



**LAKELAND TRAILS in CONISTON**  
**WEEKEND EVENT GUIDE**  
**11<sup>th</sup> – 12<sup>th</sup> June 2023**



Welcome to the 2023 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 [website](#) for the essential information and [Facebook](#) for any updates.

<b>TRAVEL AND PARKING</b>	<b>REGISTRATION</b>
<b>COURSE INFORMATION AND MAPS</b>	<b>EVENT TIMETABLE</b>
<b>EVENT VILLAGE</b>	<b>GENERAL INFORMATION</b>
<b>THANKS</b>	<b>UP NEXT</b>

*Inspiring Races in Beautiful Places™*



## ESSENTIAL INFORMATION

Please see our [website](#) for a quick reference checklist

Event parking in Coniston is accessed by a single-file track. We had issues a couple of years 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

### 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](mailto: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/ltcarshare> 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

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

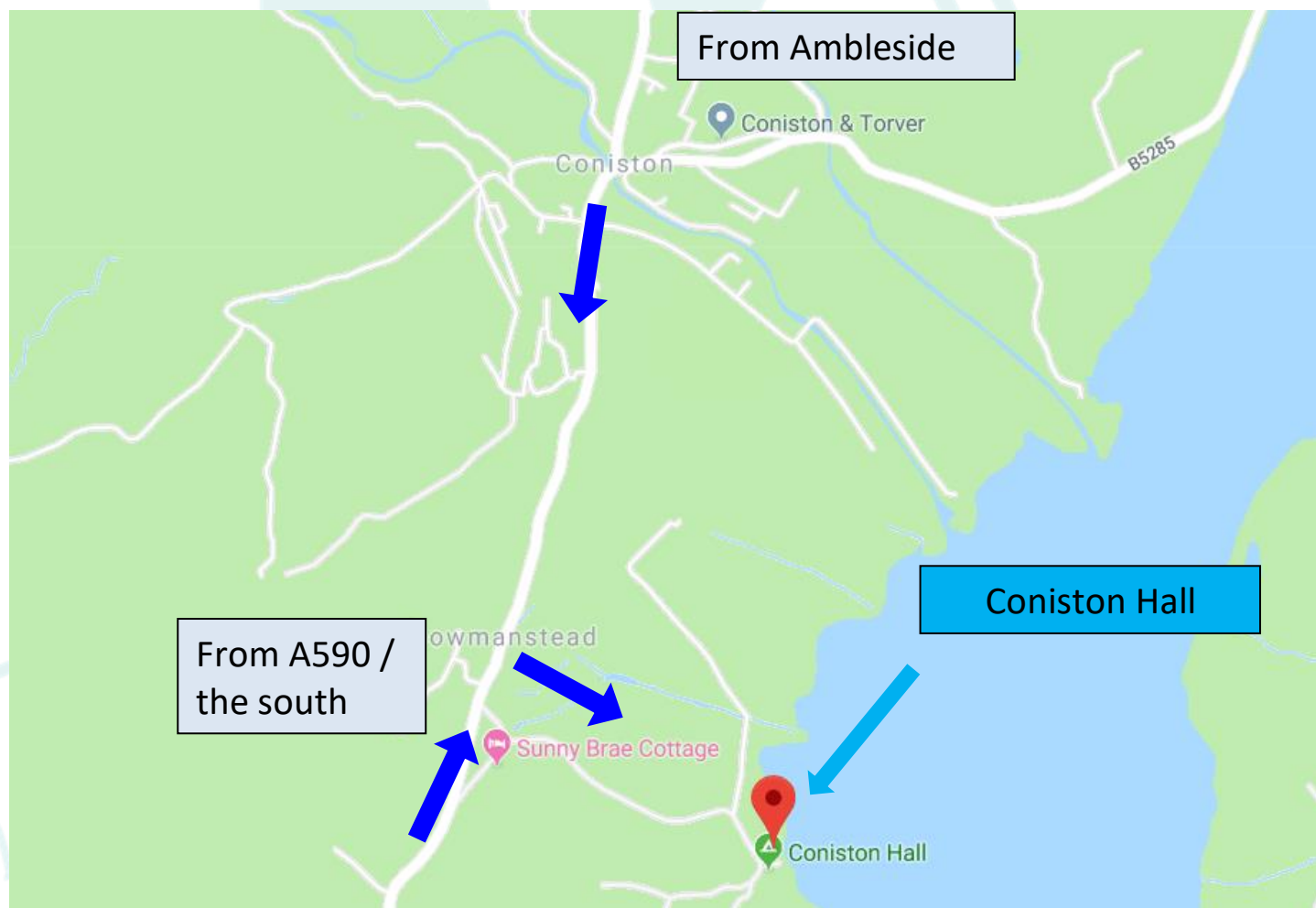
All day car parking is available for just £4 per car – payable by contactless card or exact change. Please follow our car parking signs off the main road to prevent bottlenecks.

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 arrive in anything larger, please park on the campsite – book in at their office.

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 stated when you booked, registration for the 7am Marathon Challenge 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.

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**

### **PLEASE SEE OUR WEBSITE FOR THE TIMETABLE**

Please see our [website](#) for the timetable for each day.

## **COURSE INFORMATION AND MAPS**

### **Maps**

Interactive course maps and route profiles are available on our [website](#).

### **Start**

Each event will set off from the Old Showground with its stunning backdrop of Coniston Water and the surrounding fells.

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. 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.

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!

### **VERY IMPORTANT: DOGS AREN'T ALLOWED ON THE COURSE**

### **Feed and 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.

### **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, giant strawberries (V), crisps and peanuts.

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

Fresh Lake District 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 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 G275 or Trailfly G270 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 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!

### **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 for 2023\*\*\*** Bandito Burrito, Fiery Mamma's Pizza & Rebel Gelato 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!

On event day there are toilet facilities 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 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.





### 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](https://www.facebook.com/lakelandtrails) on the Monday after the event.

## Après Trails Party and Prize Giving

On Saturday, we'll have a lunchtime performance from the talented Kev Kendal and the legendary Singer / songwriter Pete Lashley will be performing live for an hour from 15.30 – 16.30 with Prize Giving following on afterwards on both days. 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

<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 3 Men & Women Veteran Classes: First Man & Woman (V40, V50, V60 & V70*)

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

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

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 but there are still places for the 14k & 23k trail runs on Saturday 8<sup>th</sup> July. Earlybird entry for autumn closes on 30<sup>th</sup> June.



### Lakeland Trails Autumn Series – Earlybird Prices still available

Keswick (5k, 10k & 15k)	2 <sup>nd</sup> September
Cartmel (5k, 10k & 18k)	23 <sup>rd</sup> September
Helvellyn (5k, 10k & 15k)	14 <sup>th</sup> October
Ullswater (10k & 14k)	15 <sup>th</sup> October

**Enter now** to secure your place.



## 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, Coniston Mountain Rescue Team, Coniston Parish Council, Torver Parish Council, Colton Parish Council, Coniston Old Hall Farm, 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 and, of course, YOU!



Supporting  
**Cumbria**  
Wildlife Trust

[www.lakelandtrails.org](http://www.lakelandtrails.org)

