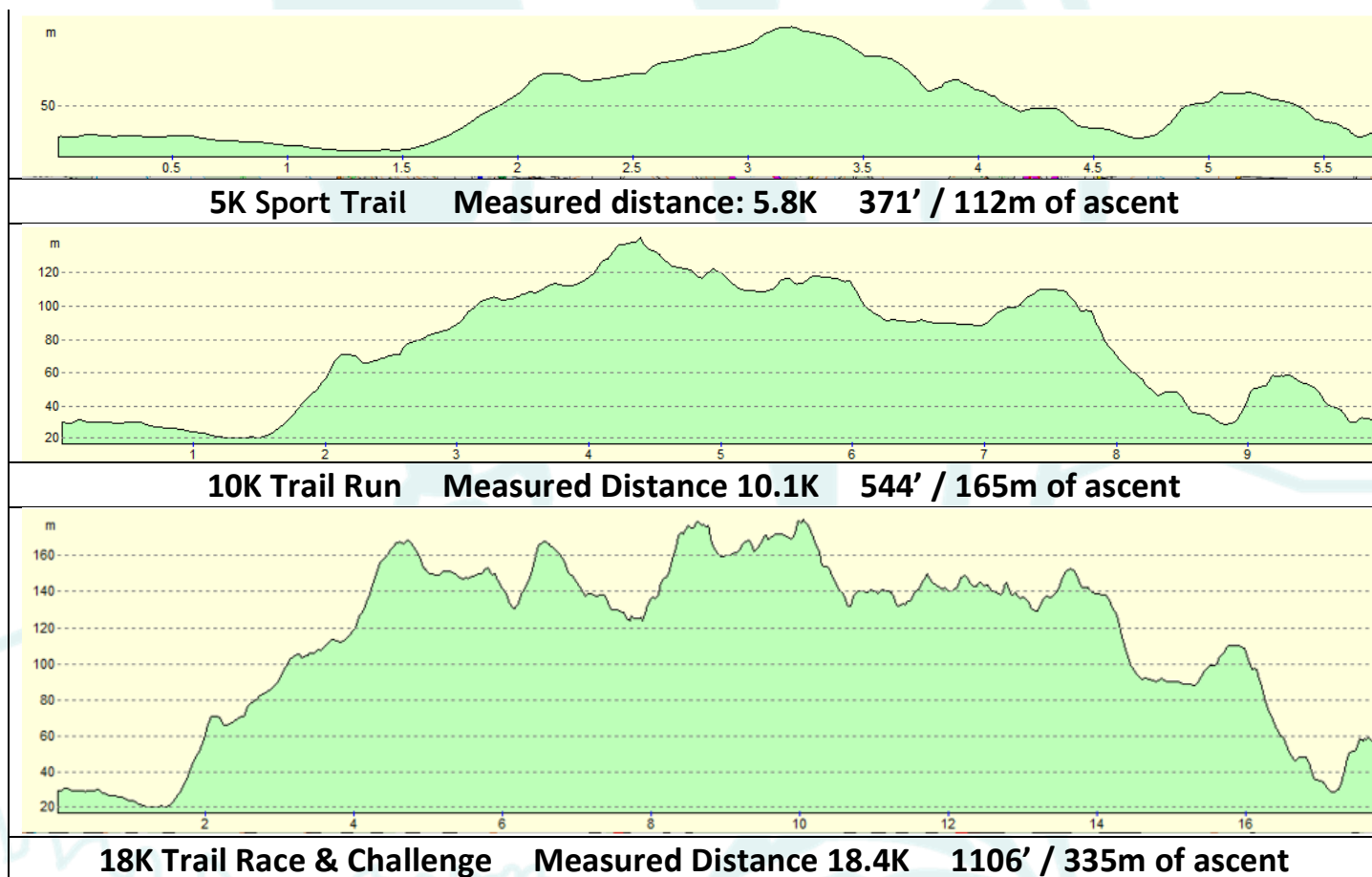
If you want to run listening to music, the only type of headphones you can wear are the bone-conducting type. **In and over-ear headphones are not permitted** and you will not be able to start if you have them with you. This is so that you can hear any instructions from marshals on the course, cross roads safely and hear any runners who want to pass you. This is a vital safety requirement. Anyone caught wearing over-ear headphones on the course will be disqualified and banned from future events.

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



Please note we may need to slightly detour the 10k course due to a temporary bridleway closure. Of course, we've got the detour all sorted and will let you know if we'll be using it. It will add just under 1km to the route.

Course 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. Check them out for some great race day offers!

There will be some great food and drink stalls including vegetarian & vegan caterer Beans n Lentils, along with some exciting offerings from the Sourdough Toastie Company and Mansergh Hall Hog Roast (who will also be serving bacon butties); great coffees are available The Coffee Bug & Fellside Coffee; and Yorkshire Dales Ice Cream, all selling locally sourced food. Please do try and support our caterers.

Unfortunately, we won't be able to bring our bouncy castle as the generator's needed for our extra gantry.

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!

On event day there are limited toilet facilities (Portaloos & urinals) on site.

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.

Exclusive Merchandise

We'll have a limited range of merchandise to buy on the day, including headwear (on a special 'buy one, get one half price' deal) which can be used as a face covering. You'll be able to buy our exclusive Lakeland Trails Sports Bottles. We will only be able to accept contactless card payments.

Charity Runners

We extend a warm welcome to everyone running the event for their chosen charity. Please ask our MC for a shout out on the day and let us know how much money you have managed to raise for your nominated charities by [emailing us](#).

Children's Fun Trails – Start 12.30pm (TBC)

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' medal. 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!

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 a professional photographer on the course and at the start and finish area. FREE photos will be available to download from www.Facebook.com/lakelandtrails on the Sunday after the event.

Après Trails Party and Prize Giving

The legendary Singer / songwriter Pete Lashley will be performing live for an hour in the afternoon. If you're in the park when he's playing, so long as you can maintain social distancing, please feel free to stay and enjoy the performance.

PRIZES AND RESULTS

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

*The V70 prize is awarded to the fastest V70 in the Challenge

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. Prizes are only available on the day and will not be posted out.

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

COMING UP NEXT



Lakeland Trails in Coniston (10k & 15k) on Saturday 2nd October 2021

Filling fast and entry closing soon!

Enter now to secure your place.

THANKS

We are grateful for the permission and support of all the landowners and tenant farmers, especially Holker Hall Estates, Cartmel Racecourse, King George V Allithwaite Playing Field Committee, Wilson Estates, Cumbria County Council, Lower Allithwaite Parish Council, Event Safety Group, Cumbria Police, inov-8, James Kirby Photography, Joanne Rogers Body Balance massage, the 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!

However, the biggest thank you goes to you for supporting the event and for the words of positivity and encouragement you've given us in the last few months. We hope you have a great day out and enjoy the stunning views. Good luck!



www.lakelandtrails.org

