

TRAIL PURSUIT

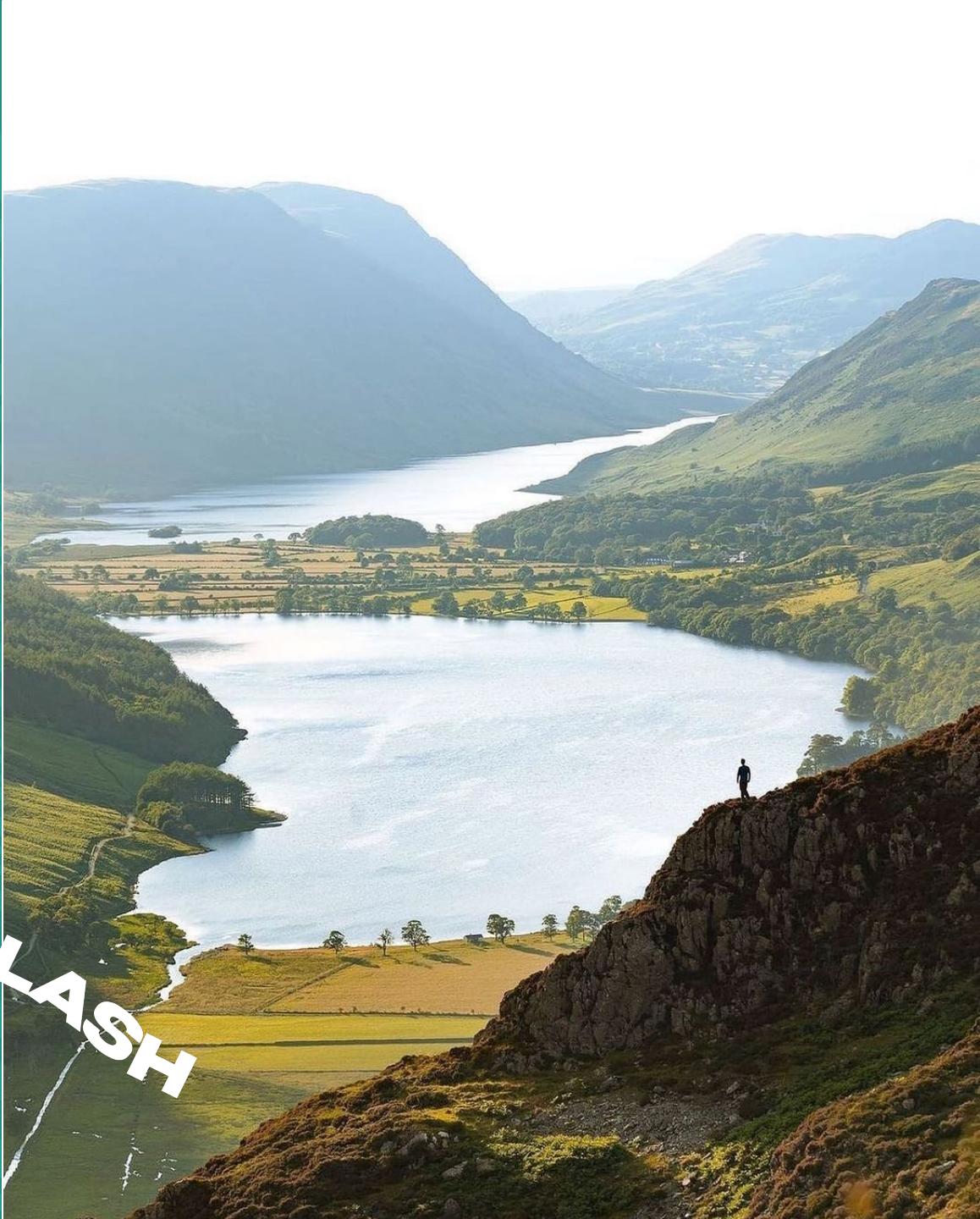
LAKE DISTRICT

27-29 MAY 2022

**PARTICIPANT EVENT
INFORMATION**



EXPLORE RACE SPLASH



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FESTIVAL DETAILS

Thank you for entering our Lake District trail race festival, we cannot wait to share the adventure with you! Ed (Festival Director) & Team TP.

