



LAKELAND TRAILS in STAVELEY EVENT GUIDE

Staveley Recreation Ground LA8 9LN

Saturday 7th May 2022



Welcome to the 2022 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.

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

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

KEY INFORMATION

We won't be holding a Safety Briefing as all of the information is covered below. We know people are often pressed for time so the ESSENTIAL information is covered on this page.

- ☒ Please follow NHS / Government guidelines about covid-19
- ☒ Follow the event car park signage when you arrive in the village
- ☒ Only SMALL vans (max. VW Transporter) are permitted on our event parking.
- ☒ Race number to be collected on the day AT LEAST 45 minutes before your Start Time
- ☒ Start Times and numbers 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 before you start
- ☒ 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
- ☒ No over ear or in ear headphones (bone conducting ones permitted)
- ☒ Snot rockets or spitting
- ☒ Dogs are not permitted in the Recreation Ground or on the course
- ☒ Have a great day

NEW FOR 2022

We're looking forward to the return of Mass Starts for each race but for those of you who want a little extra, time for the Trail Run 10k or the Trail Challenge, we will have an earlier waved start which will set off 15 minutes earlier too. To take part in the earlier start, you **must** select this as your start time or your time won't be recorded.

TRAVEL AND PARKING

All day car parking is available for £4 per car – payable by contactless card or exact change. Please remember that old pound coins are no longer legal tender. The car park opens at **8:45am** and is located a short walk from the Recreation Ground. Please follow our Car Park signs because the entrance to one car park is tight and the direct route causes bottlenecks.

Please note that this parking is **only suitable for cars and SMALL vans (nothing larger than a regular VW Transporter)**. The entrance is narrow and you will not be able to get anything larger in.

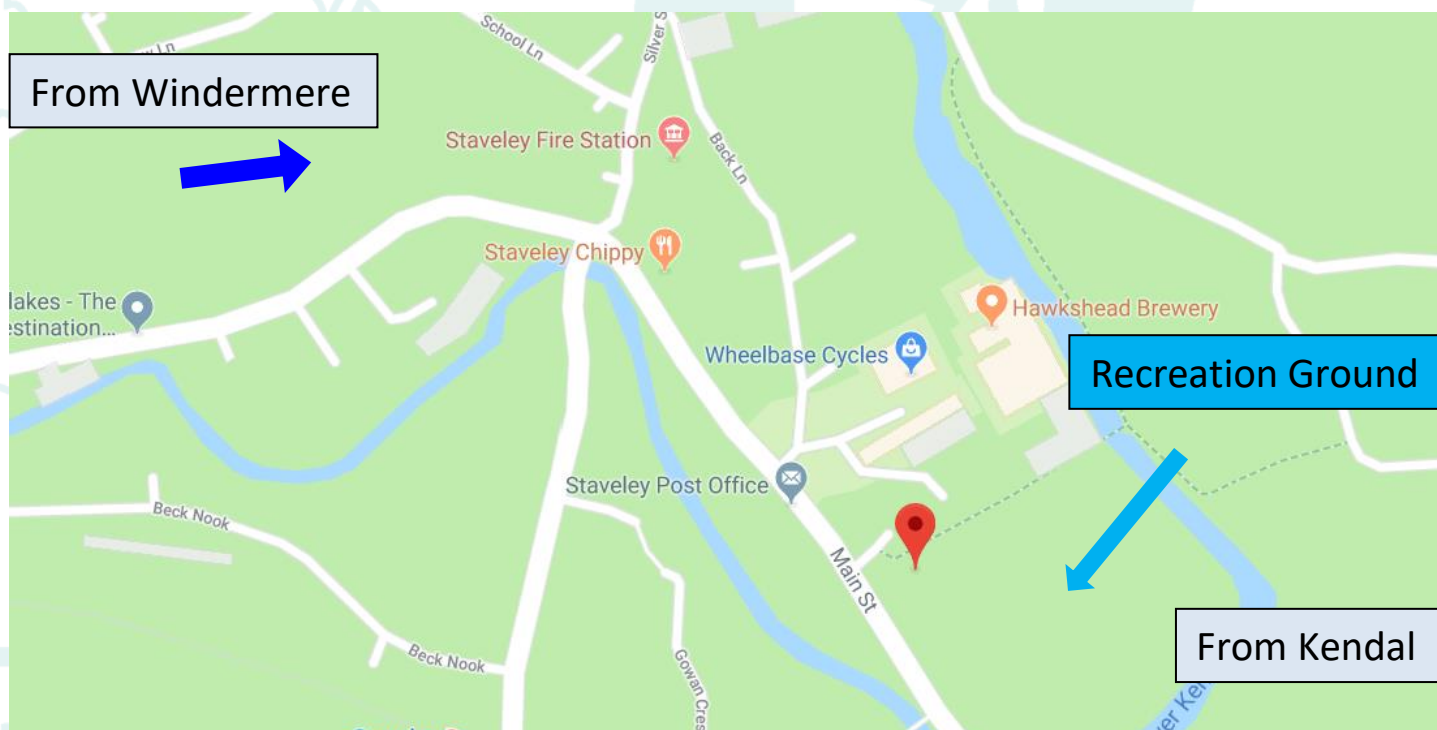
If the weather is very wet leading up to the event, please check the event website for any announcements about possible changes in arrangements.

