



LAKELAND TRAILS in CONISTON
WEEKEND EVENT GUIDE
11th – 12th June 2022



Welcome to the 2022 Lakeland Trails Weekend 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.

The first page of this guide covers all of the ESSENTIAL information you need as succinctly as possible!

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Inspiring Races in Beautiful Places™

ESSENTIAL INFORMATION

Event parking in Coniston is accessed by a single-file track. We had issues last year because a few people did not follow our guidelines and this caused us problems with the farmer, who kindly lets us use the venue. We don't want to jeopardise future events so please follow our instructions below.

- No exiting the car park before 12.30pm on either day
- No access to the site by vehicle after 12pm on Saturday and 10am on Sunday

We won't be holding a Safety Briefing as all of the information is covered below. We know people are often pressed for time so the ESSENTIAL information is covered on this page.

- ☒ Please follow NHS / Government guidelines about covid-19
- ☒ Follow the event car park signage when you arrive in the village
- ☒ Only SMALL vans (max. VW Transporter) are permitted on our event parking.
- ☒ Race number to be collected on the day AT LEAST 45 minutes before your Start Time
- ☒ Start Times and numbers 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 before you start
- ☒ Set off at your allocated time or you won't show on the Results
- ☒ Carry your own water or bring your own cup if you want water at a water station
- ☒ If you arrive at a closed gate, please close it behind you
- ☒ No over ear or in ear headphones (bone conducting ones permitted)
- ☒ Snot rockets or spitting
- ☒ Dogs are not permitted on the course
- ☒ Have a great day

NEW FOR 2022

After production delays, we'll have our fantastic NEW hoodies available to purchase on both days.

We'll also be seeing the return of a Sports Massage Therapist to make sure you're in tip-top condition.

Please note that we won't be able to have early starts for the Trail Run 10k or Trail Challenge 15k on the Saturday because of the routes they take to and through Coniston village.

TRAVEL AND PARKING

All day car parking is available for just £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 on the Saturday and 6.30am on the Sunday** and is located a short walk from the Start.

Please note that this parking is **only suitable for cars and SMALL vans (nothing larger than a regular VW Transporter)**.

If you need to leave before 12.30pm, please use public car parking in Coniston village and walk to the venue (approx. 1km).

Directions – The postcode **LA21 8AS** will direct you to Coniston Hall and we will have signs directing you from the road. 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 before you start.

Registration **opens at 9:00am on the Saturday and 7.00am on the Sunday** and you can collect your number up to **45 minutes before** your allocated start time event.

Registration for the Sunday is possible from 2.30pm to 5pm on the Saturday AND from 7am on the Sunday.

As mentioned when you booked, registration for the 7am & 8am Marathon Challenges ONLY takes place on the Saturday.

Start Lists will be available to view on our [WEBSITE](#) and will not be displayed in the marquee.

We will send you an email a few days before the event to confirm your race number and start time.

When you attach your bib, please make sure it is horizontal or your timing chip might not work.

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

Please note 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.

EVENT TIMETABLE

Saturday 11th June

8.45am	Car park opens
9.00am	Registration opens in the main registration marquee
10.45am	10k Coniston Trail Run – Early Start
11.00am	10k Coniston Trail Run – Mass Start
12:30pm	Staveley Fun Trails with Zeraffa the Giraffe (under 12's - enter for free on the day)
1.00pm	15k Coniston Trail Challenge – Early Start
1.15pm	15k Coniston Trail Challenge – Mass Start
2.00pm	15k Coniston Trail Race
3.30pm	Après Trails live music with singer / songwriter Pete Lashley
4.30pm	Prize giving & spot prize giving

5.00pm	Registration closes
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Sunday 12th June

6.30am	Car park opens
7.00am	Registration Opens for the 9am Marathon Race and later events
7.00am	Marathon Challenge (8 hr time limit) Register on Saturday
8.00am	Marathon Challenge (7 hr time limit) Register on Saturday
9.00am	Marathon Race (6 hour time limit)
10.00am	½ Marathon Challenge
11.00am	½ Marathon Race
11.00am	Mini Marathon 10k
2.15pm	Children's Fun Trails with Zeraffa the Giraffe (under 12's - enter on the day)
2.30pm	Après Trails live music with singer / songwriter Pete Lashley
3.30pm	Prize giving & spot prize giving

COURSE INFORMATION AND MAPS

Start

Each event will set off from the Showground with the awesome Milnthorpe Steel Band keeping you entertained at the start on the Saturday.

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

Please remember some people still might 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.

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 courses are 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 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. 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 – there will be lots of lambs in the fields and we want them to stay there. Please put any litter in your pocket until you reach a bin.

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 young sheep 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

Feed and Water Stations

Please note that we do not supply single-use cup for water on our regular and Marathon events so please come prepared, either bringing your own water supplies or a reusable cup. Water stations will have jugs available for you to replenish.

Saturday

There will be ONE water station covering both the 10k & 15k courses at 6.9k and 10.9k respectively.

