



LAKELAND TRAILS MARATHON, HALF & 10k EVENT GUIDE



Coniston Showground, Land's Point, Coniston LA21 8AS

Sunday 6th June 2021

Welcome to the 2021 Lakeland Trails Marathon 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.

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Inspiring Races in Beautiful Places™

CORONAVIRUS SAFETY

Whilst we are in the process of returning to normal life, you must remember that we are still facing restrictions and must follow all of the laws and guidance on self-isolating, travelling and gathering at the event.

We have invested heavily and put in all of the steps necessary to minimise the risk of covid-19 infection to you, our crew & volunteers and locals. It is really important that you follow any information given to you so that we can all be re-assured that the event will be safe and successful. You can play your part by being a great Lakeland Trails ambassador when you've got your race number on!

Whilst the risk of covid-19 transmission outdoors in groups is low, certain activities present a greater risk than others so please ensure you follow all restrictions to minimise the risks.

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 allowed to start.

You must 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.

TRAVEL AND PARKING

Please ensure you follow [Government guidelines on travelling](#) on your way to Coniston. At the time of writing, this advises that you only car share in a private vehicle if you are travelling with family members or people in your 'support bubble'.

All day car parking is available on site for £3 per car. **Parking is not available on Saturday.** The car park opens at **6:30am** on Sunday and is located at the Start / Finish venue, Coniston Showground. We will have a one-way system in operation and **cars will be unable to leave the venue until 12.30pm**. If you need to leave before this, please use public car parking in Coniston village and walk to the venue (approx. 1km).

We will only be able to accept contactless card payments or the exact amount on the day so please have your card ready to minimise any queues or delays.

Please note that vehicles larger than a small transit van cannot be accommodated ie no motorhomes or large camper vans.

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

Please note – if you do not select a Start Time before 10am on Monday 17th May (see below for further details) we will not send your race number out or order you a t-shirt. Instead, we will contribute to our Tees for Trees initiative – this is so we can reduce the amount of waste we generate. Your race time will be automatically allocated and you will be able to collect your number 15 minutes before your start time.

We are sending the rest of the race numbers out in advance so you do not need to queue before you start. They will be despatched to arrive by Friday 28th May. Please let us know before Friday 14th May if you won't be home to pick yours up and we will have it ready for you to collect in the marquee. Please bring your own safety pins.

If you need to collect a number for any reason, this will only be possible from 7.00am on the Sunday morning so please bear this in mind when you are selecting your Start Time.

If you forget your race number on the day, we will be able to issue you with a new one for a charge of £5.

We will not be able to offer swaps between events or start times on the day due to the logistics of setting people off in waves.

Start Lists will not be displayed inside the marquee but we will send you an email confirming your start time once it has been selected and you will be able to check it on the [Marathon Event Page](#).

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 as this poses serious safety risks. If we are made aware of this happening, the entry will be cancelled without refund as it is in breach of the terms and conditions which were agreed to at the time of booking. We've spotted people with wrong dates of birth and emergency contact details – the consequences if something happened don't bear thinking about.

EVENT TIMETABLE

6.30am	Car park opens
7.00am	First Runners start in the Marathon Challenge (8 hr time limit)
8.00am	First Runners start in the Marathon Challenge (7 hr time limit)
9.00am	First Runners start in the Marathon Race
10.30am	First Runners start in the Mini Marathon 10k
11.15am	First Runners start in the ½ Marathon Challenge
12.30pm	First Runners start in the ½ Marathon Race
2.15pm	Children's Fun Trails (under 12's - enter on the day) (TBC)
2.30pm	Après Trails live music with singer / songwriter Pete Lashley
3.30pm	Prize giving & spot prize giving (TBC)

COURSE INFORMATION AND MAPS

Start

There will be separate Start and Finish lines as you will be running in waves and traffic will be arriving through the farmyard. You will drive past the Start line when you arrive and you'll finish in the 'normal' spot.

You will be starting in a wave of 6 people and we will be using 'chip times'. That means your time will be based on when you cross the Start line, rather than our usual mass-starts which are based on gun times.

