



LAKELAND TRAILS IN HAWKSHEAD EVENT GUIDE

Hawkshead Recreation Ground LA22 0NT

Saturday 9th April 2022



Welcome to the 2022 Lakeland Trails in Hawkshead 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!

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

KEY INFORMATION

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.

- ☒ Lateral flow test before you travel and do not attend if you have covid-19
- ☒ Follow the event car park signage when you arrive in the village
- ☒ NO vans are permitted on our event parking. You must use the large, public car park in the village
- ☒ Confirm your contact details and Start Time by following the link in the email we send out or we won't order you a t-shirt (its cost will go towards our BiodiversiTee initiative instead)
- ☒ 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](#)
- ☒ 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 in the Recreation Ground or on the course
- ☒ Have a great day

NEW FOR 2022

We're looking forward to the return of Mass Starts for each race but for those of you who want a little extra, time for the Trail Run 10k or the Trail Challenge, we will have an earlier waved start which will set off 15 minutes earlier too. To take part in the earlier start, you **must** select this as your start time or your time won't be recorded.

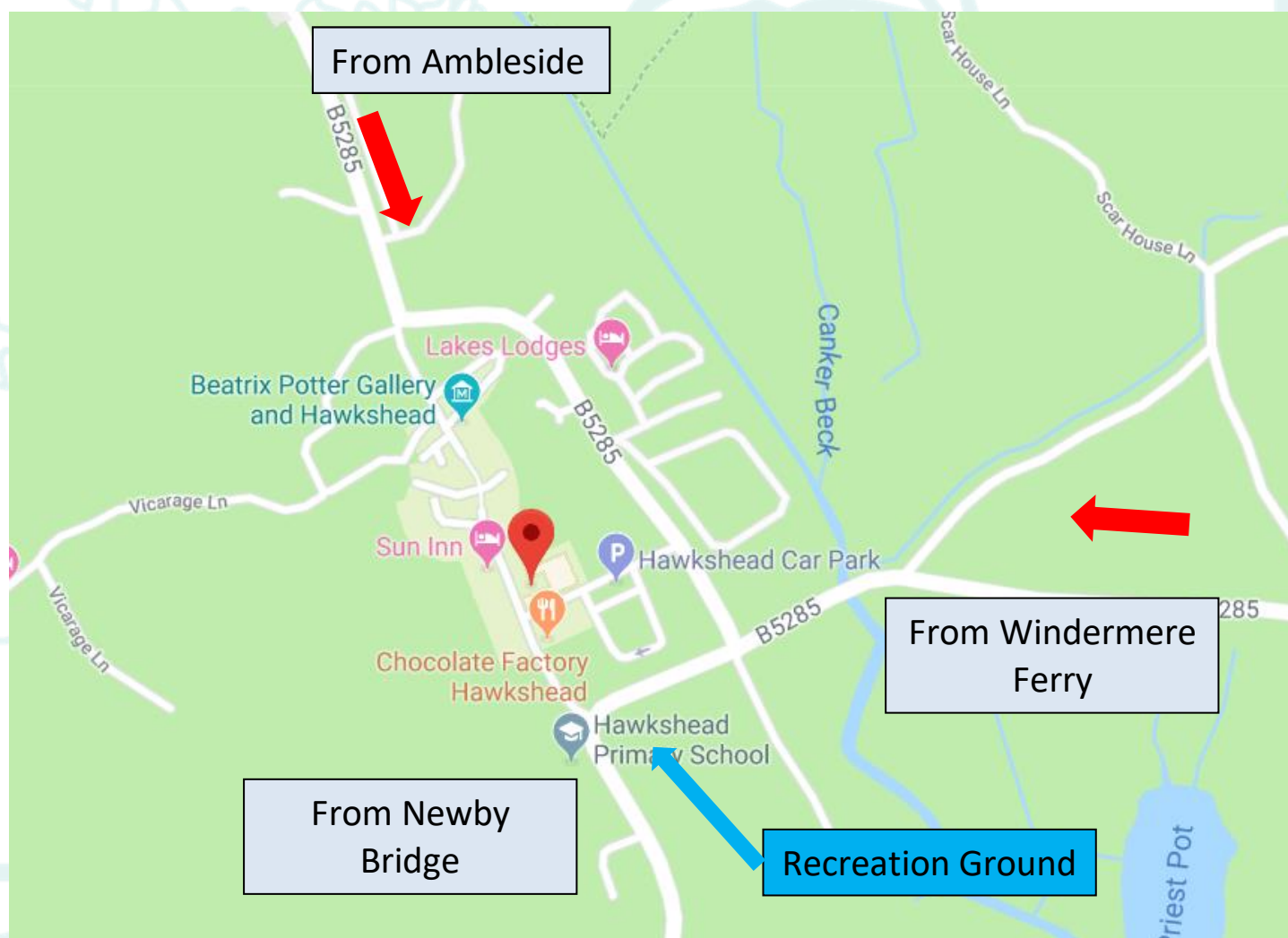
TRAVEL AND PARKING

All day car parking is available for £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** and is located a short walk from the Recreation Ground. Please follow our Car Park signs because the entrance to one car park is tight and the direct route causes bottlenecks.

Please note that this parking is **only suitable for cars**. **ALL VANS must use the large, public Pay and Display Car Park.**

If the weather is very wet leading up to the event, please check the event website for any announcements about possible changes in arrangements.

Directions – The postcode LA22 0NT will direct you to the centre of Hawkshead. We will have two car parks in use depending on what time you arrive. As you approach the venue, signage and our stewards will direct you to the correct one. It's really important that you follow our instructions to avoid causing congestion in the village – we want to minimise the disruption to the local residents.



