



LAKELAND TRAILS IN KESWICK
FINAL DETAILS - EVENT ESSENTIALS
Saturday 5th September 2020



Welcome to the 2020 Lakeland Trails in Keswick Final Details! To help make your day as enjoyable as possible, please take a few moments to read all of this essential information, as well as checking the Event Page on our [website](#) and [Facebook](#) updates. If you need more comprehensive information, you'll find that on the Event Page and in the Event Guide, also on our website.

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. The postcode CA12 5EG will direct you to the Rugby Club; it will also be signposted with LT signs. From the car park, it is a flat ½ mile walk to Fitz Park, which will also be signposted – please access Fitz Park by following these signs rather than using the main entrance as that will be busy with the general public and runners starting.

REGISTRATION

As race numbers have been posted out, there will be a very limited number of staff in the marquee to help with any last-minute queries. If you forget to bring your race number, we will be able to re-issue it for a fee of £5 – this covers producing the new chip as well contributing to the steps we're putting in place so that it can be done safely.

Unfortunately, we will be unable to make any on-the-day swaps between events.

There will be a bag drop available. If you are using that, please avoid putting your bag on top of someone else's to minimise unnecessary contact.

EVENT TIMETABLE

9.00am	Event Village opens
10.00am	10K Derwentwater Trail Run – first runner starts
10.15am	5K Derwentwater Sport Trail – first runner starts
12:00pm	15K Derwentwater Trail Challenge – first runner starts
1.00pm	15K Derwentwater Trail Race – first runner starts
2.30pm	Après Trails live music with singer / songwriter Pete Lashley

BEFORE YOU START You will be given an allocated Start Time which we will send to you by email and which will be shown on the Start Lists on the Event Page of our [website](#). Please arrive in the Start Zone 5 minutes before you're due to start and note that if you arrive more than 5 minutes late, we may not be able to let you start. We will contact you with a limited range of options about when you start but will not be able to respond to any individual queries.

You will need to sanitise your hands and put on a face mask, which must be carried with you at all times on the course, before you start. As soon as you've left Fitz Park and there are fewer people around, you can remove your mask.

There will be no water stations on the course or in the Event Village so please come prepared to be self-sufficient.

ON THE COURSE

Please make sure you maintain social distance at all times whilst on the courses and if you need to clear your throat it must be done well away from the course and other people. We strongly advise you carry hand sanitiser with you.

All three 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. Our marshals don't have authority to stop traffic, so please be prepared to slow down and wait if necessary.

Please note that for your safety and that of other competitors, only bone-conducting headphones are permitted but we'd recommend leaving them behind so you can hear the buzzards high on Lonscale Fell.

All routes are on typical Lakeland Trails terrain over a mix of public and private land, mostly hard-packed gravel or stony bridleways with 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 Crag – make sure your laces are tight! There is also a tricky rocky section – please run within your abilities and walk if necessary.

Very Important: Dogs are not allowed on the course

FINISH The finish is at Fitz Park. Please follow the signs as you enter the park as you will be finishing a different way to last year! When you cross the finish line, it's really important that your **whole** number is clearly visible and failure to display your number fully will result in disqualification. Once you've finished, you'll be asked to sanitise your hands and if you're collecting a t-shirt, put on your face mask (we'll give you a couple of minutes to catch your breath if necessary, first).

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. The Medics will have to be available for emergencies so they may not be able to help you with the minor cuts and scrapes you'd usually sort yourselves due to the extra precautions they will be taking to remain covid-safe.

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. Please remember to treat fellow runners, members of the public, our volunteers and crew with respect. We want everyone to have an enjoyable day and don't want to have to ban people who don't follow this simple rule.

EVENT VILLAGE

When you are in the Event Village, please observe social distancing at all times. We'll have green discs on the ground to help with that and please be prepared to move along if it gets too busy.

There will be some great food and drink stalls including hog roast from Mansergh Hall Farm Hog Roast, delicious chillis from The Sourdough Toastie Company; great coffees from The Coffee Bug; and Yorkshire Dales Ice Cream, all selling locally sourced food. Our partner, inov-8, will be there with a great selection of kit and advice, alongside Pete Bland Sports for those pre-event essentials. 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!

GENERAL INFORMATION –

Exclusive Merchandise We'll have our Lakeland Trails' headwear available, with a special 'buy one, get one half price' deal. These can be used as face coverings as well as the traditional uses. You'll be able to buy our exclusive Lakeland Trails Sports Bottles. We're giving these out to our marshals instead of single-use water bottles so grab one whilst stocks last!

Children's Fun Trails, Bouncy Castle and Prize Giving Unfortunately these won't be possible due to covid-19 restrictions.

PRIZES AND RESULTS

Prizes will be sent out by post shortly after the event. Spot Prizes will be chosen at random and the winners numbers displayed at the Finish Line. Spot Prizes will be available to collect there-and-then.

THANK YOU

It's been an extremely tough year for us here at Lakeland Trails so we'd like to thank you all for your positivity and support over the last few months – it's kept us going. We'd also like to thank our partners, inov-8, for their support too, as well as all as Keswick Town Council, Fitz and Hope Park Trust, Mirehouse Estates and everyone else involved in getting us back on the trails.

COMING UP NEXT

Lakeland Trails in Coniston (10K and 15K) on Saturday 3rd October 2020. **Filling fast!** **Enter now** to secure your place.

Lakeland Trails in Marathon in Coniston (Places only available in the Mini-Marathon 10K) on Sunday 4th October 2020. **Filling fast!** **Enter now** to secure your place.



www.lakelandtrails.org