



LAKELAND TRAILS IN CARTMEL EVENT GUIDE

Cartmel Racecourse

Saturday 23rd September 2023



Welcome to the 2023 Lakeland Trails in Cartmel 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.

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

ESSENTIAL INFORMATION

We won't be holding a Safety Briefing as all of the information is covered below.

- ☒ Car parking is at Cartmel Racecourse. All day parking is £4
- ☒ There will be signage to direct you to the car park which you must follow (please see the map on the next page)
- ☒ Race number to be collected on the day AT LEAST 45 minutes before your Start Time
- ☒ Start Times and numbers will be found on the Start Lists on the event page on our [website](#)
- ☒ Your race number must be attached HORIZONTALLY or the timing chip won't be read
- ☒ Let us know if you want to change your start time / race distance at least 45 minutes before the earliest Start Time of the two (e.g. if you want to swap from the 1pm Challenge to the 2pm Race, 12:15pm is the deadline)
- ☒ 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
- ☒ If you find the terrain is tricky, be prepared to slow down so that you can negotiate it safely
- ☒ No over ear or in ear headphones (bone conducting ones permitted)
- ☒ Snot rockets or spitting
- ☒ Dogs are not permitted on the course
- ☒ Have a great day

Sustainability

You can play the biggest role in reducing our impact by making a few simple choices and we'd like to encourage you to do just one thing.

Please have a think if you really need another event t-shirt. If you run 5 events this year having chosen the BiodiversiTee option, we'll give you a FREE entry to a future event!

If you arrive by bike or use public transport for any part of your journey and email greentravel@lakelandtrails.org with a photo of your ticket (or your bike in the event ground), we'll add you to a draw for a FREE entry to a future event. Please do this by the Monday after the event.

You can find public transport information of the event page of our website.

You can join our NEW Car Share Facebook group: <https://www.facebook.com/groups/ltcarshare> or ask around at your local club to see if you can fill your car.

Please remember to bring your own cup / flask for water on the course and the event village because we don't provide any. There's no need to bring single use plastic water bottles when we provide Lake District water!

We have no facilities to recycle plastics in bulk so please take yours home but please use the correct bins

Give your shoes a good wash after you've got home – keeping the uppers in good condition will prolong their life.

If we all do one thing, we can make a big difference!

TRAVEL AND PARKING

All day Car Parking is available from 08:45 at Cartmel Racecourse for a charge of £4, payable by card or exact change. Later in the day, we may change the parking location but the signage will change too!

Please see the travel directions below, with links to Google Maps to take you to the correct junction.

PLEASE FOLLOW OUR SIGNAGE AND STEWARDS. DON'T ATTEMPT TO FOLLOW SAT NAV TO THE RACECOURSE OR DRIVE THROUGH THE VILLAGE SQUARE – OUR STEWARDS WILL TURN YOU AROUND AND YOU RISK MISSING THE START.

We can only accommodate cars and camper vans up to the size of a VW Transporter. Please do not bring any vehicles larger than this onto the site.