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 can collect your number up to **45 minutes before** your allocated start time event.

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

We send out an email in advance asking you to confirm your details and offering you the option of starting the Trail Run 10k or Trail Challenge in the early start about 3 weeks before the event.

Please note if you do not select your own Start Time, we will assume you are starting in the Main Start. 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 BiodiversiTee initiative. You can find out more about that [HERE](#).

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

8.45am	Car park opens
9.00am	Registration opens in the main registration marquee
10.45am	10k Hawkshead Trail Run – Early Start
11.00am	10k Hawkshead Trail Run – Mass Start
12:30pm	Hawkshead Fun Trails with Zeraffa the Giraffe (under 12's - enter for free on the day)
1.00pm	16k Hawkshead Trail Challenge – Early Start
1.15pm	16k Hawkshead Trail Challenge – Mass Start
2.00pm	16k Hawkshead Trail Race
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 Recreation Ground with the awesome Boom Dang keeping you entertained at the start. 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. **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. The courses have a variety of terrain, mainly beautiful, scenic trails with only a short section of tarmac just after the start.

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. Remember to save yourself for the brutal mile-long climb of the Coffin Trail at around 6k on the 10k run and 11k on the 16k run.

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.

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.

There will be TWO water stations on the 16k course and ONE on the 10k course (at 7k on each and 11k on the 16k). Drinking water will also be available at the finish.

Finish

The finish is at Hawkshead Recreation Ground 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, we'll ask you to sanitise your hands before you go through the main marquee to collect your specially designed gender-specific Lakeland Trails T-shirt. If you've chosen the Tees for Trees for option, you can go straight through and enjoy the atmosphere!

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 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 deteriorate at any time of the year but especially in the spring.

