

TRAIL PURSUIT

**LAKE DISTRICT,
28-29 MAY 2021**

**PARTICIPANT EVENT
INFORMATION**



EXPLORE RACE SPLASH



EVENT DETAILS

Hey, we'd like to say a huge thank you for signing up to our inaugural Lake District trail race festival & can't wait to share the adventure with you!

Ed & David, co-founders

Schedule:

Friday 28th May 2021

Race Pack Collection, events
village & athlete speakers 14:00-20:30

Saturday 29th May 2021

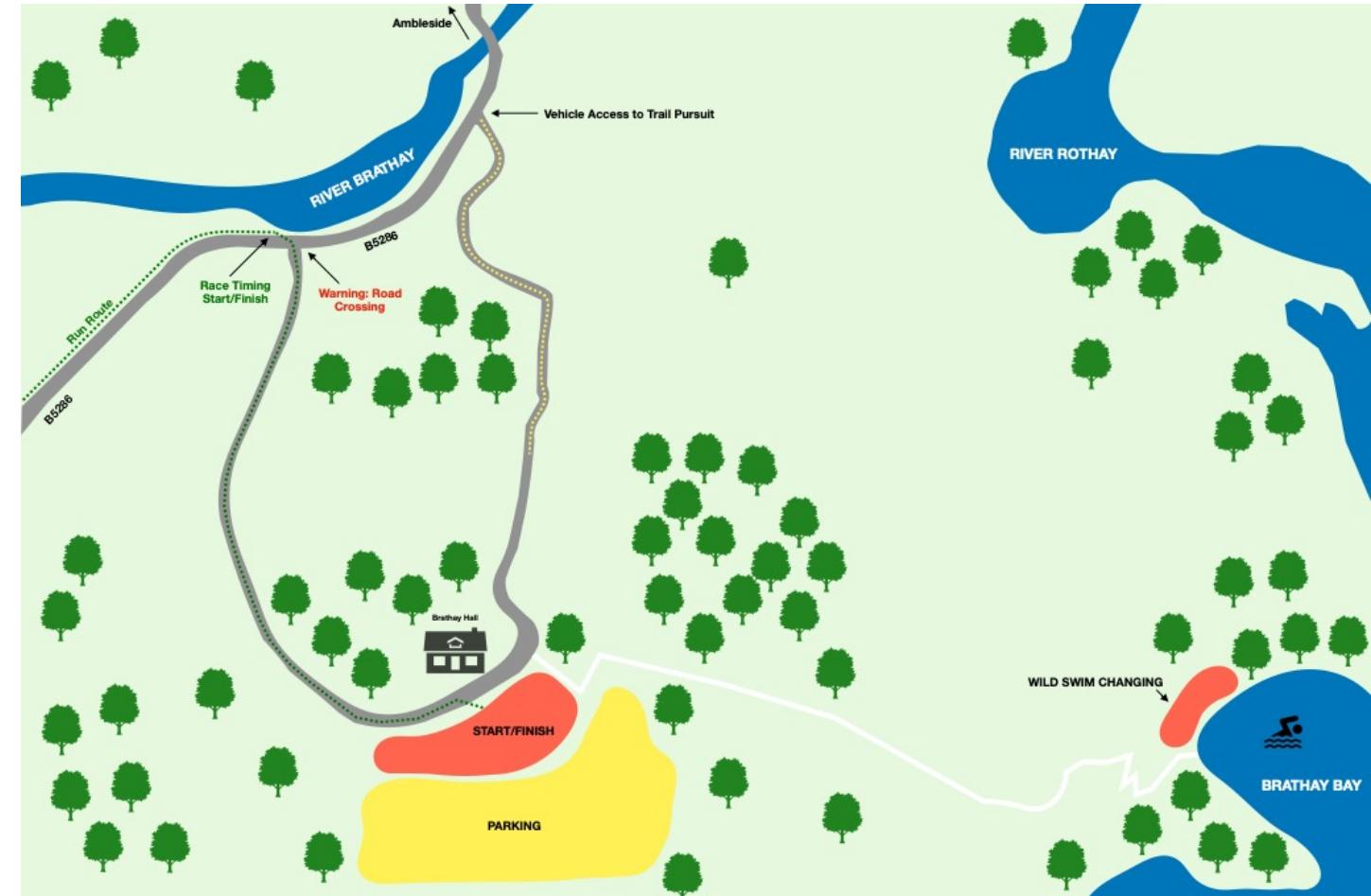
Car park opens	05:30
Site opens	06:00
Marathon (Waves Start*)	07:30
Half Marathon (Waves Start*)	08:30
10KM (Waves Start*)	09:30
5KM (Waves Start*)	10:00
Kids One Mile	14:00
Site Closes	20:30

*you will be provided exact start time, this may not be the same as the wave starts time outlined above

Venue:

Address: Brathay Hall, Ambleside, Lake District, LA22 0HP

Venue Plan:



COVID UPDATES / GUIDELINES

We have been working hard with all our local stakeholders, Brathay Hall and England Athletics to bring you a COVID safe event.

