



## LAKELAND TRAILS IN CONISTON (10k & 15k) EVENT GUIDE

Coniston Old Hall, LA21 8AS

Saturday 2<sup>nd</sup> October 2021



Welcome to the 2021 Lakeland Trails in Coniston 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.

<a href="#">TRAVEL AND PARKING</a>	<a href="#">REGISTRATION</a>
<a href="#">COURSE INFORMATION AND MAPS</a>	<a href="#">EVENT TIMETABLE</a>
<a href="#">EVENT VILLAGE</a>	<a href="#">GENERAL INFORMATION</a>
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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.

### IMPORTANT INFORMATION

**FOR YOUR SAFETY, NO IN OR OVER EAR HEADPHONES ARE PERMITTED ON THE COURSE**

### TRAVEL AND PARKING

All day Car Parking is available at Coniston Old Hall for £3 per car, payable in cash or by contactless card. Access to the site is tight so to avoid congestion, we will have a one-way system at the top of the hill off the main road. Please follow our signs especially if you are travelling from the west (Barrow / Lancaster).

No vehicles will be allowed to leave our car park before 1pm so if someone is being dropped off, please use public car parking in Coniston village and walk to the venue (approx. 1km).

The parking fields can be a little soft in October so when you're driving on them, please be gentle with the accelerator and keep your wheels straight if you need traction. 'Flooring it' only causes wheels to spin and makes the situation worse (and one of our marshals needed two showers to clean himself up last year after being sprayed in mud).

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 **LA21 8AS** will direct you to Coniston Hall. 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 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 requesting you to confirm your Start Time in your account before Sunday 12<sup>th</sup> September at 10am. You will also be able to select it directly from your account [HERE](#) from Tuesday 7<sup>th</sup> September.

Start Lists will be available to view [HERE](#) from 19<sup>th</sup> September 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 – PROVISIONAL AT THE TIME OF PUBLICATION

8.45am	Car park opens
9.00am	Registration opens in the main registration marquee
10.30am	10k Coniston Trail Run – first Waved Start
11.00am	10k Coniston Trail Run – Mass Start
12.30pm	Coniston Fun Trails (under 12's - enter for free on the day)
12:45pm	15k Coniston Trail Challenge – first Waved Start
1.30pm	15k Coniston Trail Challenge – Mass Start

1.45pm	15k Coniston Trail Race – first Waved Start
2.10pm	15k Coniston Trail Race – Mass Start
3.30pm	Après Trails live music with singer / songwriter Pete Lashley
4.30pm	Prize giving & Spot Prize giving

## COURSE INFORMATION AND MAPS

### Start

There will be separate Start and Finish lines. You will drive past the Start line when you arrive and you'll finish in the 'normal' spot.

Each event will set off from the Coniston Old Hall 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 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 at the road crossing close to the finish. Our marshals don't have authority to stop traffic, so please be prepared to slow down and wait if necessary. If you need to wait, please keep a safe distance from our marshals and other runners.

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 – we want any livestock to stay in the right place. 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 you could play your part by coming self-sufficient with your own water supplies?

There will be ONE water stations on the 15k course and ONE on the 10k course (at approx.. 11k and 6.5k respectively). Drinking water will also be available at the finish.

We will not be supplying cups at the Water Stations so please bring your own to be filled.

### **Finish**

The finish is in Coniston Showground. 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.

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.

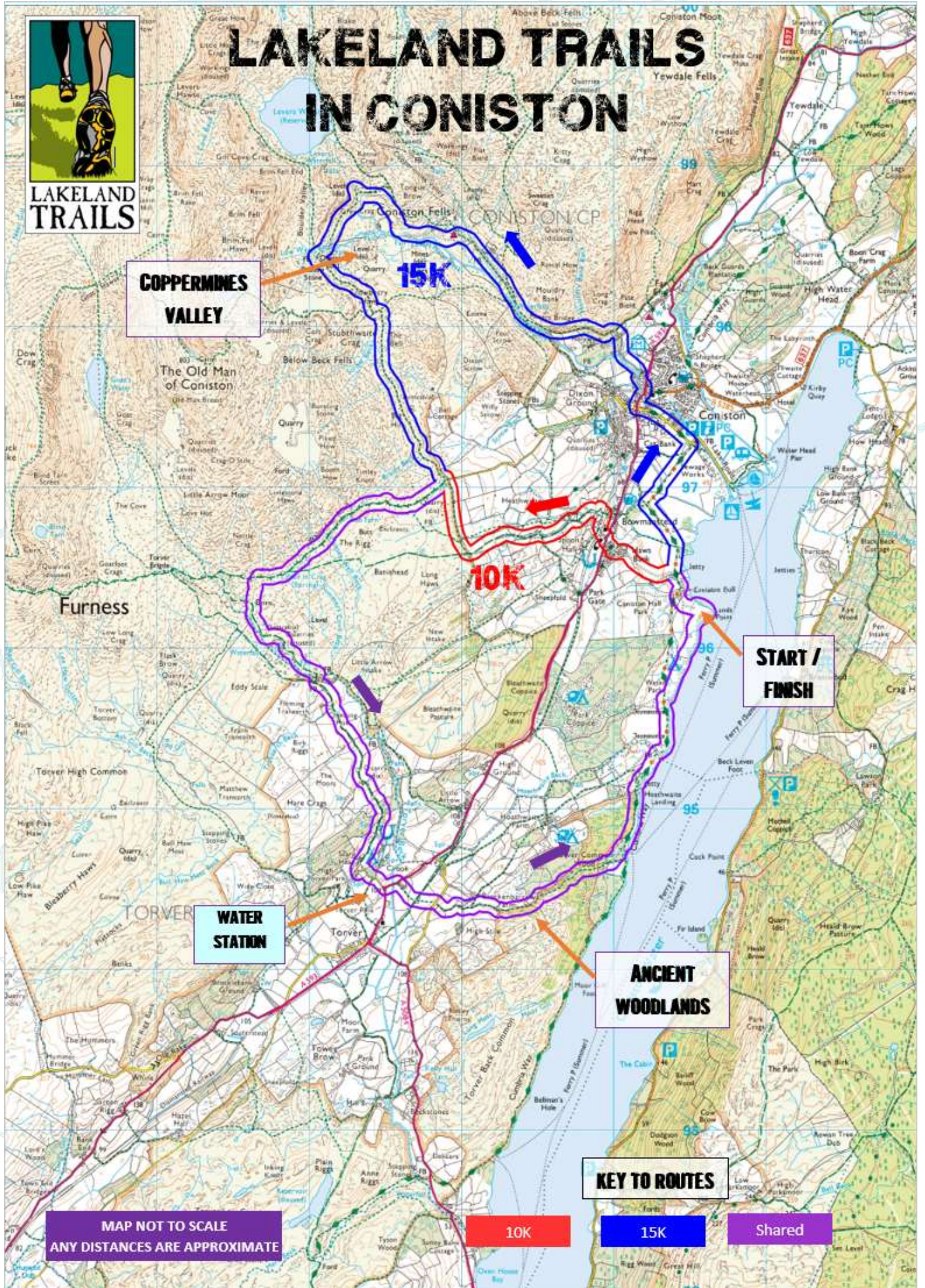
If you want to run listening to music, the only type of headphones you can wear are the bone-conducting type. **In and over-ear headphones are not permitted** and you will not be able to start if you have them with you. This is so that you can hear any instructions from marshals on the course, cross 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!



