



LAKELAND TRAILS DIRTY DOUBLE EVENT GUIDE

Jenkin's Field, Glenridding CA11 0US

Saturday 6th and Sunday 7th November 2021



Welcome to the 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 [Helvellyn Race Day page](#), [Ullswater Race Day page](#) and [Facebook](#) for any updates.

TRAVEL AND PARKING	REGISTRATION
COURSE INFORMATION AND MAPS	EVENT TIMETABLE
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Inspiring Races in Beautiful Places™

CORONAVIRUS SAFETY

Whilst legal restrictions have been lifted, the implications of catching covid-19 remain real and case rates are still high. 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.

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

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](#)
- 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 in the village and our signage will direct you to the correct place once you arrive in Glenridding. **Please note if you are in camper van or motor home, you will need to park in the main Pay and Display Car Park in the village.**

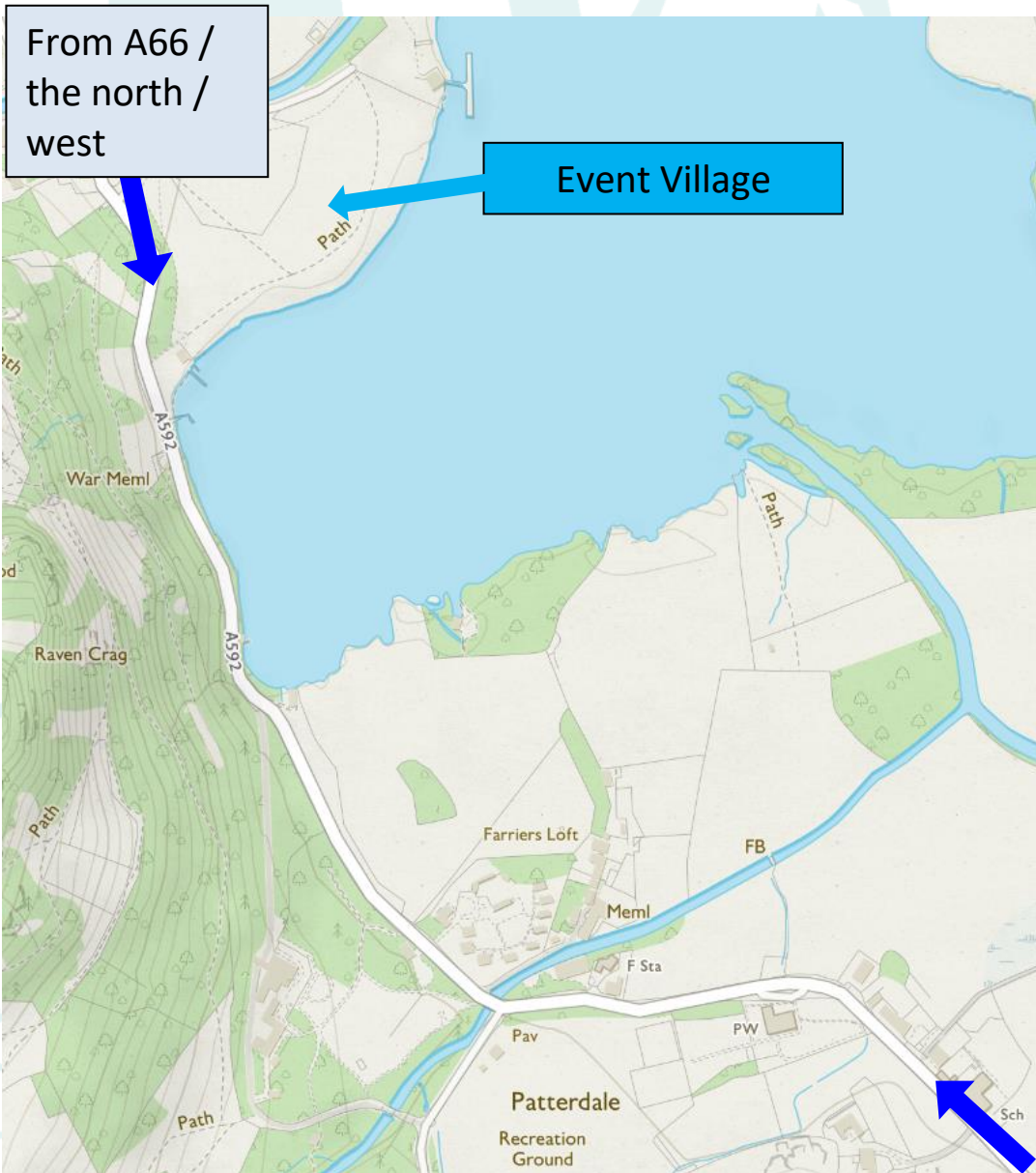
No vehicles will be able to leave our car park before 1pm because of access restrictions. If you need to leave before this, please use public car parking in Glenridding village but **please DO NOT use the car park at Ullswater Steamers as this is needed for their passengers.**

The parking fields can be a little soft in November 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 our marshals really don't appreciate the free mud-shower!).

