

LAKELAND TRAILS IN KESWICK (5K, 10K & 15K) EVENT GUIDE

Fitz Park, Station Road, Keswick CA12 4NF

Saturday 5th September 2020



Welcome to the 2020 Lakeland Trails in Keswick 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

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 is low, certain activities present a greater risk than others – socialising in groups inside (in pubs or people's houses) presents an increased risk. **We would advise you to avoid any of these activities in the two weeks prior to the event.**

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](#)
- are [clinically extremely vulnerable](#) and live in an area where additional public health measures mean you have been advised to resume shielding
- have been advised by the [NHS test and trace service](#) that you should self-isolate

It's over 10 months since our last event so our Crew might have been a little rusty even before they had to take on board the raft of changes we're implementing so you can take part in the event safely. Thanks for understanding this if we experience any hiccups – we'll all be doing our best to make sure you have a great day!

TRAVEL AND PARKING

Please ensure you follow [Government guidelines on travelling](#) on your way to Keswick. 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 at Keswick Rugby Club for a charge of £4, payable in cash at a machine. All proceeds go to the Rugby Club, who will be managing the site. If this car park is full, please use one of the signposted main car parks in the town. Please note that Keswick is currently very busy (although it should be quieter once the schools go back) so please allow time to park up and do so considerately.

Directions – The postcode **CA12 5EG** will direct you to the Rugby Club car park and we will have logoed LT signs directing you through the town. From the car park, it is a flat ½ mile walk to Fitz Park. As you will be running through the main gates in and out of Fitz Park gates, we will direct you over the footbridge into Fitz Park to reduce congestion.



REGISTRATION

We are sending out race numbers in advance so you do not need to arrive early, queue or congregate in Fitz Park. You must supply your address to us by via a [Google Form](#) by 7pm on Sunday 23rd August so that our extra crew can get packing.

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 on the day due to the logistics of setting people off in waves.

Start Lists will not be displayed inside the marquee but you can [check them here](#) before the event and they will show your Start Time.

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

10.00am	First runners start in the 10K Derwentwater Trail Run
10.15am	First runners start in the 5K Derwentwater Sport Trail
12:00pm	First runners start in the 15K Derwentwater Trail Challenge
1.00pm	First runners start in the 15K Derwentwater Trail Race
	Après Trails live music with singer / songwriter Pete Lashley

COURSE INFORMATION AND MAPS

Start

There will be separate Start and Finish lines. The Start line will be adjacent to the river and you'll finish in the area close to 'normal' spot. You will not be doing a loop around Fitz Park at the start, unlike previous years.

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.

Approximate Start times will be assigned to you and shown on the Start Lists before the event. We know that many of you like to run together so if you are booked on the same race with someone from your household (e.g. you're both in the 5K) we will do our best to set you off at the same time. We'll also send out a form 10-14 days before the event to give you the chance of letting us know if there's anybody else you'd like to run with; if you're an 'elite' for the 10K or 15K; or if you think you're likely to need the full 3 ½ hours maximum time allowed to complete the 15K. We won't be able to respond to individual requests made by email or on the day.

There will 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 put on a face covering – this only needs to be kept on for about 100m until you've left Fitz Park as the park is also popular with members of the public who will also be using the same paths.

We'll have the awesome Batala Lancaster Samba Band playing during the day to keep you entertained.

On the course

Please maintain social distancing when you are out on the course and **spitting / snot rockets on the course will not be tolerated. 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, all of whom work hard to make your run as enjoyable and safe as possible. All routes are on typical Lakeland Trails terrain, mostly hard-packed gravel or stony bridleways and taking in enough ascent and descent to keep you on your toes. However, on the 15K courses, there are the infamous 'Bottomless Bogs of Glenderaterra' on the long climb to Lonscale Crags – make sure your laces are tight! The courses are on a mix of private land and public rights of way. 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 crossing close to the finish. Our marshals don't have authority to stop traffic, so please be prepared to slow down and wait if necessary. If you need to wait, please keep a safe distance from our marshals and other runners.

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. If you need to do this, we would advise you sanitise your hands before and afterwards. Please put any litter in your pocket until you reach a bin.

Due to Government guidelines, there will be no water stations on the course or in the park, so please make sure you're self-sufficient. We will have our own Lakeland Trails bottles for sale and Pete Bland Sports will have a selection of inov-8 packs.

VERY IMPORTANT: DOGS AREN'T ALLOWED ON THE COURSE

Finish

The finish is at Fitz Park. You will be turning RIGHT when you hit the path around the park, which is different to last year – we'll have a marshal there just in case you forget! When you cross the finish line under our **new 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'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.

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 G275 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 quickly deteriorate at any time of the year.