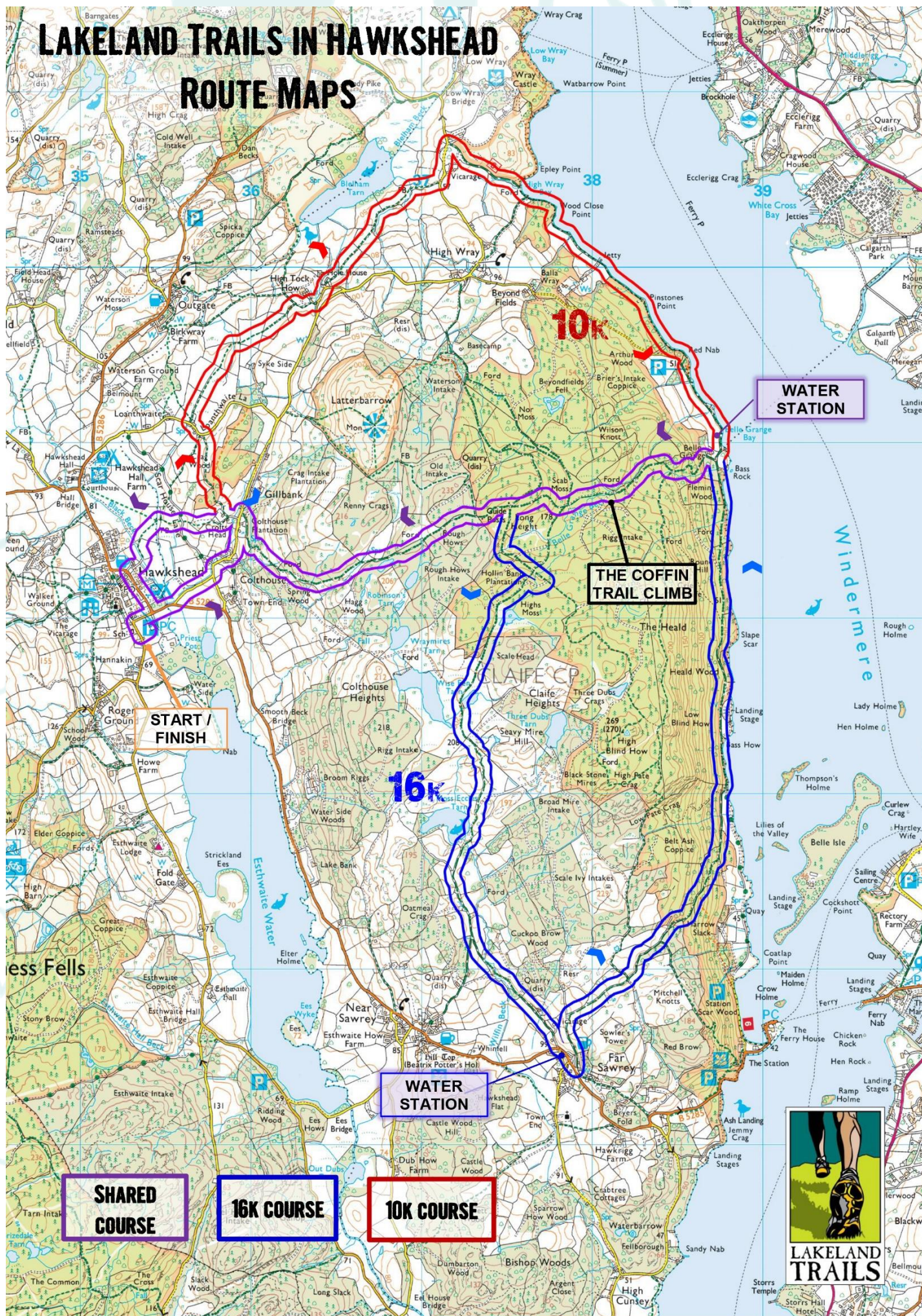
Your Safety

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 main priority is to respond to emergencies and serious injuries so they may not be able to help you with the minor cuts and scrapes that you'd normally be able to sort out yourself.