Junction to take from the West



Navigate to this junction in Google Maps: <https://bit.ly/3migiPU>

Map from: <https://goo.gl/WBX1NY>

Junction to take from the East



Navigate to this junction in Google Maps: <https://bit.ly/3moTzIQ>

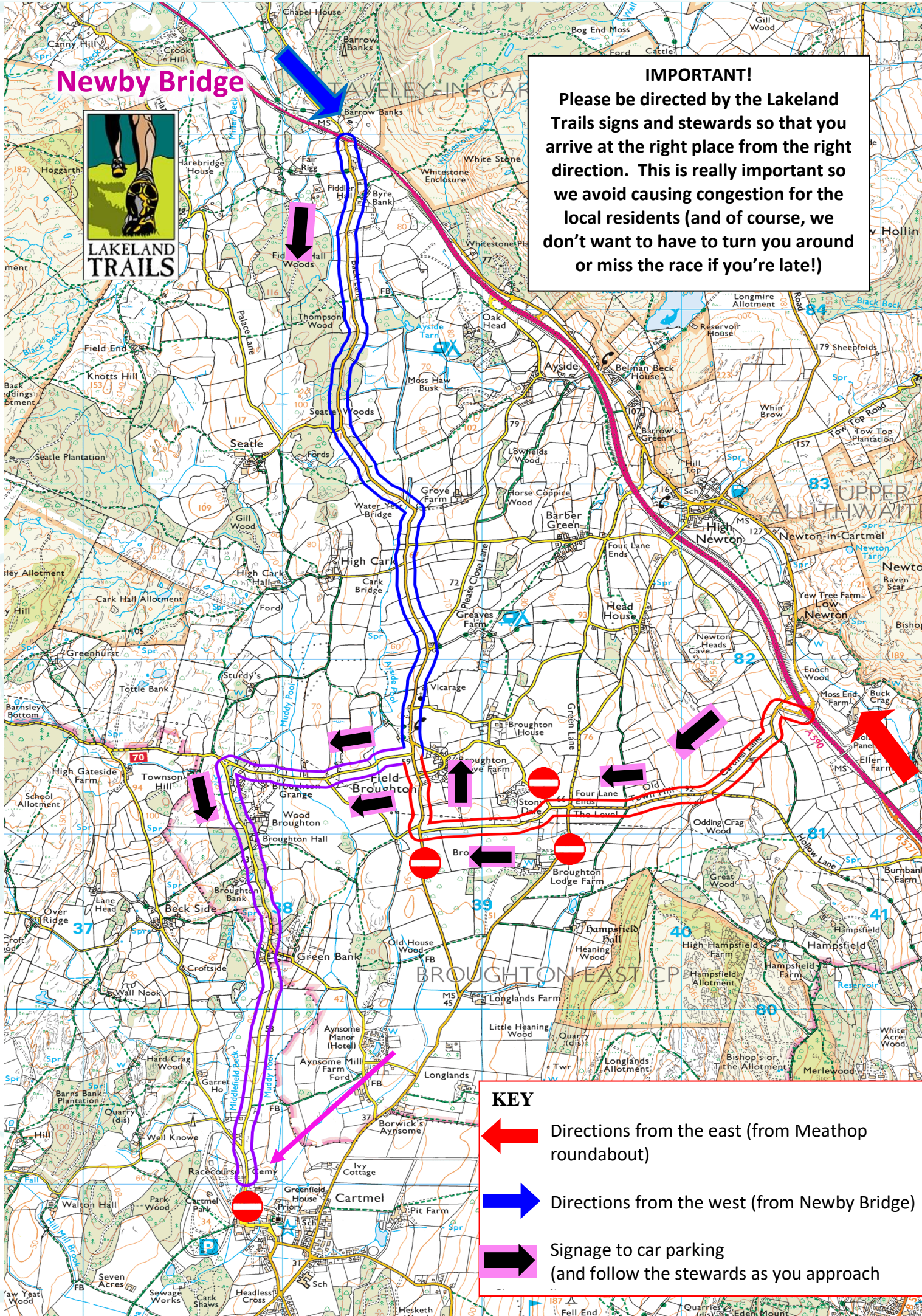
Map from: <https://goo.gl/H2UzDC>






Newby Bridge



IMPORTANT!
Please be directed by the Lakeland Trails signs and stewards so that you arrive at the right place from the right direction. This is really important so we avoid causing congestion for the local residents (and of course, we don't want to have to turn you around or miss the race if you're late!)



KEY

-  Directions from the east (from Meathop roundabout)
-  Directions from the west (from Newby Bridge)
-  Signage to car parking (and follow the stewards as you approach)

Please note that the main village Pay and Display Car Park uses ANPR and if you drive through it either to access or leave our event parking, you will have to pay charges. Neither we, nor the Racecourse, are able to help if you receive a parking ticket as a result of driving through this car park so please follow our signage to avoid this.

There will be no overnight parking or camping available within the Racecourse grounds.

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.

Start Lists will be available to view [HERE](#) and won't be on display in the marquee. If you forget your number, you can check it on a tablet in Registration.