When you are leaving, 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.

In the advent of adverse weather conditions preventing use of our fields, we will operate a Park and Ride service.

Directions – The postcode **CA11 0US** will direct you to Glenridding and you will pick up our Car Park signage when you arrive



From A66 /
the north /
west

Event Village

From Kirkstone Pass

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** each day and you must collect your number at least **30 minutes before** your allocated start time event.

Emails were sent out on Wednesday 13th October requesting you to select a Start Time before midnight on Sunday 17th October.

Start Lists, containing your race number and Start Time will be available to view on the relevant Event Page of our [WEBSITE](#) 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 it has safety implications and has caused lots of problems with our 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

HELVELLYN – SATURDAY 6TH NOVEMBER

8.45am	Car Park opens
9.00am	Registration opens in the main registration marquee
10.30am	10k Trail Run – first Waved Start
11.15am	5k Sport Trail – Waved Start
11.20am	5k Sport Trail – Mass Start
12:45pm	15k Trail Challenge – first Waved Start
1.45pm	15k Trail Race – first Waved Start

2.00pm	15k Trail Race – Mass Start
2.30pm	Fun Trails (under 12's - enter for free on the day)
3.00pm	Après Trails live music with singer / songwriter Pete Lashley
4.00pm	Prize giving & Spot Prize giving

ULLSWATER – SATURDAY 7TH NOVEMBER

8.45am	Car Park opens
9.00am	Registration opens in the main registration marquee
10.00am	10k Trail Run – first Waved Start
11.00am	14k Trail Challenge – first Waved Start
1.10pm	14k Trail Race – first Waved Start
1.20pm	15k Trail Race – Mass Start
2.15pm	Fun Trails (under 12's - enter for free 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

There will be separate Start and Finish lines.

Each event will set off from the Jenkin's Field with the awesome Boom Dang keeping you entertained 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.

Everyone will be running on 'Gun Times' (your time will be based on the Start Time of your wave or 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 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, who all 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 crossings close to the Start / Finish. 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 – 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

Due to the remote nature of the trails, there won't be any Water Stations on either course. Water will be available in the event village but please bring your own cup as we have phased out single-use ones.

Finish

The finish is in Jenkin's Field. 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

IMPORTANT COMPULSORY KIT INFORMATION

November can be cold & wet; frost is not uncommon and there may even be some snow. On Saturday's Helvellyn Trail you are advised, and may be required, to carry the items listed below as being compulsory for the Ullswater Trail.

On Sunday's Ullswater Trail, every competitor MUST carry with them a hat, gloves, cagoule and over-trousers or tights, and there will be no exceptions.

We recommend you wear suitable trail running shoes. The inov-8 Roclite G275 trail shoe would be ideal for the course.

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.