You will be able to choose your Start times either via the link in the email we send out or directly via [our system](#) and we will send out an email confirmation in the week of the event.

The deadline for making your choice is 10am on Monday 17th May so we have time to complete our preparations.

If you think that you will need the full amount of time to complete the course, based on the time limits below, please select an early start time:

Marathon Challenge 7am	8 hours
Marathon Challenge 8am	7 hours
Marathon Race	6 hours
½ Marathon Challenge	4 hours
½ Marathon Race	3 hours
Mini-Marathon 10k	2 hours

There will be a large, open space behind the Start where you can wait. Please aim to arrive in this area 5 minutes before your Start Time. Unfortunately, if you are more than 5 minutes late, we may not be able to let you set off.

At your Start time, you will be directed by one of our stewards, who will ask you to sanitise your hands and show us that you have a face covering – you won't have to set off wearing this but **MUST** have it with you at all times on the course (and wear it at any water / feed stations on the Marathon and ½ Marathon courses).

On the course

Please maintain social distancing when you are out on the course and **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 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.

Feedstations

Please arrive at the start with a full pack of water (1 – 2litres) and plenty of snacks to keep you going as Feed and Water stations will be spaced further apart than normal.

Updated guidance based on changes to coronavirus restrictions have not yet been released and we will review that carefully to ensure our Feed and Water Stations are covid secure. Currently, water cannot be self-served so we will be using a combination of jugs and water bottles to fill your water containers, rather than putting it in single-use cups, making water stations areas for you to top up, rather than have a quick drink.

With that in mind, we will have at least TWO feed stations on the Marathon (at 18.2k and 31k) on ONE feed station on the ½ Marathon (at 14.4k) supplying drinking water, 'Traybakes' Paradise flapjack (V), all butter flapjack, brownie and millionaire's shortbread as well as pieces of banana. We will still have the same amount of food we'd normally have out on the course.

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.

VERY IMPORTANT: DOGS AREN'T ALLOWED ON THE COURSE

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.

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've changed the layout of the marquee so that the male and female t-shirts will be in separate aisles and 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.

What to wear

We recommend you wear suitable trail running shoes. The inov-8 TerraUltra 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. As you will appreciate, the medics 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.