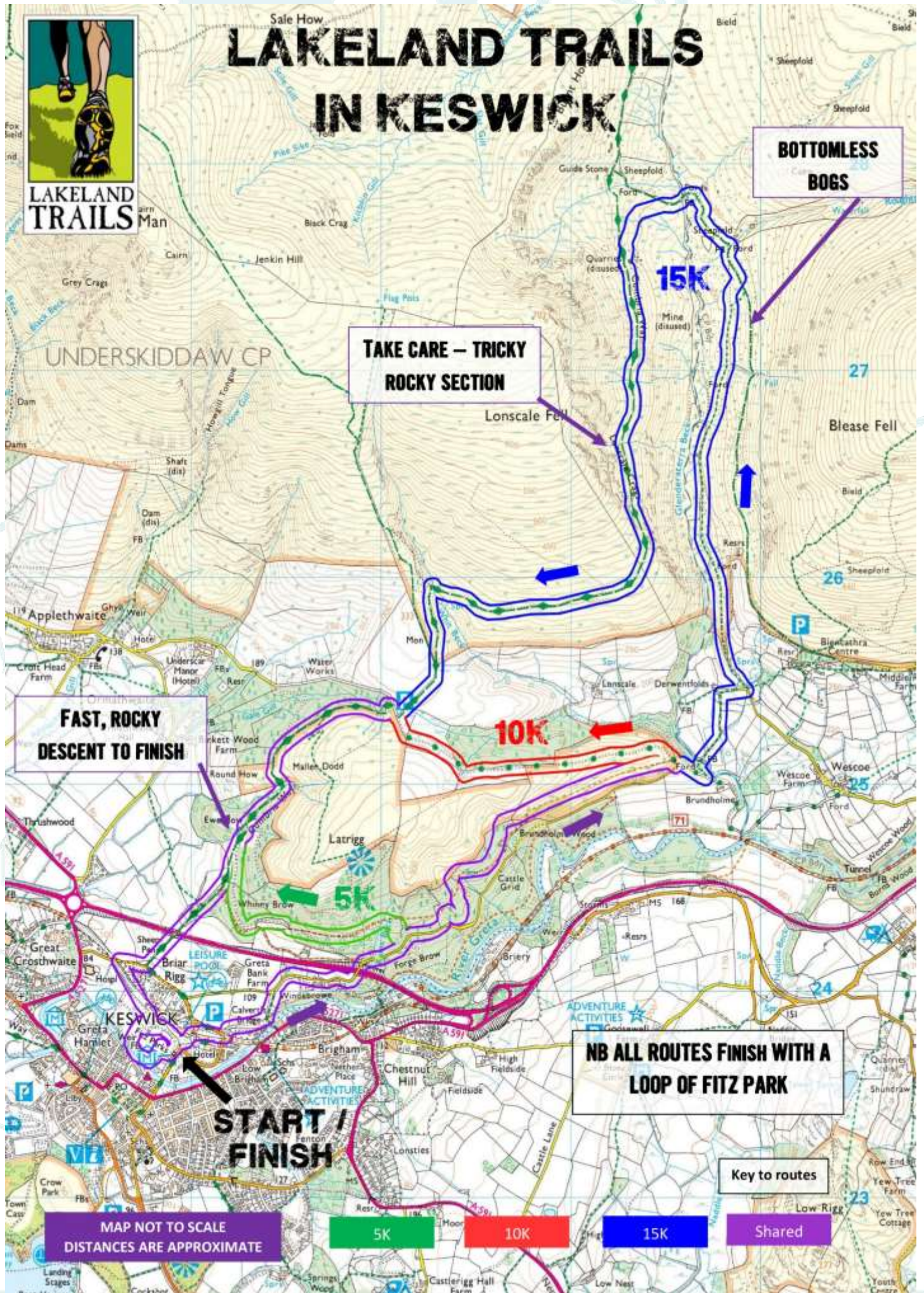
Your Safety

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 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.