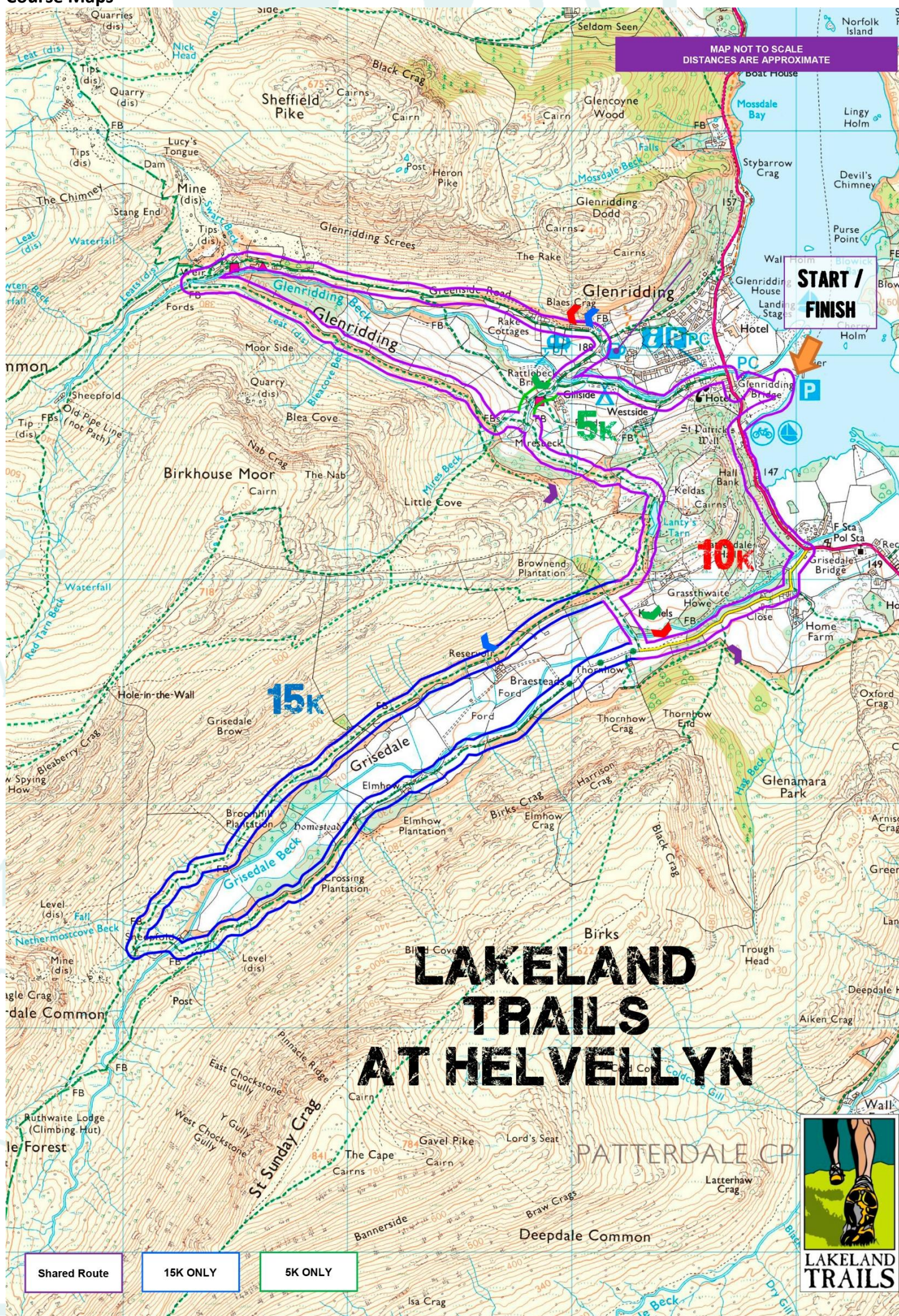
If you want to run listening to music, the only type of headphones you can wear are the bone-conducting type. **In and over-ear headphones are not permitted** and you will not be able to start if you have them with you. This is so that you can hear any instructions from marshals on the course, cross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

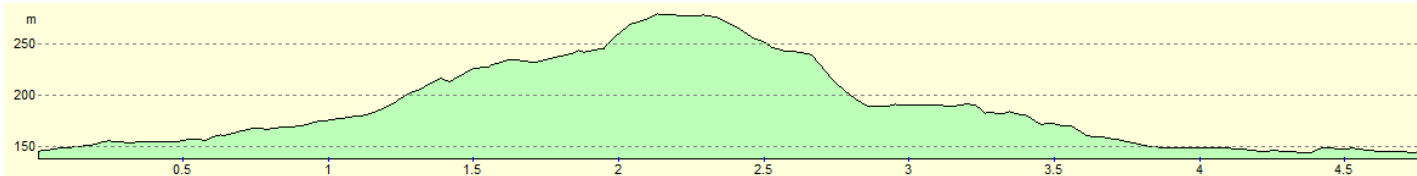
Please remember to treat fellow runners, members of the public, our volunteers and crew with respect. We want everyone to have an enjoyable day!