However, there are some elements that will differ to a typical trail running event and actions for you to take after reading this event information.

Important Information

Do not attend Trail Pursuit if you have been:

- unwell in the last 14 days
- had a positive test in the last 14 days
- self-isolated in last 14 days

Please get in touch with us immediately if you are showing symptoms of COVID-19 48 hours after attending Trail Pursuit.

Please email: hello@trailpursuit.com

NHS COVID-19 Information: <https://www.nhs.uk/apps-library/nhs-covid-19/>

Pre-Event Symptom Checker

All competitors must complete a COVID-19 pre attendance symptom check prior to attending the event. This will be sent to you.

Spectators

We will not have spectators at Trail Pursuit: Lake District 2021, due to COVID & safe distancing measures. Everyone in the venue must have a ticket to do at least one of the following; run/yoga/swim. However, if you are a parent supporting your child or a carer you are welcome to attend.

Social Distancing

All areas of the venue will be operating under social distancing of 2m or 1m+ with other risk mitigations in place.

We will have volunteers out in the venue to remind you that social distancing is in place, so please make their day easy and follow these guidelines.

COVID UPDATES / GUIDELINES

Face Mask

Face masks are mandatory in any indoor spaces, this includes the race pack collection marquee. We recommend you wear a face mask whilst you are in the outdoor venue as well.

COVID Safe Travel

As per the England Athletics guidance published on 26th March 2021, travel to organized sports events is permitted after the 29th March 2021 and overnight stays are permitted no earlier than 12th April 2021.

Please ensure you are following the government guidance for travel when planning your trip, more details can be found here: <https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers>

Further COVID-19 Information

- If you were hospitalised due to COVID-19, you should undergo a form of health screening prior to taking part in a competition. This screening is best led by a doctor with specialist training in sports medicine. However other doctors may feel competent to make decisions on your fitness to compete and to decide any appropriate investigations that might be required.
- If you were not hospitalised due to COVID-19, but self-isolated having shown symptoms at any time, you are also recommended to undergo a form of screening.
- If you have felt entirely well during the pandemic, you are not routinely recommended to undergo health screening, but it is something to be considered as part of your normal health monitoring for the health-conscious competitor. Your GP should be able to guide you on what level of screening you may require, and who is the best person to assist you in the process.
- Individuals who fall into the ‘vulnerable’ or ‘clinically extremely vulnerable’ must assess their own risk in association with attending any events and follow government guidance in this area. Individuals who are not themselves ‘vulnerable’ or ‘clinically extremely vulnerable’ but are in contact with individuals in these descriptions should make a personally informed decision about ending any event.



INHALE MOVE CHALLENGE



ESSENTIAL INFO

Travel

By Car: Follow your sat nav to postcode LA22 0HP. When you arrive the car park will be signposted 'Trail Pursuit Car Park', please follow these signs to avoid arriving at the wrong entrance.

Car Parking is £10 per car (valid for Friday & Saturday) & £3 is donated to Brathay Trust Charity who support young people with life skills. Please ensure you book via our website ahead of the event & have a copy of your email confirmation on arrival.

By Train:

The closest train station to Brathay Hall is Windermere Station. When you arrive at Windermere Station, the venue is a 15-minute taxi ride (5.6 miles) or warm up run!

Race Pack Collection:

Race packs can be collected from the main marquee on Friday 28th May 14:00 – 20:30 or the morning of the event Saturday 29th May (06:30 – 09:30). We highly recommend picking up your pack on the Friday to save any queues on race day.

Please ensure you wear a face mask in the main marquee.

Inside your race pack you will find:

- Race Number & pins
- Schedule

Mandatory Kit:

All runners (excluding the 5K distance) must have the attached mandatory kit outlined, this will be checked at random. Please ensure you have this on the day, it's for your own safety!

