



LAKELAND TRAILS in CONISTON AND MARATHON EVENT GUIDE



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

Saturday 3rd and Sunday 4th October 2020



Welcome to the 2020 Lakeland Trails in Coniston and Marathon 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
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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 in Cumbria, it is increasing and 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

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 Coniston. 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 and as we do not wish to encourage bending of the Government guidelines, we will not be offering our 'Three for Free' discount.

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

No overnight parking is available even if you are staying on the campsite.

On **Saturday**, the car park opens at **9:30am**. If you are arriving to run in the 10K, please be directed by our marshals on the main road and be very careful when you drive down the track as there may be runners alongside the route.

On **Sunday** the car park opens at **7:30am**

When you are leaving the venue, please be patient if you're asked to wait a couple of minutes, either for other cars to arrive or to give priority to runners.

If you are being dropped off, please use public car parking in Coniston village and walk to the venue (approx. 1km).

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

We are sending out race numbers in advance so you do not need to arrive early, queue or congregate in the Showground.

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](#) for Saturday's events or [here](#) for Sunday's. We'll contact you about Start Times shortly and add your Start Time to the Start Lists a few days before the event.

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

Saturday 3rd October

9.30am	Car park opens
10.00am	First runners start in the 10K Coniston Trail Run
12.00pm	First runners start in the 15K Coniston Trail Challenge
1.30pm	First runners start in the 15K Coniston Trail Race
2.30pm	Après Trails live music with singer / songwriter Pete Lashley

Sunday 4th October

7.30am	Car park opens
7.45am	First runners start in the Marathon Challenge
9.00am	First runners start in the Marathon Race
10.00am	First runners start in the Mini Marathon 10K
10.45am	First runners start in the ½ Marathon Challenge
12.00pm	First runners start in the ½ Marathon Race
2.30pm	Après Trails live music with singer / songwriter Kev Kendal

COURSE INFORMATION AND MAPS

Start

There will be separate Start and Finish lines. 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.

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 10K) we will do our best to set you off at the same time. We'll also send out a form about a week 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 15K or Marathon; or if you think you're likely to need the full 3 ½ hours maximum time allowed to complete the 15K on the Saturday or 8 hours to complete the Marathon on the Sunday. 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 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 course).

The awesome Milnthorpe Steel Band playing on the Saturday.

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, 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 – 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 10K, 15K and ½ Marathon courses 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.

We are finalising the arrangements to provide water and some food on the Marathon course. We've seen some great suggestions about how we can do this but may have to provide you with pre-filled water bottles to prevent gatherings (the main area of concern in the guidance). You will then be able to use these to replenish your own supplies and dispose of the bottles in bags a short distance along the courses.

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

You will have the opportunity to request an early start time if you think you will need the full amount of time.

Finish

The finish is at Coniston Showground under our **new 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 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 courses. **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.