Course Maps

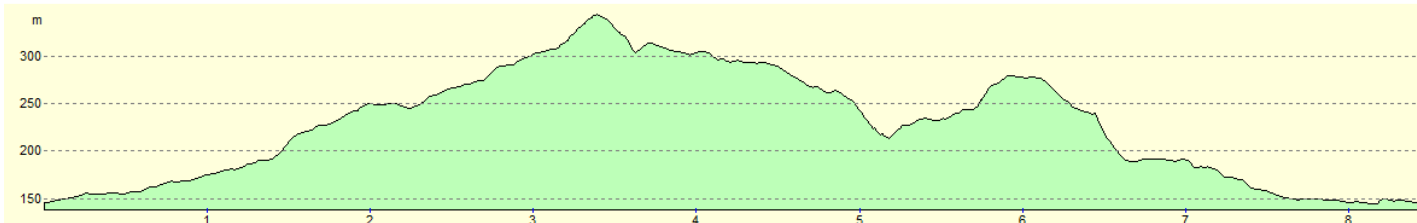


Helvellyn 5k Elevation



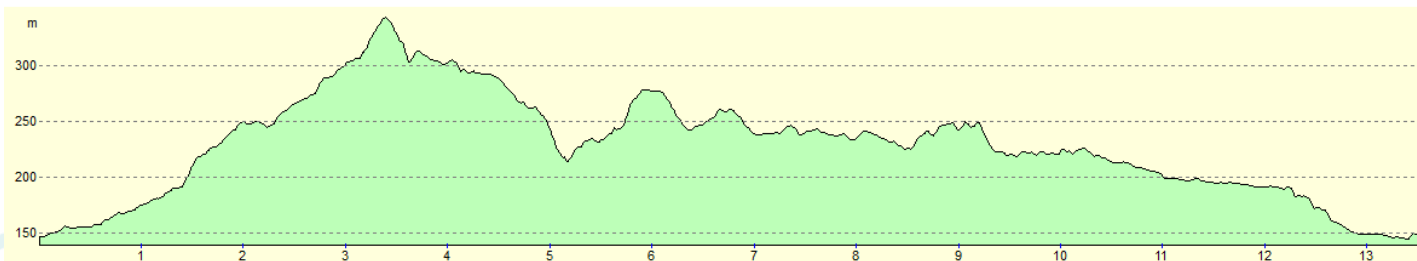
Helvellyn 5K Trail Run Measured Distance 4.9K 623' / 188m of ascent

Helvellyn 10k Elevation



Helvellyn 10K Trail Run Measured Distance 8.8K 1051' / 318m of ascent

Helvellyn 15k Elevation



Helvellyn 15K Trail Race & Challenge Measured Distance 14.4K 1220' / 369m of ascent

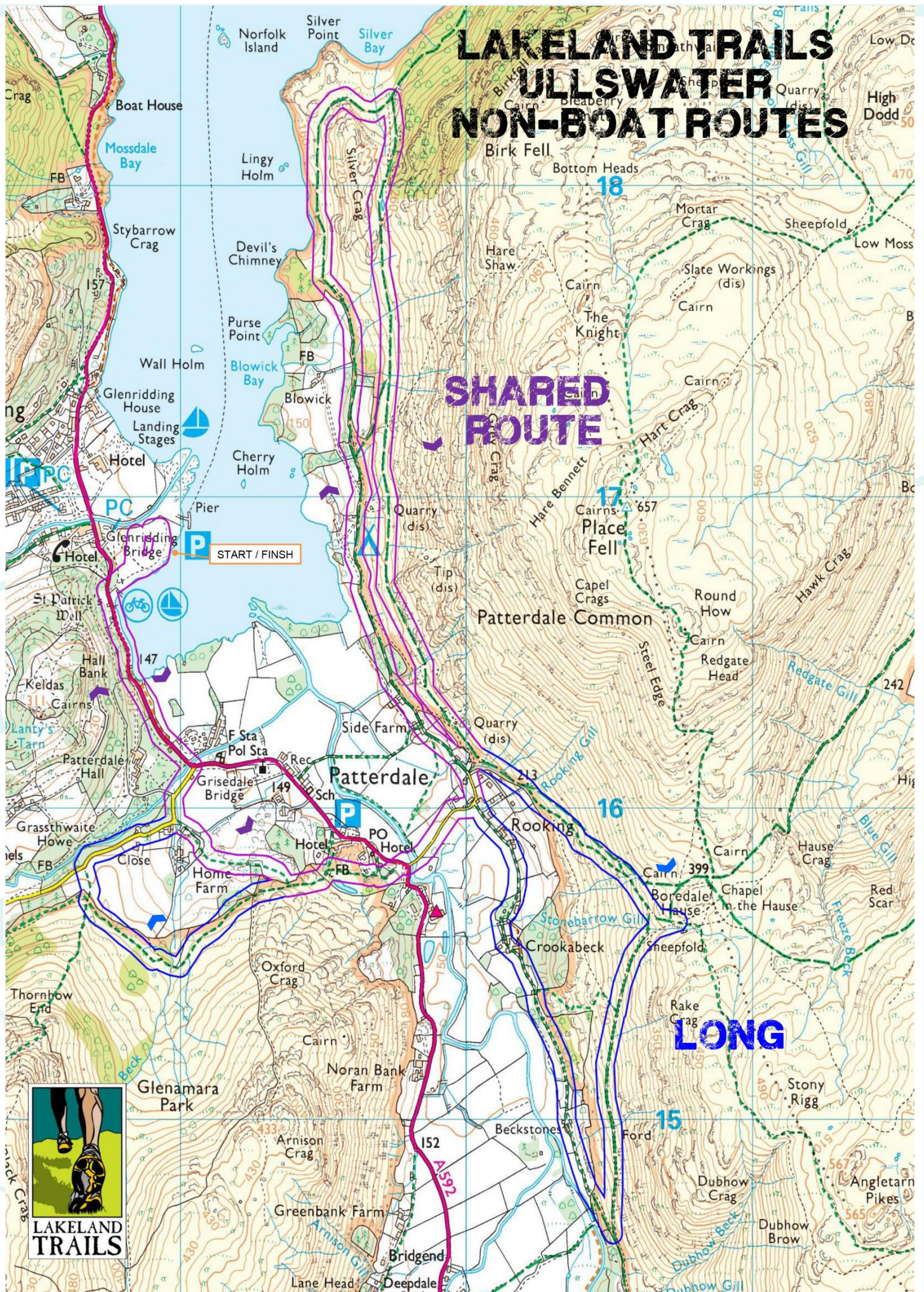
LAKELAND TRAILS ULLSWATER NON-BOAT ROUTES