- Waterproof jacket (taped seams)
- Waterproof trousers (taped seams)
- Spare base layer
- Hat/Buff – Gloves
- Emergency bag (not foil blanket)
- Whistle
- Fully charged mobile phone
- High energy snacks
- 500ml minimum liquid
- Personal cup
- Hand sanitiser
- Face covering (for venue – a buff will do!)
- Headtorch (Marathon & only)

Decathlon.co.uk & Wiggle.co.uk have affordable options.

ESSENTIAL INFO

Bag Drop

No bag drop will be available. Please travel light & store any items in your car.

Toilets and First Aid

Please ensure you use hand sanitiser before and after entering the toilets, this is a COVID measure to protect yourself and others.

There will be toilets located at these locations:

- Brathay Hall: At the back of the venue
- Tock How Farm (10km/Half Marathon feed zone)
- Dungeon Ghyll (Marathon feed zone) – public toilets

First Aid:

There will be first aid provision in the venue and at each of the feed stations. First aid will be located in the main marquee by Brathay Hall.

We recommend you bring your own basic first aid supplies for taping up blisters or covering small cuts, especially if you are running the mountain marathon.

Start Waves

Each race distance will be split into a number of waves, you will be allocated a wave start time via email one week before the event (if you have changed your email since entering, please get in touch and update us). hello@trailpursuit.com

Distance	Wave Start Times
Marathon	07:30, 07:40, 07:50, 08:00, 08:10
Half Marathon	08:30, 08:40, 08:50, 09:00, 09:10
10KM	09:30, 09:35, 09:40., 09:40, 09:45, 09:50
5KM	10:00

Please arrive at the start ten minutes before your provided start time so you can enter the pre-start waiting area.

ESSENTIAL INFO

Racing Instructions

Here's some important information that you'll need for your race:

- There is a road crossing immediately as you exit the Brathay estate. The official timing does not start until after this road crossing. Please take your time when crossing. Equally, official timing ends before this final road crossing so you can have a leisurely finish and work on getting that perfect finish line photo!
- Please be respectful and mindful of other people on the course. When overtaking please give them 2m of space. If you are on a single track please wait until you have space to overtake.
- Please respect the countryside. The Lake District is now a World Heritage Site, please help us look after it by closing gates behind you and leaving no litter whatsoever.
- The routes will be fully signed and there will be volunteer stewards out on the course to assist you. In the mountains you may find that signs are switched for small flags, please use these to assist you with direction.

- For the mountain marathon we strongly suggest you have a GPS device (watch or garmin) with the GPX files loaded onto them and/or a map. GPX files can be downloaded here: <https://www.trailpursuit.com/routes>

Emergency Event Phone Number: 07918 935279

Please make a note of this phone number or add to your phone. If you need to get in touch, request help or tell us you have dropped out of the event please use this number. If a serious incident occurs please call 999 first and call the emergency event number when it is safe or appropriate to do so.



