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## CONISTON TRAIL 15KM

Saturday 1<sup>st</sup> October 2011

### FINAL DETAILS

**REGISTRATION** - You must collect your start number before competing. The Registration is open on Race Day from 10.00 at John Ruskin School, Coniston, where you will also be given your event T shirt.

The start and finish arena is also located at John Ruskin School, along with the Car Parking. Start lists are displayed on the event website [www.lakelandtrails.org](http://www.lakelandtrails.org) and you can check we have your correct details and have entered you for the correct event. Please check the start lists for your race number from the display boards in the School Hall before collecting your number. The Registration will close 60 minutes before your event so please come with plenty of time to spare.

**PLEASE NOTE** : THE 15KM CONISTON TRAIL IS FULL FOR SENIOR COMPETITORS - THERE IS NO ENTRY ON THE DAY

Entries for the children's Fun Trails (Under 12's) can be made on the day. Fun Trails registration will be open between 10.30 and 12.00 at the Fun Trail Registration Marquee on the school field.

**DIRECTIONS** - Venue Post Code : LA21 8EW : **Important news ! The A593 Ambleside to Coniston road will be closed from 30th September for repair works. If approaching from Ambleside, please allow extra time for your journey, and approach via the B5286 to Hawkshead, then the B5285 over Hawkshead Hill.**

From the East (Ambleside), go through the centre of Coniston village, taking the first left after the garage. John Ruskin School is 100m along on the right hand side. From the West (Torver), on entering Coniston village, take the first turning on the right, before the garage.

### START

The start will be at John Ruskin School. There will be a short briefing 5 minutes before the start, and we shall start on time - the police are assisting with traffic control. The Coniston Trail 15km Challenge starts at 13.00, and the Coniston Trail 15km Race starts at 14.00.

### WHAT TO WEAR & SAFETY NOTICE

We recommend you wear suitable trail running shoes - the lightweight Puma Nightfox would be ideal for the course and will be for sale on the day. Please remember that the event takes place in a mountain environment, so in adverse weather conditions, taking with you a cagoule, over trousers, hat and gloves may be compulsory. In extreme weather conditions the course may be shortened. You will be informed at Registration if either of these measures are required.

### COURSE TERRAIN

The course has a variety of terrain. Most of the course is on hard packed gravel or stony bridleways, there is a short section of tarmac of around 1.0km through Coniston village and a short section of narrow footpath after 4.5km. There is a short (150m) but rocky scramble near the Pudding Stone (5km), and the descent through the woods back to the lake (11.7km) is rocky and slippery - great care is needed. The entire course will be well marked and marshalled by friends of Coniston Mountain Rescue. Gates will be manned. The road crossing at Torver will be marshalled, and please cross the road as directed by the marshals, keeping close to the side of the road for your own safety. The course is on public rights of way so please kindly respect other users. There is a map and profile of the course on the event website - the course has been accurately measured by GPS as 14.82km.

### NO DOGS ALLOWED WITH COMPETITORS ON THE COURSE

### WATER STATION & KM MARKERS

There will be ONE water station with Wilson's Kendal mint Cake at approx 10km at Torver village. If it is warm, you may want to take some additional water with you. Please help the marshals by disposing of cups in the grey bins provided 50m after the water station. The course has guide markers at approximately every kilometre.

### FINISH

The finish will be at John Ruskin School. Please make sure ALL your number is clearly visible - failure to display your number fully may result in disqualification. Runners competing with someone else's number without informing the organisers beforehand will be disqualified and will not be eligible for prizes or appear in the results. EVERYONE MUST REPORT TO THE FINISH EVEN IF THEY RETIRE. There will be a PA commentary with background music and the Milnthorpe Steel Band will be playing - you are sure to receive a warm welcome !

Event Paramedics from Mountain Trauma Rescue Services, Coniston Mountain Rescue and the Police will be in attendance.

There are limited toilet facilities (portaloos) at John Ruskin School, with additional toilets, changing and shower facilities inside the school. There will be some great food and drink stalls from Falafelicious Event Caterers, Alison Thompson Event Caterers, Bob the Coffee Man & Windermere Ice Cream & Chocolate Company all selling locally sourced food; retail stands, climbing wall, bouncy castles (weather permitting), face painting, bar and plenty of entertainment at the finish arena on John Ruskin School. There will be an opportunity to try on the new PUMA Nightfox trail running shoe too.

