



## LAKELAND TRAILS IN STAVELEY FINAL DETAILS - EVENT ESSENTIALS Saturday 8<sup>th</sup> May 2021



Welcome to the 2021 Lakeland Trails in Staveley Final Details! This guide only contains the essential information you need to have a safe, enjoyable day. For more comprehensive details, please check out Event Page on our [website](#), where you'll find our Event Guide, and please also keep an eye on our [Facebook page](#) for any last-minute updates.

It's over 7 months since our last event so our Crew might have been a little rusty even before they had to take on board the raft of changes we're implementing so you can take part in the event safely. Thanks for understanding this if we experience any hiccups – we'll all be doing our best to make sure you have a great day!

### **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 need to self-isolate, please drop us an email before the event showing a screenshot of your NHS Test and Trace App showing your postcode and isolation period and we can defer you to next year.

### **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'.

Please follow the postcode LA8 9LN to be directed to the village, where you will see our car park signs.

Once you've parked up, please follow our signs to walk to the Recreation Ground so we can keep runners and pedestrians separate.

Car parking is £3 per car payable by contactless card or exact money. Please do not park on the surrounding streets as this upsets the locals, which we don't want! **Please note that vehicles larger than a small transit van / minibus cannot be accommodated.**

### **REGISTRATION**

As race numbers will be posted out, we will only be a very limited number of crew in the marquee to help with any last-minute queries. If you forget to bring your race number, we will be able to re-issue it for a fee of £5 – this covers producing the new chip as well contributing to the steps we're putting in place so that it can be done safely.

Unfortunately, we will be unable to make any on-the-day swaps between events.

There will be a bag drop available. If you are using that, please avoid putting your bag on top of someone else's to minimise unnecessary contact.

**BEFORE YOU START** You will be given an allocated Start Time which we will send to you by email and which will be shown on the Start Lists on the Event Page of our [website](#). Please arrive in the Start Zone 5 minutes before you're due to start and note

that if you arrive more than 5 minutes late, we may not be able to let you start. We will contact you before the event to allow you to request a start time but we will not be able to respond to any individual queries by email or on the day.

**You will need to sanitise your hands and put on a face mask, which must be carried with you at all times on the course, before you start. As soon as you're out of the field and over the small footbridge on the course after about 100m, you can remove your mask.**

**There will be no water stations on the course or in the Event Village so please come prepared to be self-sufficient.**

## ON THE COURSE

**Please make sure you maintain social distance at all times whilst on the courses and if you need to clear your throat it must be done well away from the course and other people. We strongly advise you carry hand sanitiser with you.**

All three 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. Our marshals don't have authority to stop traffic, so please be prepared to slow down and wait if necessary.

**Please note that for your safety and that of other competitors, only bone-conducting headphones are permitted but we'd recommend leaving them behind so you can hear the wildlife!**

**Very Important: Dogs are not allowed on the course**

**FINISH** Please follow the signs as you enter the field as you will be finishing a different way to normal! When you cross the finish line, it's really important that your **whole** number is clearly visible and failure to display your number fully will result in disqualification. Once you've finished, you'll be asked to sanitise your hands and if you're collecting a t-shirt, put on your face mask (we'll give you a couple of minutes to catch your breath if necessary, first).

**YOUR SAFETY** In the event of an accident, you must report to the nearest marshal so we can arrange medical assistance. 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 will have to be available for emergencies so they may not be able to help you with the minor cuts and scrapes you'd usually sort yourselves due to the extra precautions they will be taking to remain covid-safe.

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. Please remember to treat fellow runners, members of the public, our volunteers and crew with respect. We want everyone to have an enjoyable day and don't want to have to ban people who don't follow this simple rule.

## EVENT VILLAGE

**When you are in the Event Village, please observe social distancing at all times. We'll have green discs on the ground to help with that and please be prepared to move along if it gets too busy.**

There will be some great food and drink stalls including hog roast from Mansergh Hall Farm Hog Roast, delicious chillis from The Sourdough Toastie Company; great coffees from The Coffee Bug; and Yorkshire Dales Ice Cream, all selling locally sourced food. Our partner, inov-8, will be there with a great selection of kit and advice, alongside Pete Bland Sports for those pre-event essentials. 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!

## GENERAL INFORMATION –

**Exclusive Merchandise** We'll have our Lakeland Trails' headwear available, with a special 'buy one, get one half price' deal. These can be used as face coverings as well as the traditional uses. You'll be able to buy our exclusive Lakeland Trails Sports Bottles. We're giving these out to our marshals instead of single-use water bottles so grab one whilst stocks last!

**Children's Fun Trails, Bouncy Castle and Prize Giving** Unfortunately these won't be possible due to covid-19 restrictions.

### PRIZES AND RESULTS

Prizes will be sent out by email shortly after the event. Spot Prizes will be chosen at random and the winners numbers displayed at the Finish Line. Spot Prizes will be available to collect there-and-then.

### THANK YOU

It's been an extremely tough year for us here at Lakeland Trails so we'd like to thank you all for your positivity and support over the last few months – it's kept us going. We'd also like to thank our partners, inov-8, for their support too, as well as all as everyone else involved in getting us back on the trails.

### COMING UP NEXT

Lakeland Trails Marathon, ½ and 10k in Coniston on Sunday 6 <sup>th</sup> June 2021 <b>Event FULL</b>	Lakeland Trails in Hawkshead (10k & 16k) on Saturday 7 <sup>th</sup> August Limited availability
Lakeland Trails Ultra 100k, 55k, 23k & 14k in Ambleside on Saturday 10 <sup>th</sup> July 2021 <b>Event FULL</b>	<b>Enter now</b> to secure your place.



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