



LAKELAND TRAILS in STAVELEY

EVENT GUIDE

Staveley Recreation Ground LA8 9LN

Saturday 8th May 2021



Welcome to the 2021 Lakeland Trails in Staveley 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

Whilst we are in the process of returning to normal life, you must remember that we are still facing significant restrictions, including gathering in groups of a maximum of 6 people.

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 outdoors in groups is low, certain activities present a greater risk than others so please ensure you follow all local restrictions to minimise the risks.

For everyone's safety and to help us all get back to normality as soon as possible, we request you take a free lateral flow test before attending the event. Further information, including how to arrange one or get the test kit posted out to you, can be found [here](#). We may ask you to show us proof of a negative test (which comes by text message or email) before you are allowed to start.

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](#)
- have been advised by the [NHS test and trace service](#) that you should self-isolate

For everyone's safety and to help us all get back to normality as soon as possible, we request you take a free lateral flow test before attending the event. Further information, including how to arrange one or get the kit posted out to you, can be found [here](#). We may ask you to show us proof of a negative test (which comes by text message or email) before you are allowed to start.

If you are unable to take part because you are self-isolating, we are happy to defer your entry to 2022 if you [email us](#) **before** the event with a screenshot of your Test and Trace app screen showing your postcode and isolation period.

TRAVEL AND PARKING

Please ensure you follow [Government guidelines on travelling](#) on your way to Staveley. 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 or the exact amount on the day so please have your card ready to minimise any queues or delays.

The car park opens at **8:45am** and is a short walk to the Recreation Ground. Please aim to arrive about 15 minutes before your Start Time so we avoid too many people gathering.

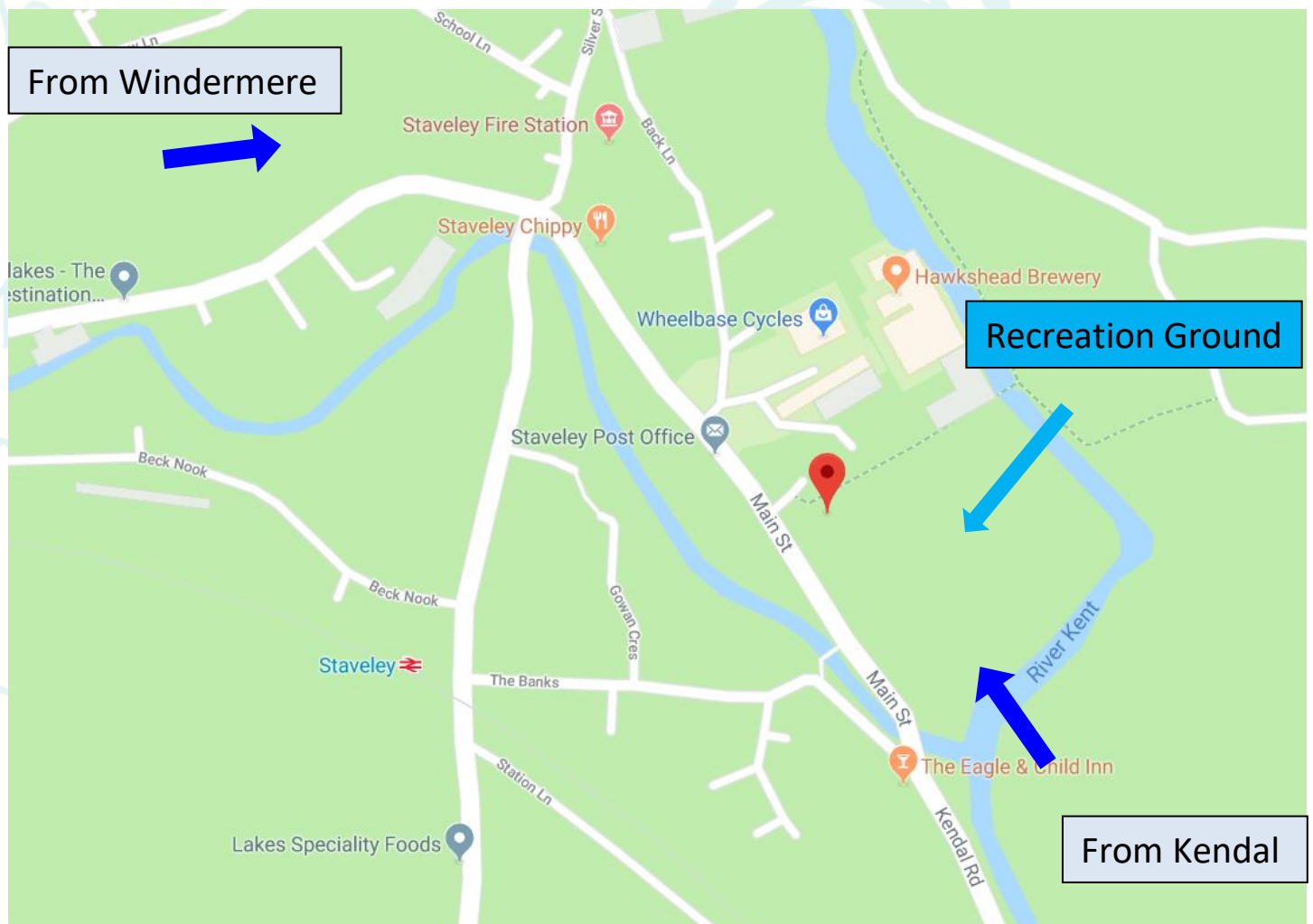
Please note that vehicles larger than a small transit van / minibus cannot be accommodated.