CHILDREN'S FUN TRAILS - START 12.30pm

All children Under 12 enter on the day only - the fee is just £2 for competitor's children (£4 for non-competitor's children). They will start at 12.30pm and the number of events determined by the number of entrants. Please give the youngsters your support - they are the future of our sport and will appreciate vocal encouragement on their short laps around the finish arena. All the children are rewarded with a special finisher's medal. There are no winner's prizes, but the atmosphere is awesome, so bring your whole family along !

SPECTATORS

We encourage spectators, and there is plenty of entertainment at the start and finish arena. Bring deck chairs, rugs, cameras and a smile. Why not bring your club tent or gazebo along - there is plenty of room, just let us know beforehand.

PHOTOGRAPHERS

We will have professional photographers from R and R Photos around the course and at the start and finish area. The photographs will be available for sale on the website in the week following the event.

PRIZE GIVING & SPOT PRIZE DRAW & APRES TRAILS PRIZE GIVING PARTY

Apres Trails Party - Singer / songwriter Pete Lashley will be performing live from 15.30pm for an hour before the prize giving, and the bar will be open until 17.30pm. A great opportunity to meet fellow competitors, the organising and marshalling teams. We will have results available shortly after finishing, and will present prizes immediately after the closing ceremony at 16.30pm. We also have some fantastic spot prizes donated by PUMA, VO2 Max Events and local businesses - all will be displayed at the finish arena, and there are free spot prize draw tickets for all competitors (one per person!). The spot prize tickets need to be put into the winner's podium, and the draw will immediately follow the prize giving. You can only claim a prize if you are present to collect it! Results will be posted on the website as soon as possible after the event. Prizes will not be posted out - if you cannot attend the prize giving please arrange to either collect it beforehand or for someone to collect it for you.

CHARITY RUNNERS : A warm welcome to everyone running the event for their chosen charity. Please let us know how much money you have managed to raise for our nominated charities Cancer Care, North West Air Ambulance and Coniston Mountain Rescue.

This event wouldn't have been possible without the grateful permission of all the landowners and tenant farmers, the National Trust, Coniston Mountain Rescue, Coniston Parish Council, John Ruskin School, Cumbria Police, PUMA, R and R Photos, Pete Bland Sports, TrailRunning.co.uk, VO2 Max Events 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 !

RACE PRIZES (WORTH OVER £1000) - Sponsored by PUMA and VO2 Max Events

Men & Women Open : First 5 Men and Women

Veteran Classes - Men & Women : First Veteran Man & Woman Vet 40, Vet 50 & Vet 60

Please note : in the event of a veteran winning a senior open prize, the prize of higher value will be awarded - only one prize per person. In addition, the first FIVE men and women will be invited to the 2012 event. All prizes must be collected on the day as prizes cannot be posted out - if you are unable to attend the prize giving please arrange to either collect it beforehand or for someone to collect it for you.

## 2012 Lakeland Trails

**Early bird discounted entries now available with some great discounts for multi event tickets**

### Lakeland Trails Spring Series 2012

17<sup>th</sup> March - Cartmel, incorporating the 18km Cartmel Trail (Race & Challenge), and 10km Sticky Toffee Trail Run  
28<sup>th</sup> April - Hawkshead, incorporating the 16km Hawkshead Trail (Race & Challenge) and 10km Hawkshead Trail Run  
26<sup>th</sup> May - Staveley, incorporating the 17km Kentmere Trail (Race & Challenge), and 10km Kentmere Trail Run

### Lakeland Trails Marathon 2012

1<sup>st</sup> July - Coniston, incorporating the 42.2km Marathon Trail (Race & Challenge), and 21.1km Half Marathon  
A complete circuit of Coniston Water, visiting the idyllic Tarn Hows and Beacon Tarn "the most picturesque marathon in the UK"

### Lakeland Trails Autumn Series 2012

1<sup>st</sup> September - Keswick, incorporating the 15km Derwentwater Trail (Race & Challenge), and 10km Derwentwater Trail Run  
6<sup>th</sup> October - Coniston, incorporating the 15km Coniston (Trail Race & Challenge), and 10km Coniston Trail Run  
3<sup>rd</sup> November - Glenridding, incorporating the 15km Helvellyn Trail (Race & Challenge), and 10km Helvellyn Trail Run

### Lakeland Trails Finale 2012

4<sup>th</sup> November - Ullswater, incorporating the 14km Ullswater Trail (Race & Challenge), and 10km Ullswater Trail Run  
with a half hour cruise aboard the Ullswater Steamer "Raven" to the start in Howtown

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