Schedule:

Friday 27th May 2022

Site Opens & Car Park Opens:	14:00
Race Pack Collection, Sports Expo, Yoga & Athlete Talks	14:00-20:00
Adventure Films & Q&A	19:30 - 21:15

Saturday 28th May 2022

Car park opens	06:00
Site opens & race pack collection	06:30
Marathon	08:00
Half Marathon	09:00
10K	09:30
5K	10:00
Kids 1 Mile	14:00

Sunday 29th May 2022

Car Park Opens	08:00
Festivities	06:00- 17:00
Site Closes	17:30

Venue:

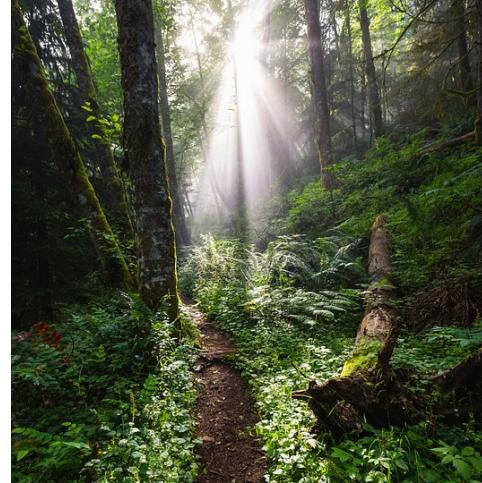
Address: Gatesgarth Farm, Cumbria, CA13 9XA

Thank you to everyone involved in bringing our unique festival to life: runners, volunteers, sponsors, vendors, traders & the small Team behind Trail Pursuit.

See you soon!



OUR VALUES



EXPERIENCE

Perhaps trail running in the Lake District is new for you? You're looking to challenge yourself, create lasting memories & be part of a growing community. We're committed to creating a unique & awesome trail running experience for everyone.

ADVENTURE

We believe in the mental & physical benefits of adventure. For this reason we've chosen the stunning Lake District with incredible trail running opportunities & lush mountain views.

EQUALITY

We believe in equal opportunities for all runners. Beginner or expert trail runner, male or female - everyone is welcome.

ENVIRONMENT

We strive to create sustainable environments where people & places live in harmony. Tees are organic cotton & we partner with local businesses. Our event is also cup-less & we will make contributions to local charities to help preserve the longevity of the area.

FAMILY FRIENDLY

We welcome families to attend the festival & celebrate the joy of trail running together. With races, live music, sports expo, yoga, outdoor cinema & delicious food & drink there is lots to enjoy!

Whilst we are now in a period of zero Covid restrictions, Trail Pursuit are taking measures to ensure all runners stay safe and feel comfortable on the event site. For this reason, please carefully read the below advice.

Important Information

Do not attend Trail Pursuit if you have been:

- unwell in the last 14 days
- had a positive Covid-19 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

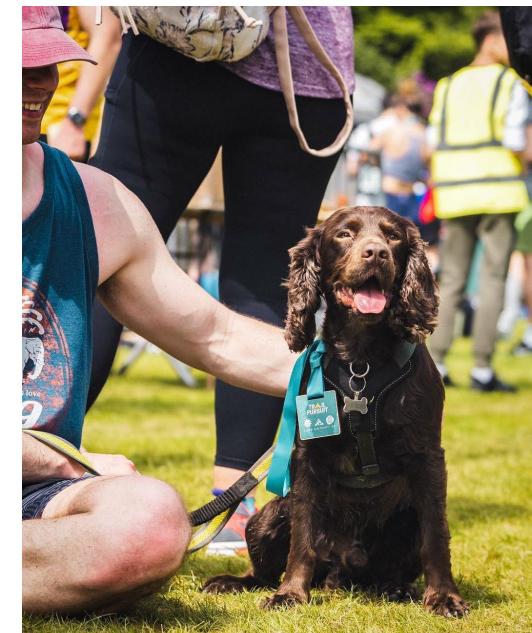
NHS App: <https://www.nhs.uk/nhs-app/>

Spectators

Spectators are permitted in the event site. Please purchase a day pass (non running) found under 'Extras' at checkout. This will grant full access to the festival: <https://bit.ly/3LDh3U2>

Social Distancing

Although it is no longer mandatory to social distance in the UK, we are advising our participants to continue with the 1m+ rule where possible. This is particularly important inside our marquees or other inside spaces.



INHALE MOVE CHALLENGE



ESSENTIAL INFO

Travel

By Car: Follow your sat nav to Gatesgarth Farm, Cumbria, CA13 9XA*. Drive safely as the roads are narrow in parts. When you arrive the car park will be signposted 'Trail Pursuit Car Park', please follow these signs to avoid arriving at the wrong entrance.

**The postcode alone does not take you to the site, please add Gatesgarth Farm also.*

Car Parking is £15 per car (valid for Friday, Saturday and Sunday). Please ensure you book via our website ahead of the event & have a copy of your email confirmation on arrival.
Fees will be higher at the gate & a pass is required to gain entry.

Car Park Passes are x1 per car. We encourage ride-sharing to the festival, in order to ease congestion and minimise the environmental impact.

Find & book Car Park Passes under 'Extras': <https://bit.ly/3LDh3U2>

By Train:

The closest train station to Gatesgarth Farm is Penrith Station. When you arrive at Penrith Station, the venue is a 50 minute taxi ride.