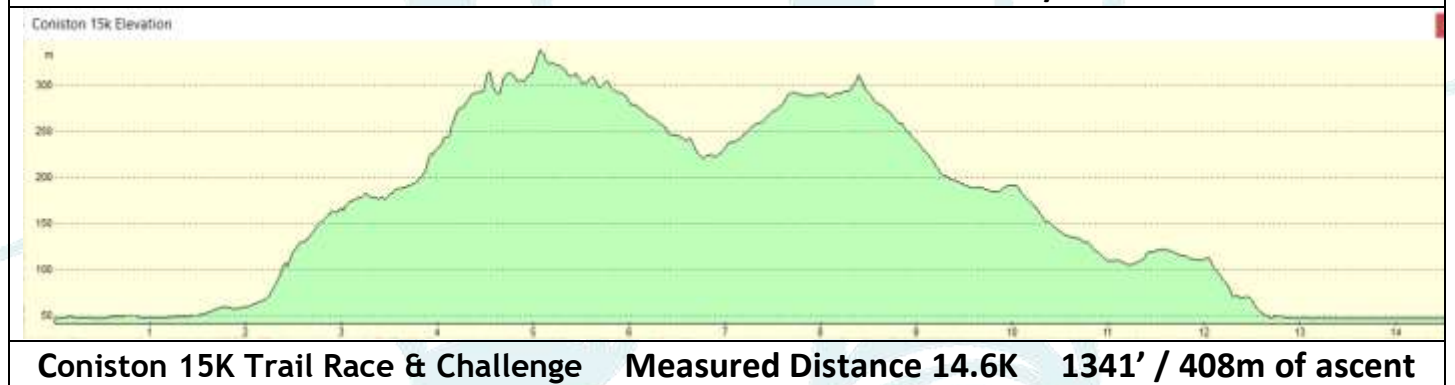
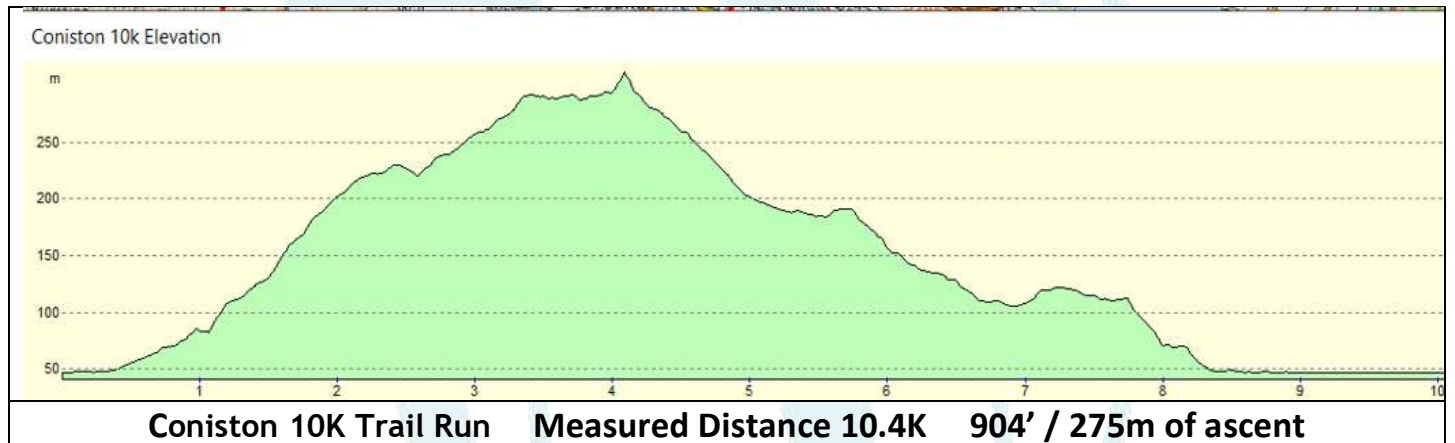
If you want to run listening to music, the only type of headphones you can wear are the bone-conducting type. **In and over-ear headphones are not permitted** and you will not be able to start if you have them with you. This is so that you can hear any instructions from marshals on the course and any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

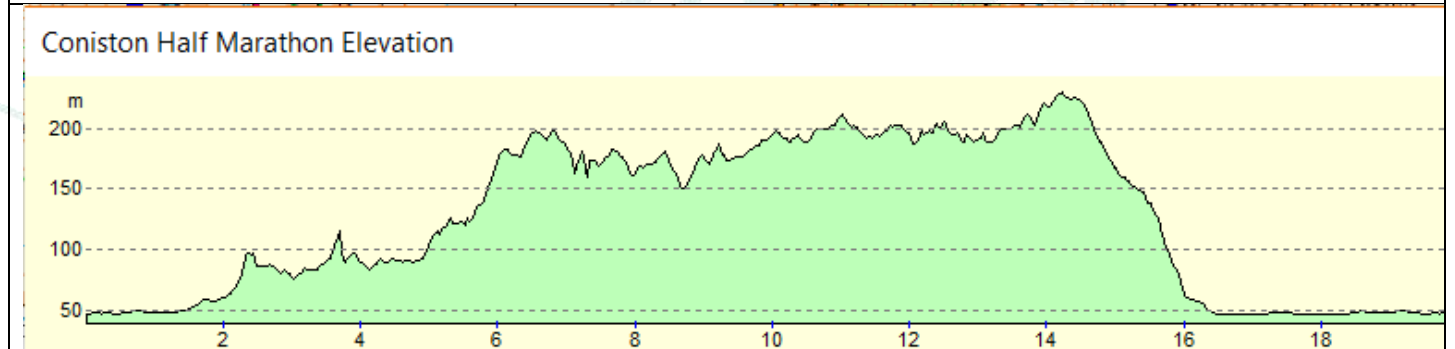
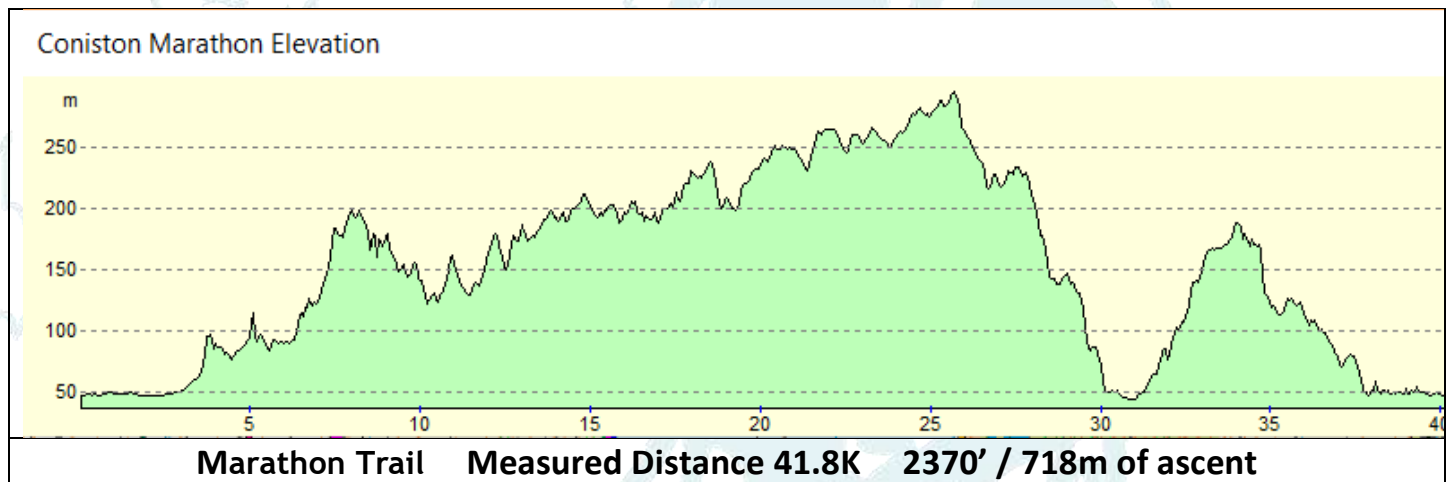
Course Maps