Non-event parking in Staveley is very limited and the roads are narrow so please use our car parks so that residents aren't inconvenienced. We rely on their support and want to keep them happy.

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.

Directions – The postcode **LA8 9LN** will direct you to the Recreation Ground in Staveley. We will have two car parks in use depending on what time you arrive. As you approach the centre of Staveley, signage and our stewards will direct you to the correct one. It's really important that you follow our instructions to avoid causing congestion in the village.

Please be very careful when you are driving through the village as there may be runners alongside the route. Because of having staggered starts we won't be closing the road.



REGISTRATION

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

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 or start times on the day due to the logistics of setting people off in waves.

Start Lists will not be displayed inside the marquee but we will send you an email confirming your start time and you can [check them here too](#). We'll contact you about Start Times around a week before the event and add your Start Time to the Start Lists a few days before the day.

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 8th May

8.45am	Car park opens
9.45am	First runners start in the 10K Kentmere Trail Run
11.30am	First runners start in the 5K Kentmere Sport Trail Run
12.15pm	First runners start in the 18K Kentmere Trail Challenge
2.15pm	First runners start in the 18K Kentmere Trail Race

COURSE INFORMATION AND MAPS

Start

There will be separate Start and Finish lines so that we can maintain social distancing.

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 be in contact about a week before the event to enable you to specify if there's anybody you'd like to run with; if you're an 'elite' for the Trail Race 18K; or if you think you're likely to need the full 3 ½ hours maximum time allowed to complete the Trail Challenge 18K. 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 put on your face mask. This only needs to be worn in the field and until you're over the footbridge about 200m along the course and you **MUST** have it with you at all times on the course.

We'll have to wait until Keswick when there has been a further easing of the lockdown to hear the awesome Batala Lancaster play.

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, 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. Also, there is the infamous '**Sting in the Tail**', which provides a brutal climb to the top of Reston Scar, before heading back down to Staveley to the finish line. The course is on public rights of way, as well as passing through small sections of private land so you must not go on those outside the event. The general public have been notified about the event with signs on all footpaths and bridleways, so please respect other users and don't run the course before the event.

Please stay alert on any road sections and keep close to the **right hand 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 courses or in the event village** 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.

VERY IMPORTANT: DOGS AREN'T ALLOWED ON THE COURSE

Finish

The finish is at Staveley Recreation Ground 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.