**LAKELAND TRAILS**

# LAKELAND TRAILS IN CONISTON



**COPPERMINES  
VALLEY**

**15K**

**10K**

**START /  
FINISH**

**WATER  
STATION**

**ANCIENT  
WOODLANDS**

**KEY TO ROUTES**

**MAP NOT TO SCALE  
ANY DISTANCES ARE APPROXIMATE**

**10K**

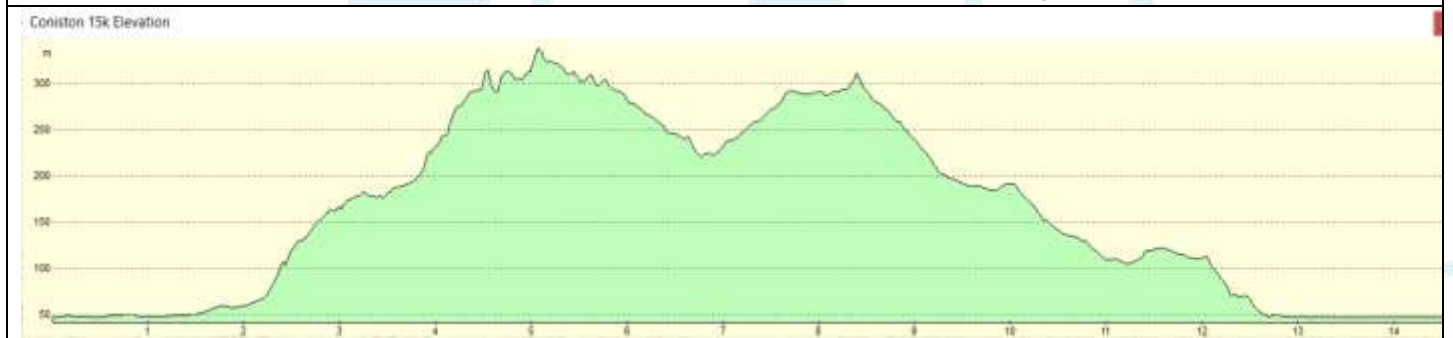
**15K**

**Shared**

## Course Profiles



**Coniston 10K Trail Run    Measured Distance 10.4K    904' / 275m of ascent**



**Coniston 15K Trail Race & Challenge    Measured Distance 14.6K    1341' / 408m of ascent**

### 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

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](http://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 from 15.30 – 16.30 with Prize Giving following on afterwards. This is a great opportunity to meet fellow competitors, the organising and marshalling teams.

### PRIZES AND RESULTS

<b>Coniston Sport Trail 5K</b>	Open Class: First Man & Woman Under 16: First Boy & Girl
<b>Coniston Trail Run 10K</b>	Open Class: First 3 Men & Women Veteran Classes: First Man & Woman (V40, V50, V60, V70, V80)
<b>Coniston Trail Race 15K</b>	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

After Coniston, our third event in 5 weeks, we've got a few weeks to catch our breath before we returning to Glenridding for our Season Finale, 'The Dirty Double' of the Helvellyn and Ullswater Trails, taking place under the shadow of some of the highest and most dramatic fells in the Lake District.



**Lakeland Trails in Helvellyn** (10k & 15k) on Saturday 6<sup>th</sup> November 2021

**Lakeland Trails Ullswater** (11k & 14k) on Sunday 7<sup>th</sup> November 2021

**Filling fast!**

**Enter now** to secure your place.

## THANKS

We are grateful for the permission and support of inov-8, all the landowners and tenant farmers, the National Trust, Lake District National Park Authority, Natural England, Forestry Commission, Coniston Mountain Rescue, Coniston Parish Council, Torver Parish Council, Colton Parish Council, Coniston Old Hall, Cumbria Police, James Kirby Photography, Pete Bland Sports, Event Safety Group, Lake District Foundation, 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 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](http://www.lakelandtrails.org)

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