Please see our website for the latest course maps.

Course Profiles

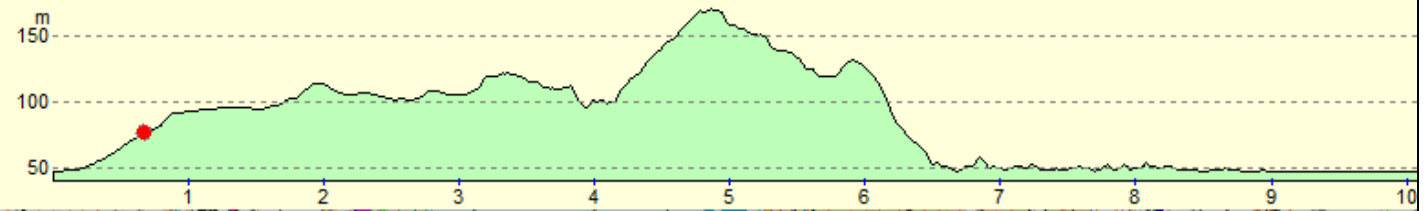


Course Profiles



Half Marathon Trail Measured Distance 20.8K 1127' / 341m of ascent

Coniston Mini Marathon 10k Elevation



Mini Marathon 10K Measured Distance 10.5K 504' / 152m of ascent

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 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.

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 the Showground which means a limited number of spectators can be accommodated safely. **You must not spectate if you have travelled from an area of local lockdown, must maintain social distancing at all times and not congregate in groups of more than 6 people.** 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 Music and Prize Giving

The legendary Singer / songwriter Pete Lashley will be performing live for an hour on the Saturday afternoon. He's running in the Marathon on the Sunday so the amazing Kev Kendal will be performing in his place. If you're in the park when they're 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 choose the winning numbers at random and 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.

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

Coniston Trail Run 10K	Open Class: First 3 Men & Women Veteran Classes: First Man & Woman (V40, V50, V60, V70, V80)
Coniston Trail Race 15K	Open Class: First 5 Men & Women Veteran Classes: First Man & Woman (V40, V50, V60 & V70*) <small>*The V70 prize is awarded to the fastest V70 in the Challenge</small>
Marathon Trail Race	Open Class: First 5 Men & Woman Veteran Classes: First Man & Woman (V40, V50, V60, V70)
Half 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

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 Staveley which is taking place on Saturday 17th September so the last chance to enter a Lakeland Trails event this year is at our Dirty Double.

We'll be opening up entry for next year's Marathon shortly after this event and expect it to fill up quickly.



Lakeland Trails Dirty Double

Saturday 7th November
Helvellyn Trails (15K, 10K & 5K) on
Saturday 28th June 2019.

Sunday 8th November
Ullswater Trails (10K & 14K)

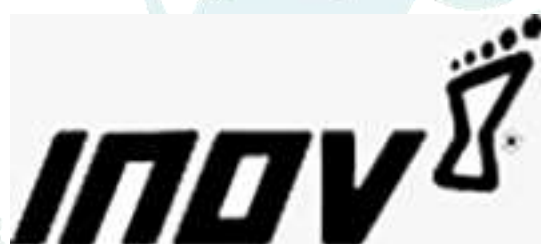
Filling fast!

Enter now to secure your place.

THANKS

We are grateful for the permission and support of inov-8, 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, James Kirby Photography, Pete Bland Sports, Event Safety Group, Lake District Foundation, 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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