SHARED ROUTE

LONG



LAKELAND
TRAILS



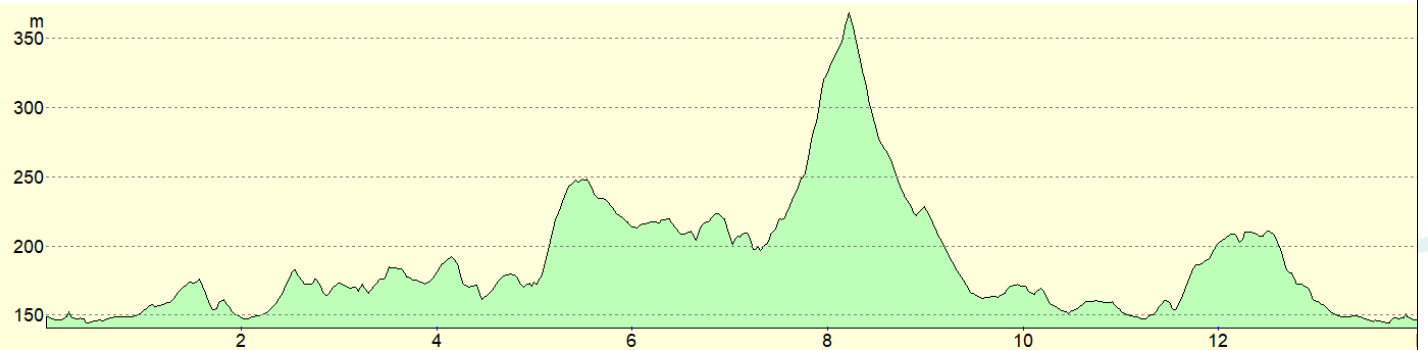
Ullswater 10k Trail Run Measured Distance 9.92k

Ullswater Option B Short Elevation



Ullswater 14k Trail Run Measured Distance 14.3k

Ullswater Option B Long Elevation



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 and HALF PRICE fashion tees. You'll be able to buy our exclusive Lakeland Trails Sports Bottles. We will only be able to accept contactless card payments.

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) soon after the event.

Après Trails Party 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.

PRIZES AND RESULTS

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 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

Earlybird entry is already open for most of our 2022 and some events are **already almost full**. Earlybird entry for the Dirty Double, scheduled for 15th and 16th October 2022, will open on the Wednesday after the event and you'll have **exclusive pre-sale access** for an incredible 25% off.



Virtual Lakeland Trails Ultra (55k & 100k)

After our hugely popular Virtual events last year, which saw over 600 participating in an exclusive Facebook group, our Virtual Series will return on 27th November.

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

THANKS

We are grateful for the permission and support of all the landowners and tenant farmers, the National Trust, Dalemain Estates, Lake District National Park Authority, Lake District Foundation, Glenridding Parish Council, King George V Playing Fields' Committee, Patterdale Mountain Rescue, 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 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



Inspiring Races in Beautiful Places™