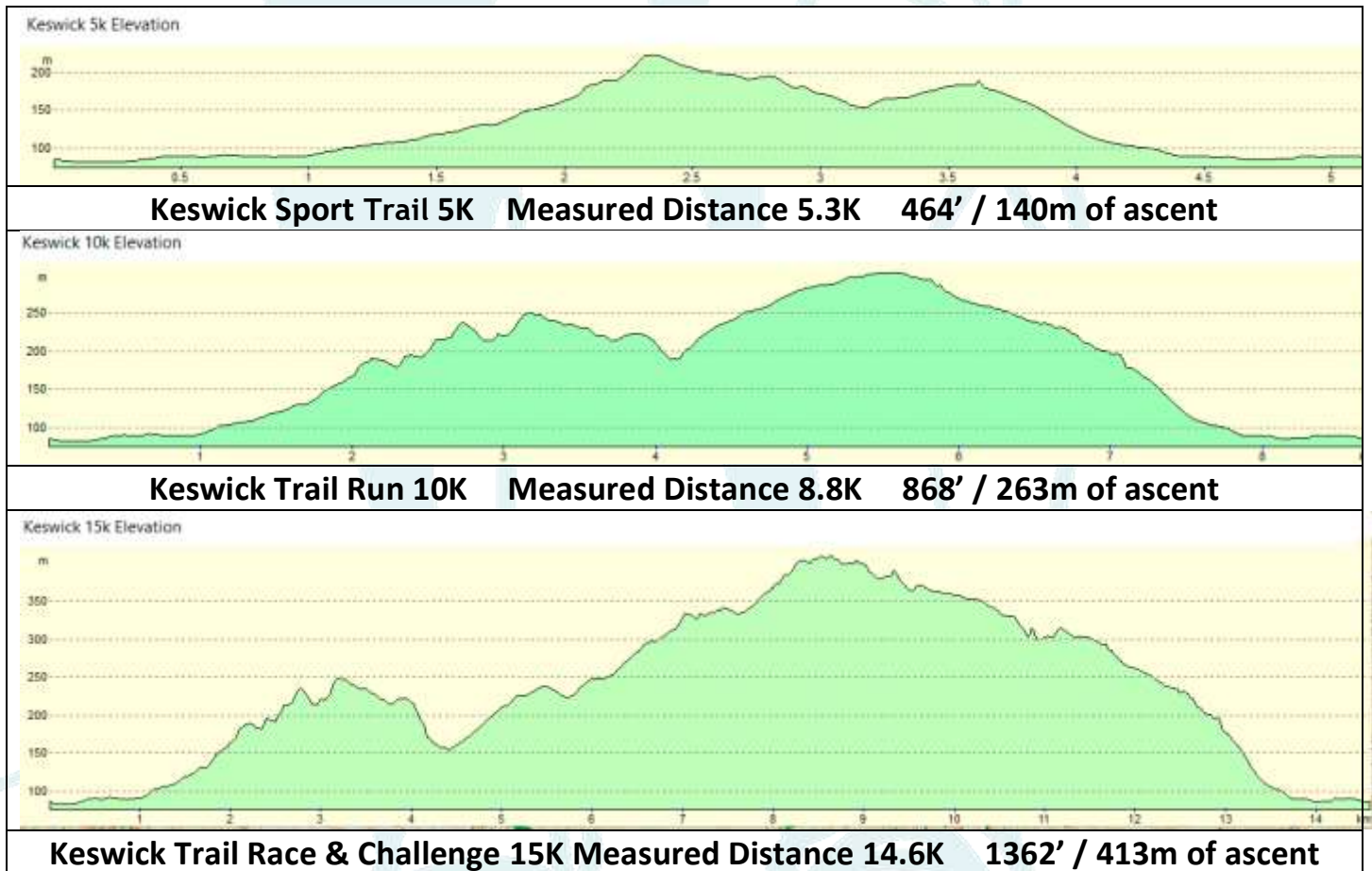
If you are unable to finish your event and need to retire, **you must** report to the finish line or an event marshal and hand in your race number.

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 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 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 vegetarian & vegan caterer Green Canteen, along with some exciting offerings from our new caterer the Sourdough Toastie Company; great coffees The Coffee Bug; and Yorkshire Dales Ice Cream, all selling locally sourced food. Please do try and support our caterers as their business has been badly hit this year.

Café West in Fitz Park is open for business again but it is take-away only – they're looking forward to seeing you. If you have ordered from them, you are welcome to sit at one of the tables but please do not gather in their yard. Their toilets are not open to Lakeland Trails runners.

Unfortunately, we won't be able to bring our bouncy castle, hold Fun Trails and Body Balance Massage aren'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. You'll be able to buy our exclusive Lakeland Trails Sports Bottles. 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

Unfortunately, we will not be able to hold Fun Trails but look forward to them returning soon with Zeraffa the Giraffe, Gerry's long-lost cousin leading the way.

Spectators

We will have more space than usual in Fitz Park which means a limited number of spectators can be accommodated safely. Please do not lean on the barriers or get too close to them, and refrain from shouting and cheering. We will have green markers on the field to indicate 2m distances – please observe these.

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 in the afternoon. If you're in the park when he's playing, so long as you can maintain social distancing, please feel free to stay and enjoy the performance.

We will not be holding a Prize Giving ceremony – prizes will be posted out shortly after the event.

There will still be a great range of **Spot Prizes** up for grabs. We'll display a list of winning numbers at the finish line. If you're a lucky winner of either a free race entry, tickets to a Lake District attraction or inov-8 goodies, you'll be able to pick your prize up in the marquee.

PRIZES AND RESULTS

Derwentwater Sport Trail 5K	Open Class: First Man & Woman Under 16: First Boy & Girl
Derwentwater Trail Run 10K	Open Class: First 3 Men & Women Veteran Classes: First Man & Woman (V40, V50, V60, V70, V80)
Derwentwater 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

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.

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

COMING UP NEXT

Entry is closed for Lakeland Trails in Cartmel which is taking place on Saturday 19th September and for Lakeland Trails Marathon in Coniston on Sunday 4th October (although we have a few places in the Mini-Marathon 10K).



Lakeland Trails in Coniston (10K & 15K)
on Saturday 3rd October 2020.

Filling fast!

Enter now to secure your place.

THANKS

We are grateful for the permission and support of all the landowners and tenant farmers, the, Lake District National Park Authority, Keswick Town Council, Threlkeld Parish Council, Fitz Park Trust, Mirehouse Estate, Cumbria Police, inov-8, James Kirby Photography, Pete Bland Sports, Event Safety Group, Lake District Foundation (Fix the Fells), 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



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