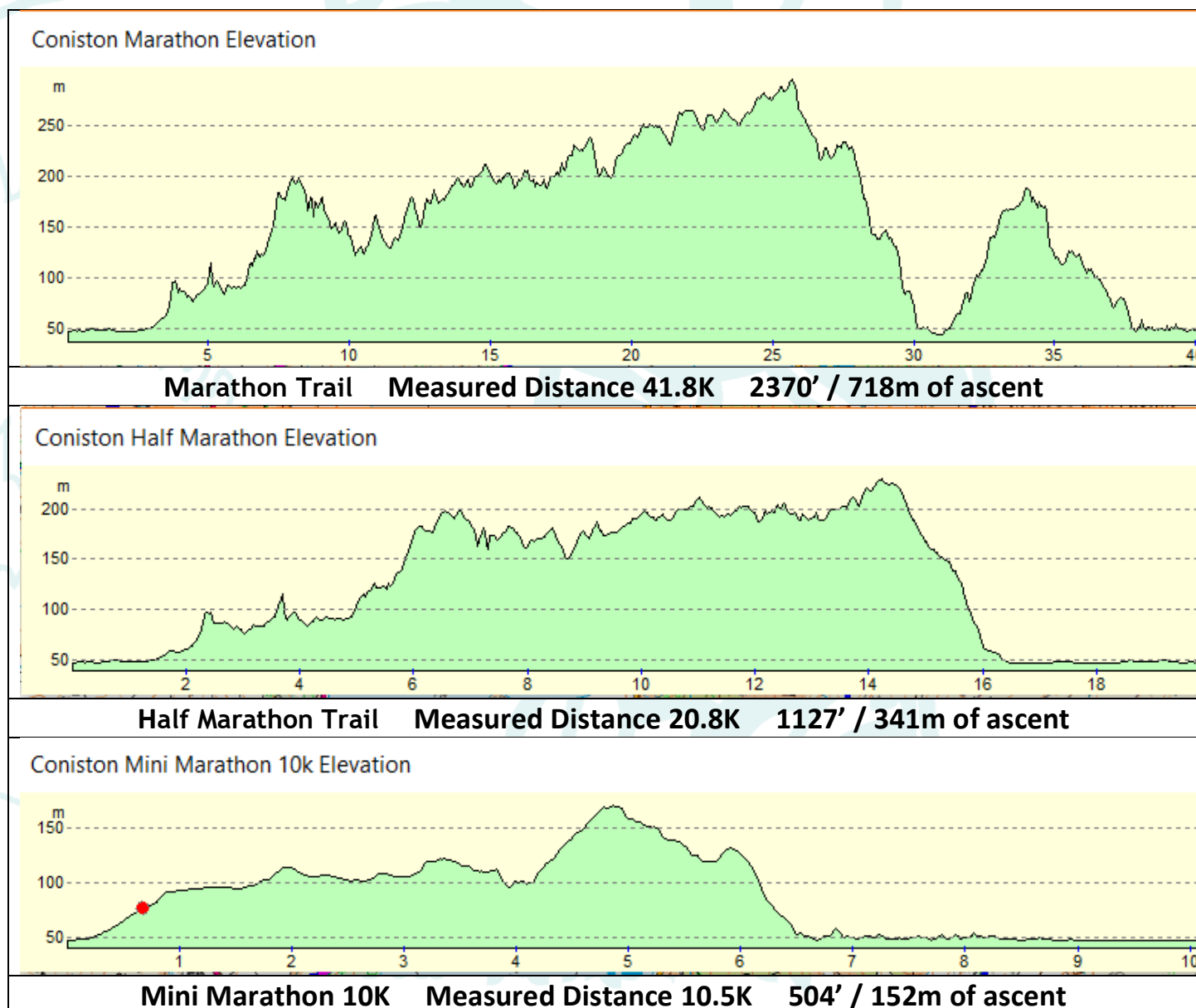
If you want to run listening to music, please only wear bone-conducting type headphones. **In and over-ear headphones are not permitted** and you will not be able to start if you have them with you. This is so that you can hear instructions from marshals on the course and any runners who want to pass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

Course 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.

There will be some great food and drink stalls including delicious offerings from the Sourdough Toastie Company; Mansergh Hall Hog Roast (also selling bacon butties); vegetarian / vegan options from Beans n Lentils; 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.

Unfortunately, we won't be able to bring our bouncy castle because we need the generator for the second inflatable gantry but should be holding Fun Trails with Zeraffa the Giraffe raring to go! Body Balance Massage isn't able to operate yet.

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. 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 – Start 2.15pm

All children Under 12 have the chance to run alongside, or maybe even in front of, Zeraffa, the long-last cousin of 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! If we're allowed to do so, 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 will be allowed at the event, so long as they are spaced based on the latest guidelines. They 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 camp site 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

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)

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.

All those completing a spot prize draw ticket will be eligible for one of the fantastic spot prizes on offer – please fill out an entry form in the marquee (one per competitor!). We will have some fantastic spot prizes donated by Lakeland Trails, inov-8 and local businesses. The spot prize draw follows the prize giving and you can only claim a prize if you are present to collect it!

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 10th July and Lakeland Trails in Hawkshead on 7th August so the next chance to enter a Lakeland Trails event this year is in Keswick (5k, 10k & 15k) on Saturday 4th September.

We'll be opening up entry for next year's Marathon shortly after this event with great Earlybird prices.

	<p>Lakeland Trails Autumn Series</p> <p>Keswick (5k, 10k & 15k) 4th September Cartmel (5k, 10k & 18k) 18th September Coniston (10k & 15k) 2nd October Helvellyn (5k, 10k & 15k) 6th November Ullswater (10k & 14k) 7th November</p> <p><u>Enter now</u> to secure your place.</p>
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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, Coniston Mountain Rescue, Coniston Parish Council, Torver Parish Council, Colton Parish Council, Coniston Old Hall, 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!



www.lakelandtrails.org



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