Sunday

We recommend you start with a full pack of water (1 – 2litres) and some of your own snacks. These can be supplemented at the Feed and Water Stations.

On the **Half Marathon**, there will be one combined Feed and Water Station at 8.7k and one Water Station at 14.4k

On the **Marathon**, there will be a combined Feed and Water Station at 12.4k, 18.2k, 31k & 37k

There will **not** be a water station on the Mini-Marathon 10k

The Feed Stations will supply drinking water, flat coke, a selection of 'Traybakes' goodies including Paradise flapjack (V), all butter flapjack, brownie and millionaire's shortbread as well as pieces of banana, jelly babies, crisps and peanuts.

If the weather is particularly hot, we will look to add additional water stations and let you know about their location.

Drinking water will also be available at the finish.

Time Limits & Strict Cut Off Times

For safety reasons we will be imposing the following cut off times for the **MARATHON** at the following locations, based on your Start Time:

Location	Challenge	Race
Oxen Fell @12.3K	2h15	1h45
Hawkshead Hill @19.0K	3h35	2h45
Water Yeat at 31.3K	6h00	4h25
Sunny Bank at 37.6K	7h10	5h20

Finish

The finish will be under our **new inov-8 gantry** in Coniston Showground. 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.

If you have chosen to collect a Finisher's T-shirt, it will be available in the marquee.

If you have selected the BiodiversiTee option, please don't be tempted to pick up a t-shirt anyway. At our last event, some runners missed out on the t-shirt they were expecting!

What to wear

We recommend you wear suitable trail running shoes. The inov-8 Roclite G275 or Trailfly G270 would be ideal for the course – lots of people were running in them last year. **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

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. Please note that 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, please only wear bone-conducting type headphones. **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 instructions from marshals on the course and any runners who want to pass you will be able to call out to alert you so they can pass safely.

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 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. They will have special event day prices, including on their latest products such as their revolutionary Parkclaw trainers which feature graphene foam in the midsole.

There will be some great food and drink stalls from a range of local caterers including delicious offerings from Food from the Fells, Mansergh Hall Hog Roast (also selling bacon butties); vegetarian / vegan options from The Green Canteen; great coffees from The Coffee Bug and Fellside Coffee; and Yorkshire Dales Ice Cream, all selling locally sourced food. Please do try and support our caterers as their business has been badly hit recently.

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 NEW hoodies and headwear (on a special 'buy one, get one half price' deal. We'll also have a selection of our unique cotton tees available at half price in both male and female fit. 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

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 Monday after the event.

Après Trails Party and Prize Giving

He's back!! 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.

Camping

Event camping will be available at the Coniston Hall camp site, adjacent to the event venue at Coniston Showground. The lakeside campsite is quite big, but please come early as they do not operate a pre-booking system - it's on a first come basis.

PRIZES AND RESULTS

Coniston Trail Run 10K	Open Class: First 3 Men & Women Veteran Classes: First Man & Woman (V40, V50, V60, V70, V80)
Coniston Trail Race 15K	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

Marathon Trail Race	Open Class: First 5 Men & Woman Veteran Classes: First Man & Woman V40, V50, V60, V70
1/2 Marathon Trail Race	Open Class: First 3 Men & Women Veteran Classes: First Man & Woman (V40, V50, V60 & V70)
Mini Marathon 10K	Open Class: First 3 Men & Women Veteran Classes: First Man & Woman (V40, V50, V60, V70 & V80)


Please note that prizes will not be posted out.

We've got a great range of Spot Prizes including inov-8 vouchers, free race entries and passes to local attractions. Numbers will be drawn randomly on the day and the nearest race number wins

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

COMING UP NEXT

Entry is full for the Lakeland Trails Ultra which is taking place on Saturday 9th July and Lakeland Trails in Keswick on Saturday 3rd September.

	<p>Lakeland Trails Autumn Series – Earlybird Prices still available</p> <table> <tr> <td>Keswick (5k, 10k & 15k)</td> <td>3rd September</td> </tr> <tr> <td>Cartmel (5k, 10k & 18k)</td> <td>24th September</td> </tr> <tr> <td>Helvellyn (5k, 10k & 15k)</td> <td>15th October</td> </tr> <tr> <td>Ullswater (10k & 14k)</td> <td>16th October</td> </tr> </table> <p><u>Enter now</u> to secure your place.</p>	Keswick (5k, 10k & 15k)	3 rd September	Cartmel (5k, 10k & 18k)	24 th September	Helvellyn (5k, 10k & 15k)	15 th October	Ullswater (10k & 14k)	16 th October
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THANKS

We are grateful for the permission and support of all the landowners and tenant farmers, the National Trust, Lake District National Park Authority, Natural England, Forestry Commission, Conistone Mountain Rescue Team, Conistone Parish Council, Torver Parish Council, Colton Parish Council, Conistone Old Hall Farm, Cumbria Police, inov-8, James Kirby Photography, Pete Bland Sports, Event Safety Group 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™