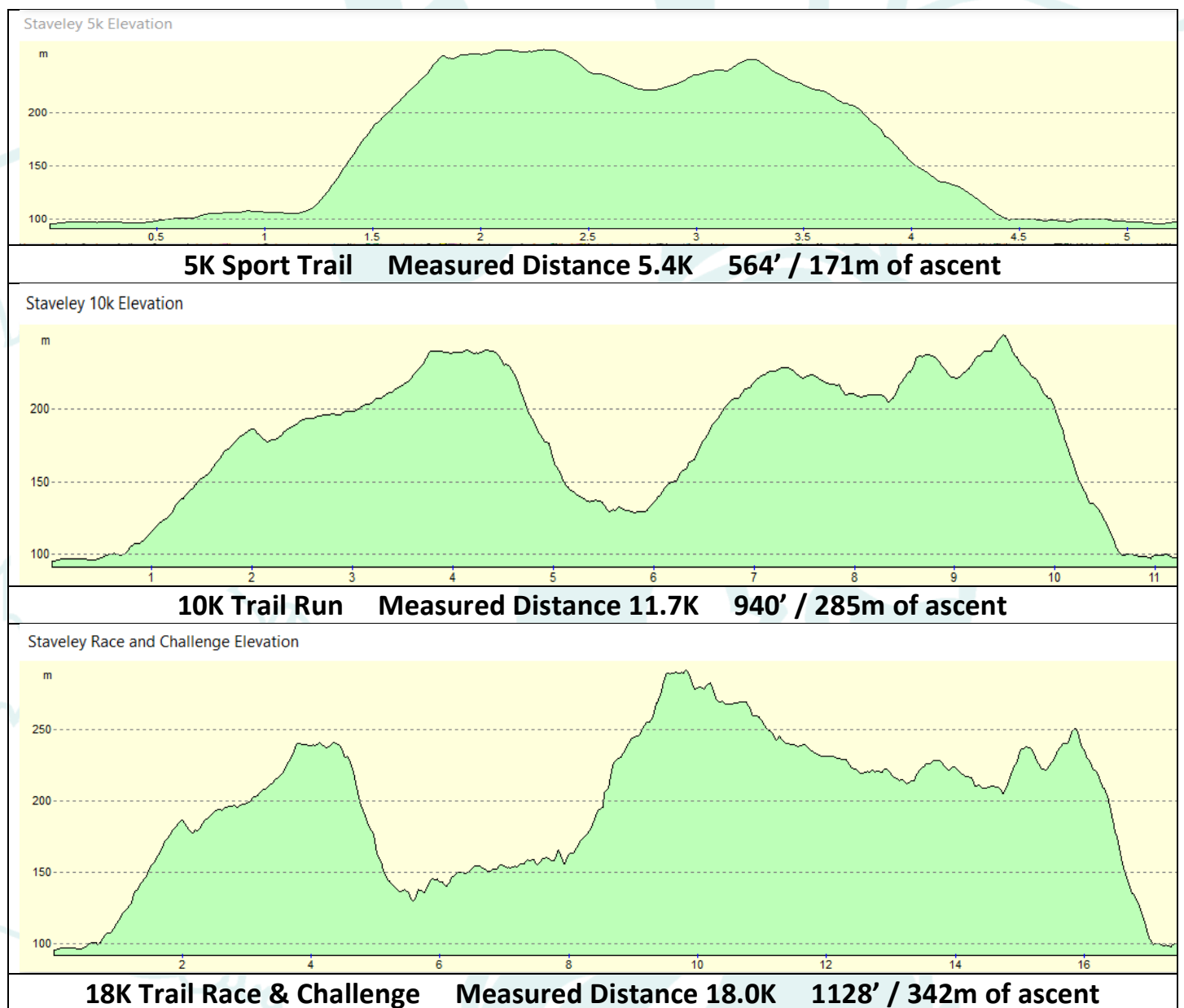
If you want to run listening to music, the only type of headphones you can wear are the bone-conducting type. **In and over-ear headphones are not permitted** and you will not be able to start if you have them with you. This is so that you can hear any instructions from marshals on the course and any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



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 caterers the Sourdough Toastie Company and Beans n Lentils; great coffees The Coffee Bug and Fellside Coffee; and our regulars Mansergh Hall (who'll also be offering bacon butties). These are all small local businesses selling locally sourced food as much as possible. 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

Current guidance permits spectators for events taking part in public spaces but you must not congregate in groups of more than 6 or more than 2 households and must maintain social distancing at all times. We have not tried to bend the rules in any way to put on the event safely so please help us out by complying fully too.

Event Photos

We will have a 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

Unfortunately, we won't be able to have any Après Trails Music after the event due to the restrictions on spectators. Pete Lashely will be running and we'll look forward to hearing him at the Marathon!

We will not be holding a Prize Giving ceremony – prize winners will be contacted by the email shortly after the event with details of their prize.

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.

PRIZES AND RESULTS

Kentmere Trail Run 10K	Open Class: First 3 Men & Women Veteran Classes: First Man & Woman (V40, V50, V60, V70, V80)
Kentmere Trail Race 18K	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>
Kentmere 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.

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

COMING UP NEXT

Entry is closed for Lakeland Trails Marathon in Coniston on 4th June and Lakeland Trails Ultra in Ambleside on 10th July.

There are limited places left at the re-scheduled Lakeland Trails in Hawkshead (10k and 16k) on 7th August before our regular Lakeland Trails in Keswick (5k, 10k and 18k) on 4th September.



Lakeland Trails in Hawkshead 10k & 16k

Saturday 7th August

Limited availability!

Enter now to secure your place.



Lakeland Trails in Keswick 5k, 10k & 15k

Saturday 4th August

Filling fast!

Enter now to secure your place.

THANKS

We are grateful for the permission and support of all the landowners and tenant farmers, especially Staveley Recreation Ground committee, Kendal Mountain Rescue Team, Staveley-with-Ings Parish Council, Cumbria County Council, Event Safety Group, Cumbria Police, inov-8, the Lake District Foundation (Fix the Fells), 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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