



## LAKELAND TRAILS IN KESWICK EVENT GUIDE

Fitz Park, Station Road, Keswick CA12 4NF

Saturday 2<sup>nd</sup> September 2023



Welcome to the 2023 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.

TRAVEL AND PARKING	REGISTRATION
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*Inspiring Races in Beautiful Places™*



## ESSENTIAL INFORMATION

Please see our [website](#) for a quick reference checklist

### 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](mailto: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 on our website <https://lakelandtrails.org/keswick>

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 for £4 at Keswick School, about 0.9 miles away and the cheapest option compared to the town centre. Please check our website and Facebook before the event for directions. There are plenty of signposted public car parks within the town itself.

### REGISTRATION

All Race Numbers must be collected from Registration in the main marquee on race day.

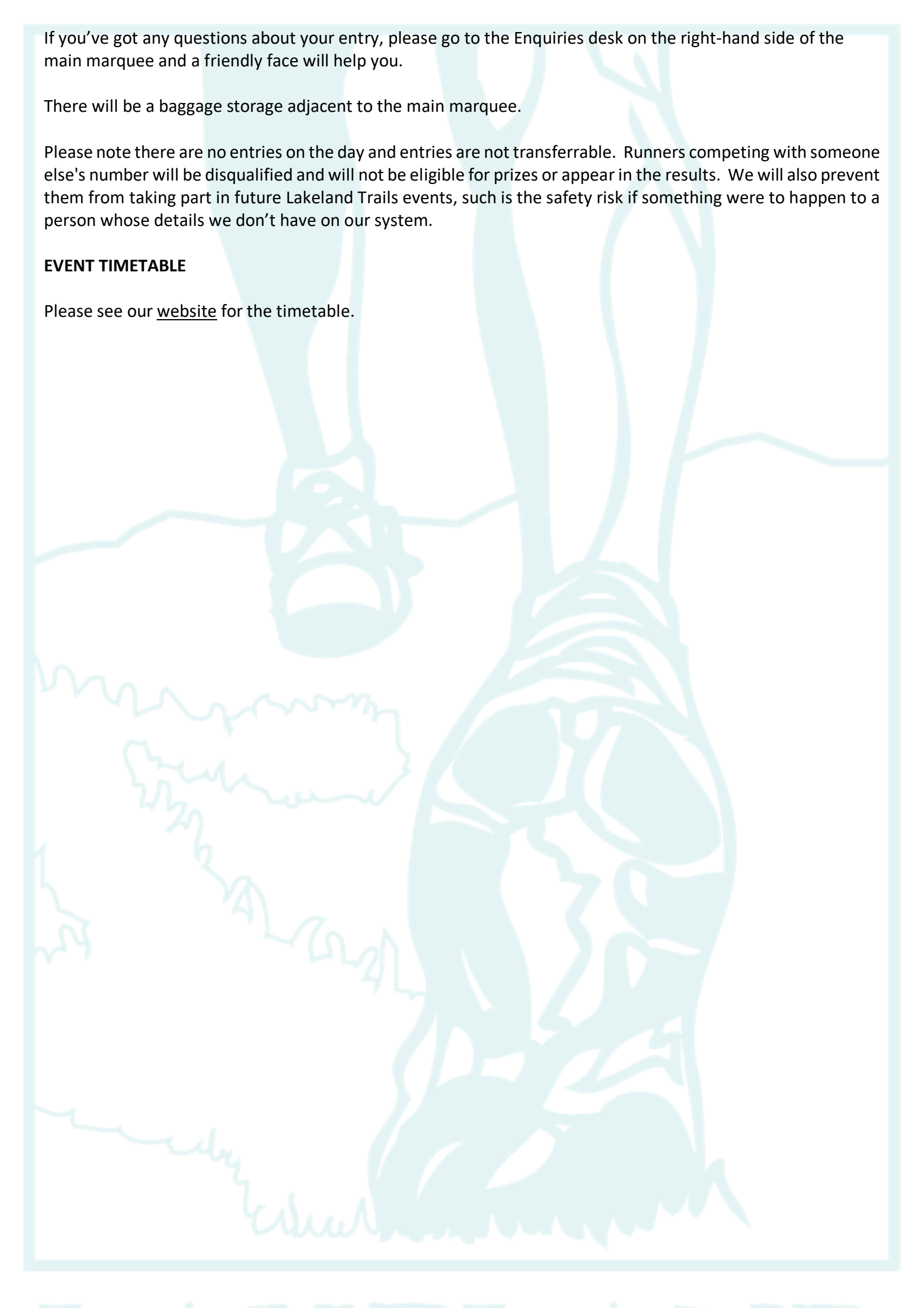
Registration **opens at 9:00am** and you can collect your number up to **45 minutes before** your allocated start time.

Start Lists will be available to view [HERE](#) and won't be on display in the marquee.

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.

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 Fitz Park with the awesome Batala Lancaster keeping 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.

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 Crag – make sure your laces are tight! The courses are on a mix of private land and public rights of way. The general public are made aware of 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.

Some gates on the course may not be staffed so if you arrive at a closed gate, please close it after you – there will be lots of lambs in the fields and we want them to stay there. Please put any litter in your pocket until you reach a bin.

If you think the terrain is too tricky, it's fine to slow down or walk and take in the views!

**VERY IMPORTANT: DOGS AREN'T ALLOWED ON THE COURSE**

### Finish

The finish is at Fitz Park 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 if you've chosen one (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

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 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 'Food From the Fells' bringing a delicious Street Food twist, 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!

On event day 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](http://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, tickets to a Lake District attraction or inov-8 vouchers.

## PRIZES AND RESULTS

<b>Derwentwater Trail Run 10k</b>	Open Class: First 3 Men & Women Veteran Classes: First Man & Woman (V40, V50, V60, V70, V80)
<b>Derwentwater Trail Race 15k</b>	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
<b>Derwentwater Sport Trail 5k</b>	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 Cartmel (5k, 10k & 18k)

**Saturday 23<sup>rd</sup> September**

Get under starters orders in front of the Racecourse's main grandstand and enjoy rolling countryside with beautiful views of the Furness Peninsula and, of course, the Lakeland fells! Did somebody say Sticky Toffee Pudding?

**Enter now** to secure your place.



### Lakeland Trails in Glenridding

**Helvellyn (5k, 10k & 15k)  
Saturday 14<sup>th</sup> 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 15<sup>th</sup> October**

If the weather gods are on your side for a third year in a row, 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 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, Keswick Town Council, Threlkeld Parish Council, Fitz Park Trust, Mirehouse Estate, Cumbria Police, 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!



Supporting  
**Cumbria**  
Wildlife Trust

[www.lakelandtrails.org](http://www.lakelandtrails.org)



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