We will send you an email a few days before the event to confirm your race number and you can check it on a tablet in Registration.

If your bib has a white background it means you have chosen to collect an event t-shirt at the end. If you chose the BiodiversiTee option, your number will have a green background and we haven't ordered a t-shirt for you.

When you attach your bib, please make sure it is horizontal or your timing chip might not work.

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 adjacent to the main marquee.

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

Please see our [website](#) for the timetable.

COURSE INFORMATION AND MAPS

Start

Each event will set off from in front of the main grandstand with the awesome Kev Kendal doing a live late-morning performance to keep 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

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.

The courses have a variety of terrain, mainly beautiful, scenic trails with short sections of tarmac just after the start, mid-way along the course and near the finish. Please stay alert on these 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. Some sections of the course have been a real BEAST in the past, with deep, wet muddy sections to make it a lot of fun. 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

As part of our commitment to reduce our environmental impact, please play your part by coming self-sufficient with your own water supplies. **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 18k course at 9.5k and 14.6k and ONE on the 10k course at 6.3k. Drinking water will also be available at the finish.

Finish

The finish is at the same place that you started 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, you'll go 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!) and collect a FREE Cartmel Sticky Toffee Pudding (will it make it home?).

If you've chosen the BiodiversiTee option, please just walk straight through and don't be tempted to collect a t-shirt (some people have been doing this which means those expecting them have missed out).

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 Trailfly Ultra G280 shoe would be ideal for the courses and demo shoes will be available. **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 with a 4x4 medical vehicle 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 priority is medical emergencies and more severe injuries. With that in mind, they may not be able to help you with any minor cuts and scrapes that you'd normally 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 Maps

Please see [our website](#) for the latest course maps and interactive profiles.

EVENT VILLAGE

Our partner, inov-8, will have their free-to-try demo shoes and 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 with great discounts on all inov-8 footwear and clothing – even current ranges.

There will be some great food and drink stalls including exciting offerings from our local caterers including gourmet pizzas from Fiery Mamma's, delicious Mexican-themed food from Bandito Burrito, Cumbria-based dairy free gelato from Rebel Gelato and great coffees The Coffee Bug and Fellside Coffee. 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!

There are toilet facilities 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 our popular collection of merchandise available including two NEW colours of hoodie, non-event specific short and long tees, vests (the purple ones are extremely popular) and Big Bobble Hats.

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 James Kirby, our professional photographer on the course. FREE photos will be available to download from www.Facebook.com/lakelandtrails on the Sunday after the event.

Après Trails Music 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.

There will still be a great range of **Spot Prizes** up for grabs. We'll choose the winning numbers at random during our Prize Giving ceremony where you'll be in with a chance of winning a free race entry and prizes donated by local businesses including a crate of beer and meal vouchers.

PRIZES AND RESULTS

Cartmel Trail Run 10k	Open Class: First 3 Men & Women Veteran Classes: First Man & Woman (V40, V50, V60, V70, V80)
Cartmel Trail Race 18k	Open Class: First 3 Men & Women Veteran Classes: First Man & Woman (V40, V50, V60 & V70*) *The V70 prize is awarded to the fastest V70 in the Challenge
Cartmel Sport Trail 5k	Open Class: First Man & Woman U16: First Boy and Girl

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 and they don't get posted out.

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

COMING UP NEXT



Lakeland Trails in Glenridding

**Helvellyn (5k, 10k & 15k)
Saturday 14th October**

Awe-inspiring views of the imposing Helvellyn range kick off our Series' finale. The trails are usually great underfoot with the odd grassy slope to test your grip!

Enter now to secure your place.



Lakeland Trails in Glenridding

Ullswater (10k & 14k)

Sunday 15th October

If the weather gods are on your side, you're in for a treat as you'll take a 30-minute cruise across Ullswater to the start, before running back on some generally fairly flat trails.

If the boat can't sail, we've two fantastic alternative courses

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, Lower Allithwaite Parish Council, Holker Estates, 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