RACE ROUTE MAPS: MARATHON

TRAIL
PURSUIT



Marathon route

Mountain Marathon
43.1KM
2115M ELEVATION



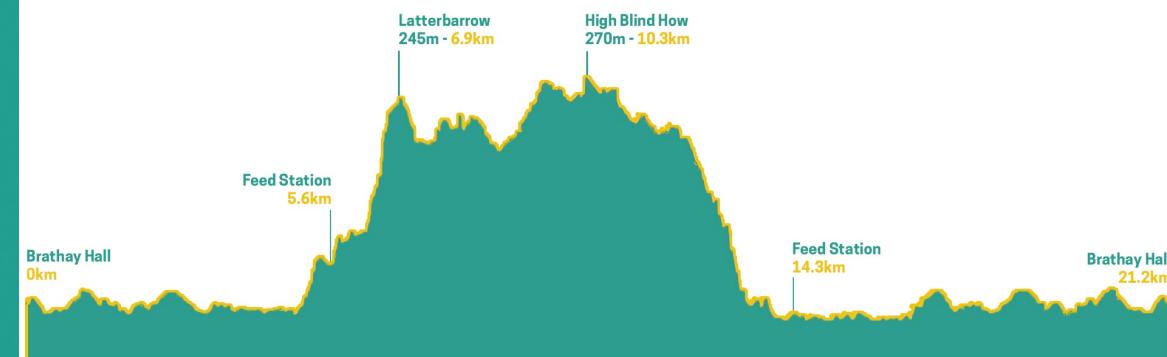
RACE ROUTE MAPS: HALF MARATHON

TRAIL
PURSUIT



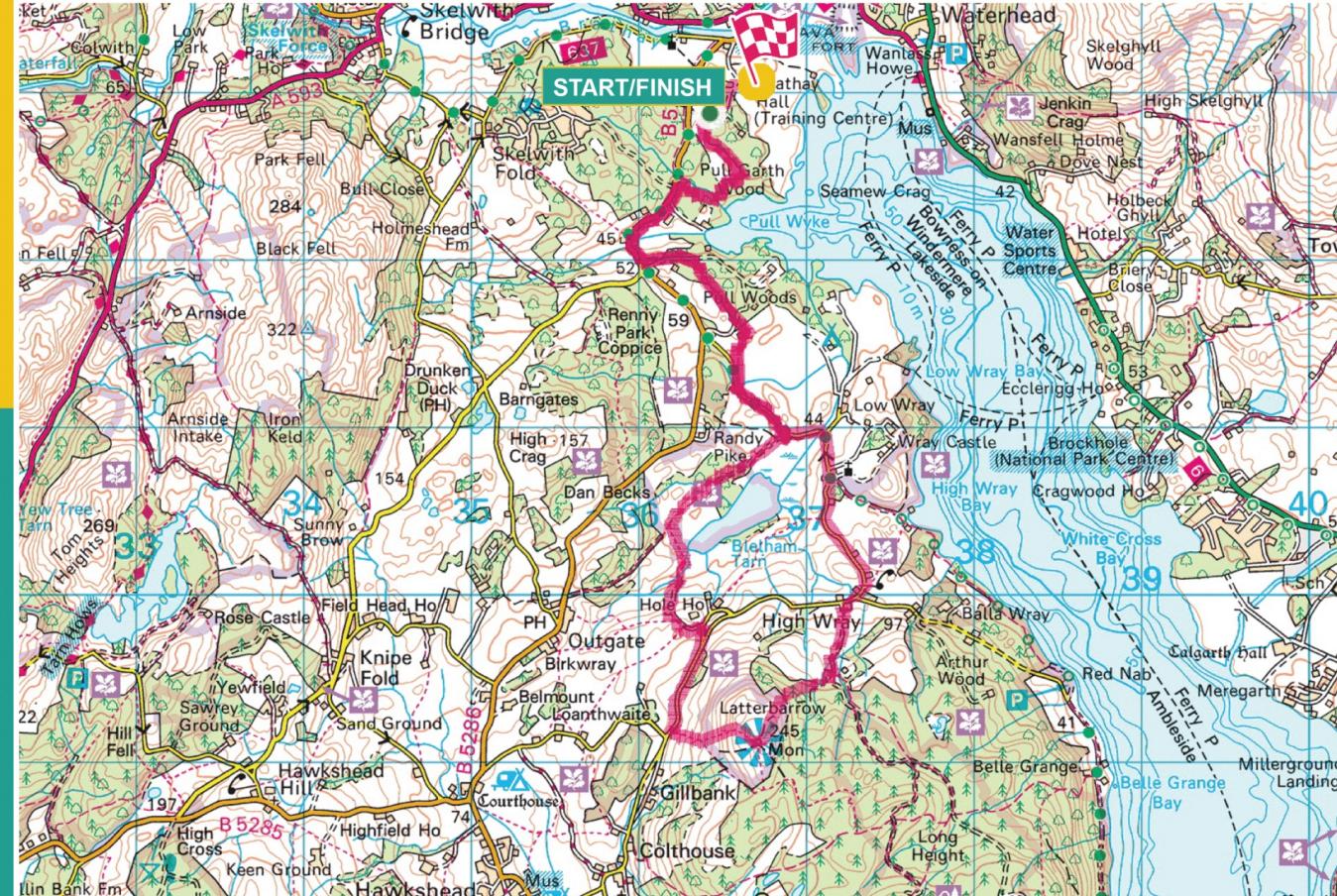
Half marathon route

HALF MARATHON
21.2KM
667.4M ELEVATION



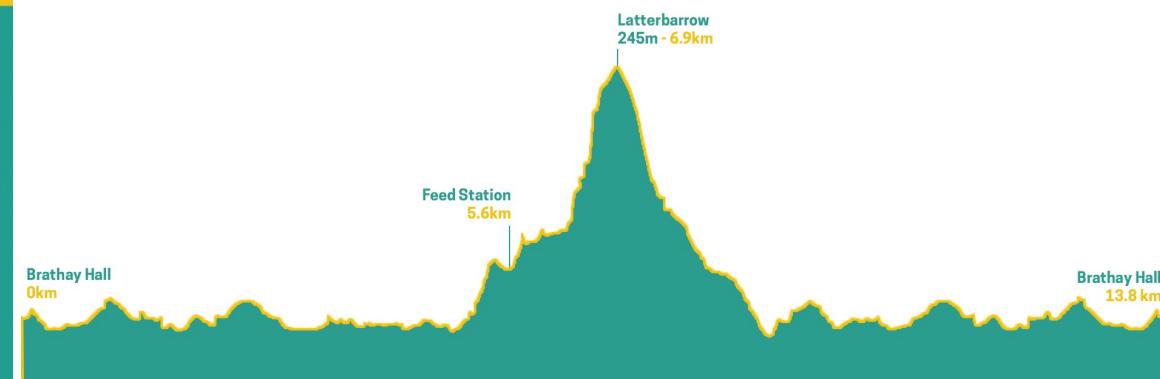
RACE ROUTE MAPS: SHORT ROUTE

TRAIL
PURSUIT



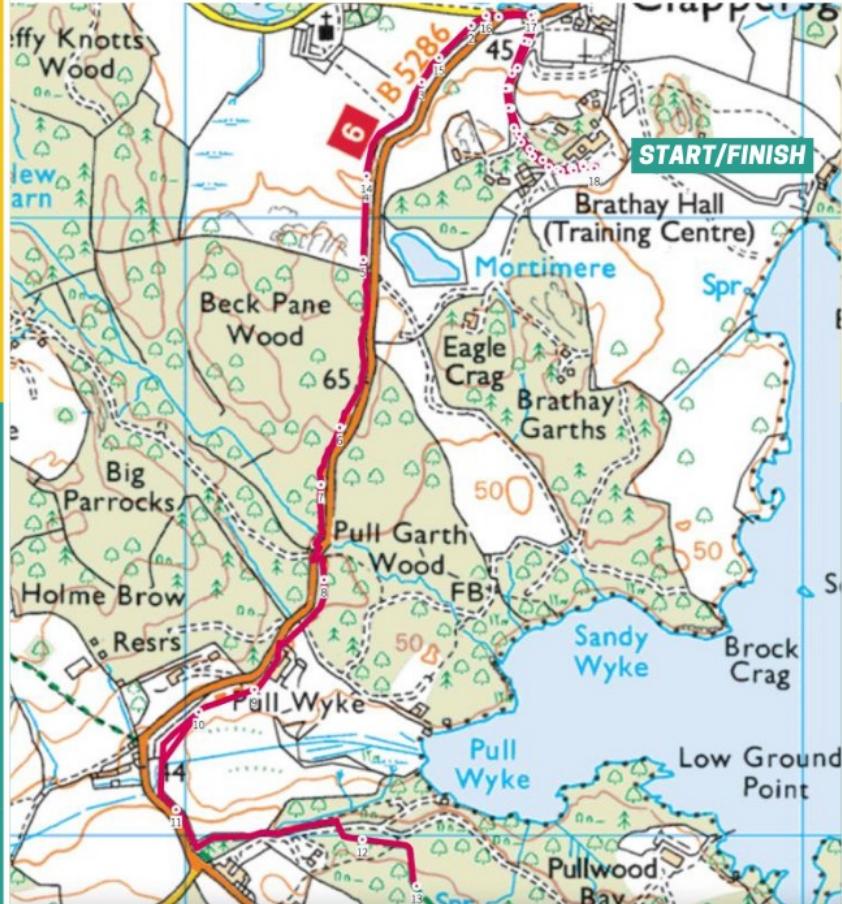
13.8K route

SHORT ROUTE
13.8KM
450M ELEVATION



RACE ROUTE MAPS: 5KM

TRAIL
PURSUIT



5K route

SET A NEW PB!
Fast 5KM forest trail

FEED STATIONS

There are a number of feed stations on the routes which will be stocked full of pre-packaged energy food and water.

Feed Stations	Serving	Distance
Dungeon Ghyll	Marathon	Mountain Loop Start - 11.1km Mountain loop end- 31.8km
Tock How Farm	Half Marathon 10KM	Half Marathon - 5.6km 10km - 5.6km
Bark Bank	Half Marathon	14.3km

Food items provided:

- Gels, high energy bars & electrolytes
- Mountain Fuel, Voom Bars, Chia Charge

Be prepared, please carry your own water & snacks to help keep feed stations efficient, mindful of COVID measures.

Station Rules

- Please pull up your face mask or buff when entering the feed station
- If the feed station is busy, please que up and abide by social distancing.
- Put litter in bins provided or take it with you
- Don't touch any items on the table, our helpful volunteers with serve you
- Respect social distancing at all times
- Leave the feed station or move away once you have been served
- Apply hand sanitiser before and after visiting the feed station.

