



LAKELAND TRAILS DIRTY DOUBLE EVENT GUIDE

Jenkin's Field, Glenridding CA11 0US

Saturday 15th and Sunday 16th October 2022



Welcome to the 2022 Dirty Double 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 [Helvellyn Race Day page](#), [Ullswater Race Day page](#) and [Facebook](#) for any updates.

The first page of this guide covers all of the ESSENTIAL information you need as succinctly as possible!

EXTREMELY IMPORTANT Nearly all of our runners are kind, courteous and friendly and follow our instructions so venues look forward to us coming. It has been a HUGE challenge to secure parking for this year because just a couple of people last year didn't read the information about car parking and were abusive towards volunteers at the car park.

If this happens again, it will impact on everyone next year. **Car parking will be CASH ONLY and £5 per car** in our official car parks. Camper vans, **whatever the size**, must be parked in the main pay and display car park in the village – no ifs, buts or maybes.

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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.

- ☒ There is a compulsory Kit List for Ullswater (and recommended for Helvellyn) – please read on
- ☒ Car parking is at various locations in the village. All day parking is £5 CASH ONLY in our car parks
- ☒ There will be signage to direct you to the car park and NO EXIT before 1pm
- ☒ 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. There are no water stations on the courses due to access restrictions
- ☒ 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 on the course
- ☒ Dogs are not permitted on the course
- ☒ Have a great day

TRAVEL AND PARKING

There are currently roadworks along the A592, the main route into Glenridding. **Access is available all weekend from 5pm on Friday** but if you are planning on arriving before 5pm on the Friday, please check out the diversion routes from [THIS LINK](#)

All day Car Parking is available in the village and our signage will direct you to the correct place once you arrive in Glenridding. **Car parking is £5 - CASH ONLY**

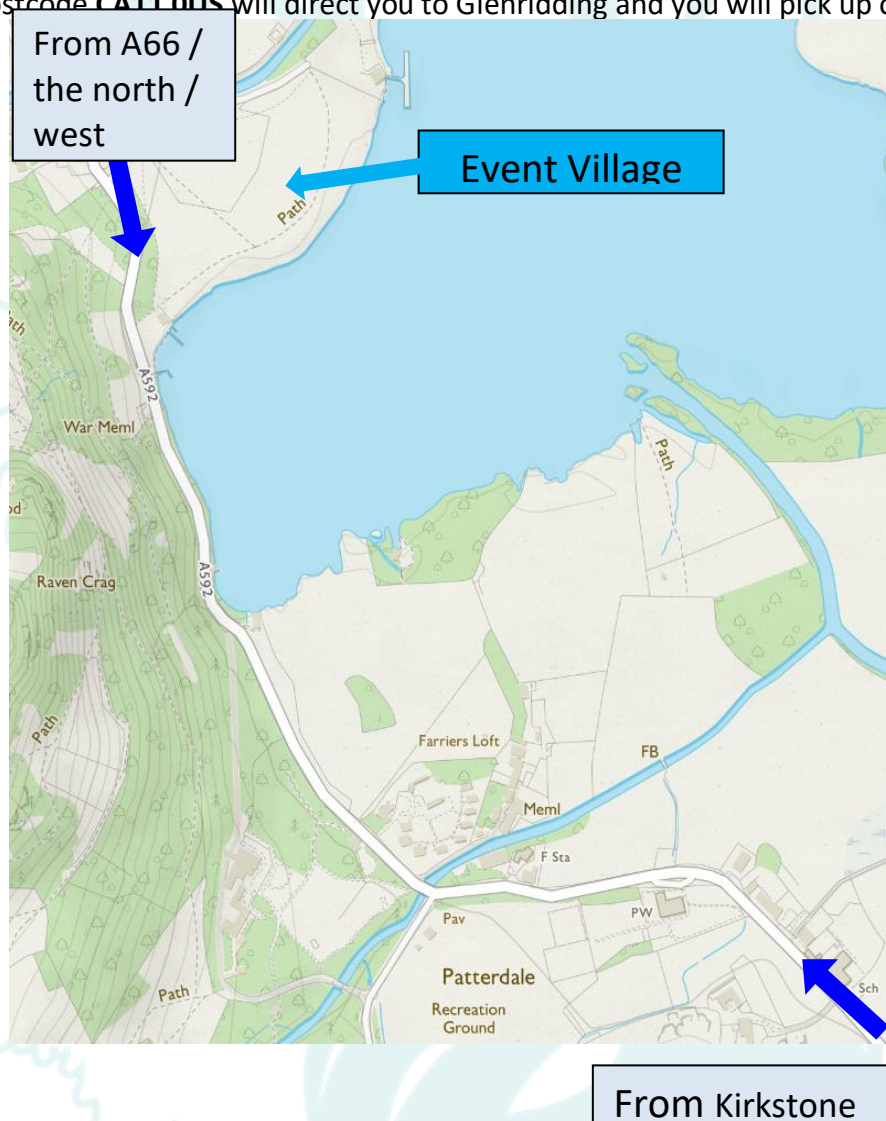
Please note if you are in camper van or motor home, you will need to park in the main Pay and Display Car Park in the village.

No vehicles will be able to leave our car park before 1pm because of access restrictions. If you need to leave before this, please use public car parking in Glenridding village but **please DO NOT use the car park at Ullswater Steamers as this is needed for their passengers** unless directed

When you are leaving, 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.