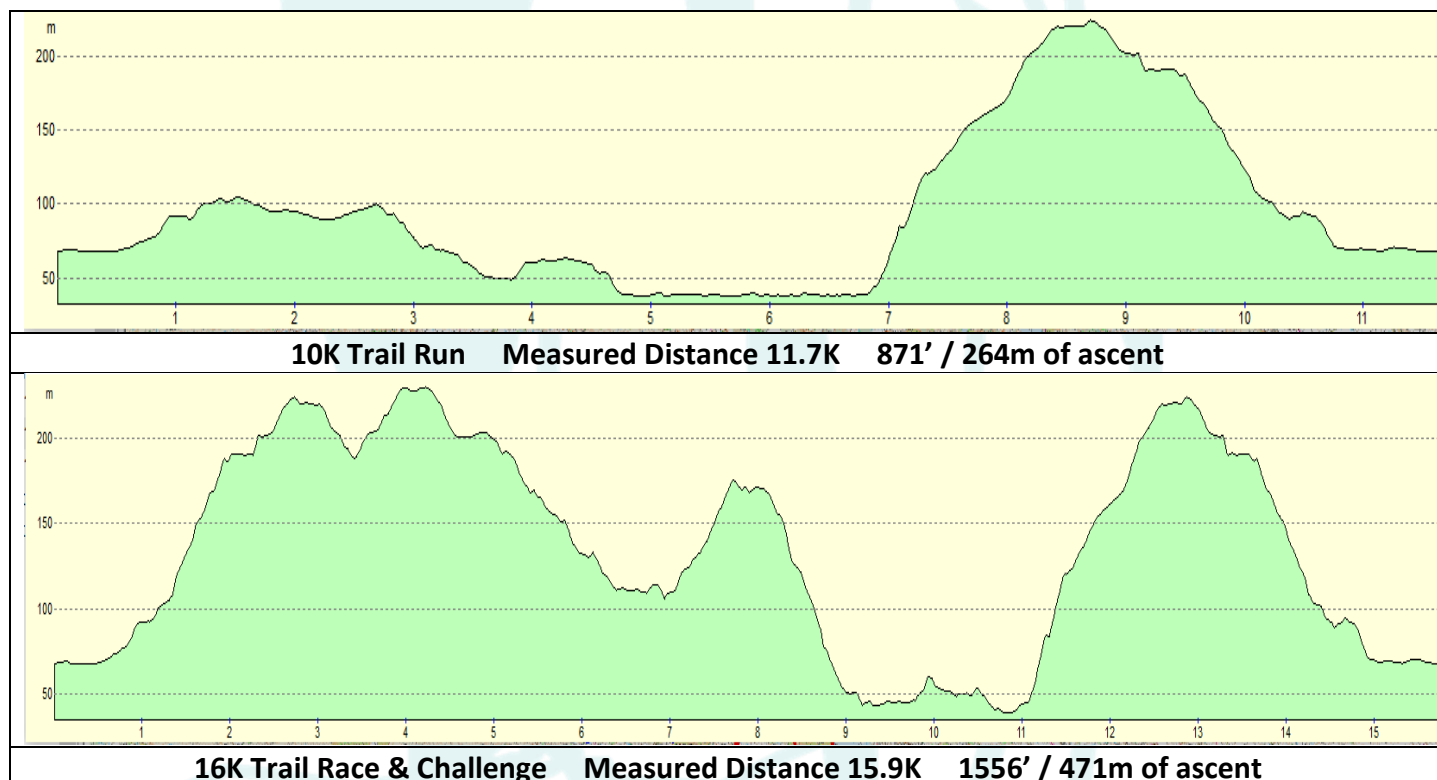
If you are unable to finish your event and need to retire, **you must** report to the finish line or an event marshal.

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** - you will not be able to start if you have them with you and we will disqualify anyone seen wearing them on the course. 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!



Course Profiles



EVENT VILLAGE

Our friends from 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 exciting offerings from our caterers including the return of The Green Canteen alongside regulars, The Coffee Bug, Fellside Coffee and Mansergh Hall Hogroast (who'll also be offering bacon butties). These are all small local businesses selling locally sourced food as much as possible.

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 2022 Season t-shirts – ideal if you want an event t-shirt but also want to contribute to 'BiodiversiTee' We'll also have some HALF PRICE fashion t-shirts and headwear on a special 'buy one, get one half price' deal. You'll also be able to buy our exclusive Lakeland Trails Sports Bottles. Contactless card payments are preferred.

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 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

Hawkshead Trail Run 10K	Open Class: First 3 Men & Women Veteran Classes: First Man & Woman (V40, V50, V60, V70 and V80)
Hawkshead Trail Race 16K	Open Class: First 5 Men & Women Veteran Classes: First Man & Woman (V40, V50, V60 & V70)

Prizes will not be posted out – if you can't attend Prize Giving, please arrange to either collect it beforehand or for someone to collect it for you. 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.

The spot prize draw follows the prize giving with great prizes from Lakeland Trails, inov-8 and local attractions. The draw will be made at random without the need for you to complete an entry form and you can only claim a prize if you are present to collect it!

COMING UP NEXT



Lakeland Trails in Staveley on Saturday 7th May (5k, 10k and 18k).

Awesome trails in inov-8's back garden with a real STING at the end!

Enter now to secure your place.



Lakeland Trails in Coniston on Saturday 11th June (10k & 15k)

The start of our Coniston Weekend and some of the most dramatic views on the Lakeland Trails.

Up for a challenge? There are still places in the ½ Marathon and Mini-Marathon on the Sunday

Find out more [HERE](#)

THANKS

We are grateful for the permission and support of all the landowners and tenant farmers, especially Hawkshead Recreation Ground committee, Coniston Mountain Rescue Team, Hawkshead Parish Council, Cumbria County Council, Event Safety Group, Cumbria Police, inov-8, National Trust 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™