CANICROSS RACING RULES

Dogs

We welcome dogs, but they must be at least 12 months old & kept on a lead throughout.

Nobody should race with dogs that are nervous of humans, as this can cause undue stress to these dogs. It is strongly recommended that dogs receive a vet health check before competing at our event.

Any dogs deemed unfit to race by either the race Vet or event organisers must be withdrawn from competition.

Equipment:

Dogs must wear a suitable harness and be attached to their handler by a line containing some bungee to act as a shock absorber. Lines must not be longer than 2.5 meters when fully extended. No head collars, shock collars, choke chains or flexi leads are permitted.

Whips are not permitted.

Muzzles may be used but they must be the open, basket type, through which dogs can drink and take treats. Exceptions may be granted in regard to the above equipment requirements if a competitor is learning how to canicross (debut), then a hand-held leash and flat (classic) collar will be accepted.

General

When overtaking other runners on narrow trails, call before overtaking. If being overtaken, keep your dog close. When passing other runners, each party should ensure this is done safely, allowing plenty of space for each runner and ensuring dogs do not become tangled.

Please clean up after your dog and have poop bags on you at all times – we would like to maintain good relations with our local partners & the cleanliness of the Lake District National Park. Not picking up dog mess will result in disqualification.

It is the owner's responsibility to ensure that adequate precautions are taken and that they acknowledge full liability.



FINISH AREA / RESULTS / ACTIVITIES

Please be aware that official timing finishes before the last road crossing into Brathay, so you can take your time when crossing this busy road.

When you cross under the finish line gantry, please ensure you are abiding by social distancing and move through the finish area as quickly as possible. We only have a limited capacity in the finish area and you may be asked to move along to ensure this capacity is being met.

Yoga

Taking place from 11am onwards. Join for a 30min session to relax & unwind. We have a limit of 30 people per session (socially distanced) & these will run throughout the whole day, so plenty of time to join. Led by the talented Olivia & Jess.

Wild swimming

Cool off after your race in Lake Windermere, a stones throw from our main site. There will be space to change in the boat house, however please ensure you have warm clothes/jacket to change into as the lake is very cold!



ATHLETE SPEAKERS

We are excited to welcome a number of speakers to Trail Pursuit: Lake District to inspire you in the great outdoors!

Friday 28th May

4.30pm: Pre-race nutrition – set up for success with Ben Turner

5.30pm: Q&A with adaptive athlete Frankie Butler

6:30pm: From road to trail with Haroon Mota

Saturday 29th May

12:15pm: How not to die(t) - Nutrition 101 for a healthy life and top performance with Ben Turner

14:30: Q&A with Mags & Howard: Mountain Strong, adventure tales & recovery

16:00: The wonders of VOOM Nutrition

More tba!



SPONSORS & PARTNERS

TRAIL
PURSUIT

We are very thankful to our sponsors & partners who are supporting our debut event!
Explore the events village to discover their innovative products.



SUPPORT FOR BRATHAY TRUST CHARITY

We have chosen to support [Brathay Trust](#), a charity who improve the lives of young people by inspiring them to engage positively in the outdoors & their communities.

As Ambassadors for movement, we believe Trail Pursuit can be a driving force in helping to educate young people to the benefits of time spent outside, both mentally & physically.

By attending Trail Pursuit & purchasing a parking permit you are giving back to the local community.



INTRODUCING, TRAIL PURSUIT: BRECON BEACONS



1 - 3 October 2021, join us as we venture to Brecon Beacons, Wales for a trail race festival like no other. In support of Central Beacons Mountain Rescue Team, a charity who support local communities in Mid & South Wales.

Choose from trail 50 Mile Ultra, Marathon, Half Marathon, 10K, 5K & Kids 1 mile distances. All levels welcome!

Weekend Activities:

- 🧘 Guided vinyasa flow yoga
- 🎤 Inspiring athlete speakers
- 🏕 Weekend camping & glamping on site
- 🌈 Workshops, live music & festival vibes!

Location: Gilestone Farm, Station Rd, Talybont-on-Usk, Brecon LD3 7JE

When: 1 - 3 October 2021

GET 10% OFF USING "TPADVENTURE" AT CHECKOUT!
www.trailpursuit.com

TRAIL PURSUIT

**LAKE DISTRICT,
28-29 MAY 2021**

GOOD LUCK!!