In the advent of adverse weather conditions preventing use of our designated areas, we will operate a Park and Ride service.

Directions – The postcode **CA11 0US** will direct you to Glenridding and you will pick up our Car Park signage when you arrive



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 on Saturday and 8:00am on Sunday - you can collect your number up to **30 minutes before** your allocated start time.

Start Lists will be available to view on our website and won't be on display in the marquee. If you forget your number, you can check it on a tablet in Registration.

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

Saturday 15th October

8.45am	Car park opens
9.00am	Registration opens in the main registration marquee
10.45am	10k Helvellyn Trail Run – Early Start
11.00am	10k Helvellyn Trail Run – Main Start
11.15am	5k Helvellyn Sport Trail
12:30pm	Helvellyn Fun Trails with Zeraffa the Giraffe (under 12's - enter for free on the day)
1.00pm	15k Helvellyn Trail Challenge – Early Start
1.15pm	15k Helvellyn Trail Challenge – Main Start
2.00pm	15k Helvellyn Trail Race
3.30pm	Après Trails live music with singer / songwriter Pete Lashley
4.30pm	Prize giving & spot prize giving

Sunday 16th October

8.00am	Car park opens
8.00am	Registration opens in the main registration marquee
9.00am	10k Ullswater Trail Run – Boat sails from Ullswater Steamers
10.30am	14k Ullswater Trail Challenge – Boat sails from Ullswater Steamers
12.00pm	14k Ullswater Trail Challenge – Boat sails from Ullswater Steamers
1.30pm	14k Ullswater Trail Race – Boat sails from Ullswater Steamers
2.30pm	Ullswater Fun Trails with Zeraffa the Giraffe (under 12's - enter for free on the day)
3.00pm	Après Trails live music with singer / songwriter Pete Lashley
4.00pm	Prize giving & spot prize giving

COURSE INFORMATION AND MAPS

Start

Saturday's events set off from Jenkin's Field with the awesome Boom Dang keeping you entertained on the start line.

On Sunday, the boats will sail promptly from Ullswater Steamers, adjacent to Jenkin's Field. Please make sure you're there 10-15 minutes before the scheduled sailing time.

If the boats are unable to sail, we will start our contingency routes in Jenkin's Field. Please note, the **alternative** 14k Challenge route has a big hill towards the end.

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. Please stay alert near roads and keep in on the short section near the finish on each day.

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.

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.

VERY IMPORTANT: DOGS AREN'T ALLOWED ON THE COURSE

Water Stations

Due to the remote nature of the trails, there won't be any Water Stations on either course. Water will be available in the event village but please bring your own cup as we have phased out single-use ones.

Finish

The finish is 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!). 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

IMPORTANT COMPULSORY KIT INFORMATION

October can be cold & wet; frost is not uncommon and there may even be some snow. On Saturday's Helvellyn Trail you are advised, and may be required, to carry the items listed below as being compulsory for the Ullswater Trail.

On Sunday's Ullswater Trail, every competitor MUST carry with them a hat, gloves, cagoule and over-trousers or tights, and there will be no exceptions.

We recommend you wear suitable trail running shoes. The inov-8 Roclite G275 trail shoe would be ideal for the course.

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. The medics priority is medical emergencies and more severe injuries. 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 and interactive 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 with **great discounts** on all inov-8 footwear and clothing – even their hugely popular Parkclaw G280.

There will be some great food and drink stalls including exciting offerings from our local caterers including *****NEW***** Graft Pizza and Mansergh Hall Hog Roast, with great coffees from The Coffee Bug and Fellside Coffee. These are all small local businesses selling locally sourced food as much as possible.

Patterdale Mountain Rescue Team will be onsite showing off their new boat which we have helped to fund.

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 plenty of stocks of our hugely popular new hoodies available – perfect to wear before your run or in the pub afterwards!

Children's Fun Trails

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 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, tickets to a Lake District attraction or inov-8 vouchers.

PRIZES AND RESULTS

Sport Trail 5k	Open Class: First Man & Woman Under 16: First Boy & Girl
Trail Run 10k	Open Class: First 3 Men & Women Veteran Classes: First Man & Woman (V40, V50, V60, V70, V80)
Trail Race 14-18k	Open Class: First 5 Men & Women Veteran Classes: First Man & Woman (V40, V50, V60 & V70*)

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

2023 EARLYBIRD IS OPEN WITH AMAZING SAVINGS ON INDIVIDUAL AND SERIES' ENTRY



Virtual Lakeland Trails Ultra (23k, 55k & 100k)

Back by popular demand, our Virtual Series will return on 23rd November. The virtual events are a great way to keep in touch with other Lakeland Trailers in an exclusive Facebook group and a great motivator through the winter months.

Check out [OUR WEBSITE](#) for further information.

THANKS

We are grateful for the permission and support of all the landowners and tenant farmers, the National Trust, Dalemains Estates, Lake District National Park Authority, Lake District Foundation, Glenridding Parish Council, King George V Playing Fields' Committee, Patterdale Mountain Rescue, 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 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!



Supporting
Cumbria
Wildlife Trust

www.lakelandtrails.org



Inspiring Races in Beautiful Places™