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. If you were planning to travel in a motorhome or large van, why not park in Kendal and get the train in? You can check the timetable from [THIS LINK](#).

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.



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 event.

Start Lists will be available to view [HERE](#) and will not be displayed in the marquee.

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 area adjacent to the main marquee. Please bring as little as possible and lay your bags side by side rather on top of each other.

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 7th May

8.45am	Car park opens
9.00am	Registration opens in the main registration marquee
10.45am	10k Staveley Trail Run – Early Start
11.00am	10k Staveley Trail Run – Mass Start
11.15am	5k Staveley Sport Trail
12:30pm	Staveley Fun Trails with Zeraffa the Giraffe (under 12's - enter for free on the day)
1.00pm	18k Staveley Trail Challenge – Early Start
1.15pm	18k Staveley Trail Challenge – Mass Start
2.00pm	18k Staveley Trail Race
3.30pm	Après Trails live music with singer / songwriter Pete Lashley
4.30pm	Prize giving & spot prize giving

COURSE INFORMATION AND MAPS

Start

Each event will set off from the Recreation Ground 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

Please remember some people still might not be as comfortable being close to others as you may be so be respectful and give everyone space when you are out on the course. **Spitting / snot rockets on the course will lead to disqualification and a ban from future events. 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 volunteers from Kendal Mountain Rescue Team, 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 only a short section of tarmac just after the start.

Also, there is the infamous '**Sting in the Trail**', 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.

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 and take in the views! 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 young sheep in the fields and we want them to stay there. There are sections of private land which may only be used on race day and please put any litter in your pocket until you reach a bin.

VERY IMPORTANT: DOGS AREN'T ALLOWED ON THE COURSE

Finish

The finish is at Staveley Recreation Ground 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, 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.

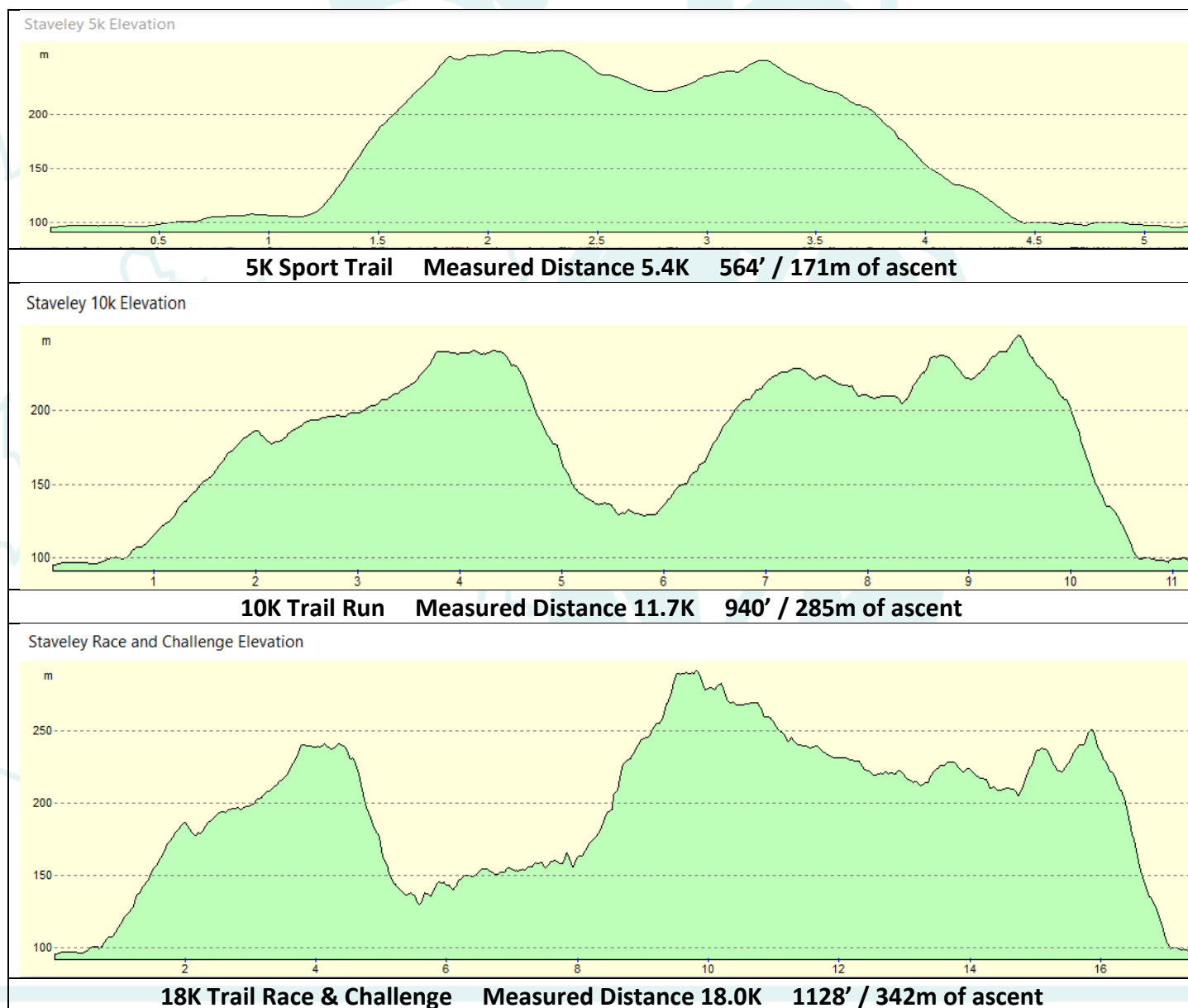
If you want to run listening to music, the only type of headphones you can wear are the bone-conducting type. **In and over-ear headphones are not permitted** and you will not be able to start if you have them with you. This is so that you can hear any instructions from marshals on the course and any 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 local caterers including 'Food From the Fell's bringing a delicious Street Food twist, the return of The Green Canteen, Mansergh Hall Hog Roast 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 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 our NEW HOODIE and headwear (on a special 'buy one, get one half price' deal). You'll be able to buy our exclusive Lakeland Trails Sports Bottles. We prefer 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 – 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 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

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 marshall 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

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*) *The V70 prize is awarded to the fastest V70 in the Challenge
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 and they don't get posted out.

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

COMING UP NEXT



Lakeland Trails in Coniston (10k & 15k)

Saturday 11th June

Our traditional event along the flanks of the mighty Old Man of Coniston

Enter now to secure your place.



Lakeland Trails Marathon in Coniston

Saturday 12th June

The full Marathon sold out quickly but there's still availability for the stunning ½ Marathon course which runs around Tarn Hows and the 'Mini-Marathon 10k' (pictured) which is a great way to unwind the legs from Saturday!

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, 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



Inspiring Races in Beautiful Places™