Race Pack Collection:

Race packs can be collected from the main marquee on Friday 27th May 14:00 – 20:00 or the morning of the event (Saturday 28th May 06:30 - 09:30).

We highly recommend picking up your pack on the Friday to save any queues on race day.

Inside your race pack you will find:

Race Number & pins
Schedule

MANDATORY KIT

Please note, Marathon runners will need to visit Kit Check Point at race registration with their mandatory kit & receive a wristband.

Mandatory Kit (Marathon & Half)

- Waterproof jacket (taped seams)
- Waterproof trousers (taped seams)
- Spare base layer
- Hat / Buff / Gloves
- Emergency bag & whistle
- Fully charged mobile phone
- High energy snacks & 500ml minimum liquid
- Personal cup or bottle
- Mini first aid kit

Please note: route & terrain can be unpredictable & the weather can change quickly. Be prepared for all conditions.

5km & 10km Kit List:

- Waterproof jacket (taped seams)
- Spare base layer
- Fully charged mobile phone
- Personal cup or bottle

Kit Checks:

If you're running the marathon distance you **MUST** come to the kit check tent in the venue to have your kit checked before the event.

The kit check tent is located next to the main registration marquee.

The kit check tent will be open:
Friday 27th May 14:00 – 20:00
Sat 28th May 06:30 – 08:00

We highly suggest you get your kit checked on the Friday to avoid queues.

We will also do a number of spot checks to ensure you have packed all of your mandatory kit. Remember it's for your own safety!

ESSENTIAL RACE INFO

Bag Drop

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

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 no toilets on the Half Marathon route. There will be two at Gatesgarth Check Point on the Marathon and a large number in the main venue.

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 at Gatesgarth Farm.

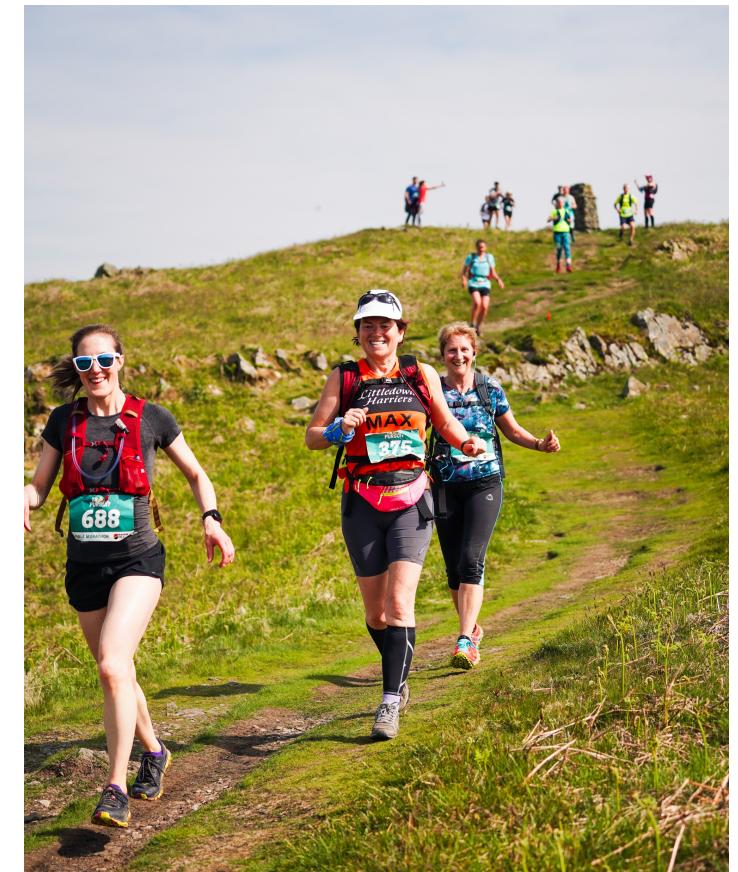
We recommend you bring your own basic first aid supplies for taping up blisters or covering small cuts, especially if you are running the half marathon & marathon.

There will be a Medic team both at Gatesgarth Farm and at the check point at Loweswater.

Cut Offs

The cut off for all distances is 5pm at Gatesgarth Farm.

This is based on a moving time of 3 miles per hour / 4.8 kilometres.



ESSENTIAL RACE INFO

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Racing Instructions

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

- Please respect the countryside, please help us look after it by closing gates behind you to deter livestock from crossing boundaries. Carry all your litter and leave no litter whatsoever.
- The routes will be fully-marked but please ensure you follow the correct routes for your distance. It is always helpful if you familiarise yourself with the route maps leading up to the event. All routes are subject to change, please look out for any updates in case they do.
- We strongly suggest you have a GPS device (watch or garmin) with the GPX files loaded onto them and/or carry a printed map.

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.



NEW RACE ROUTES

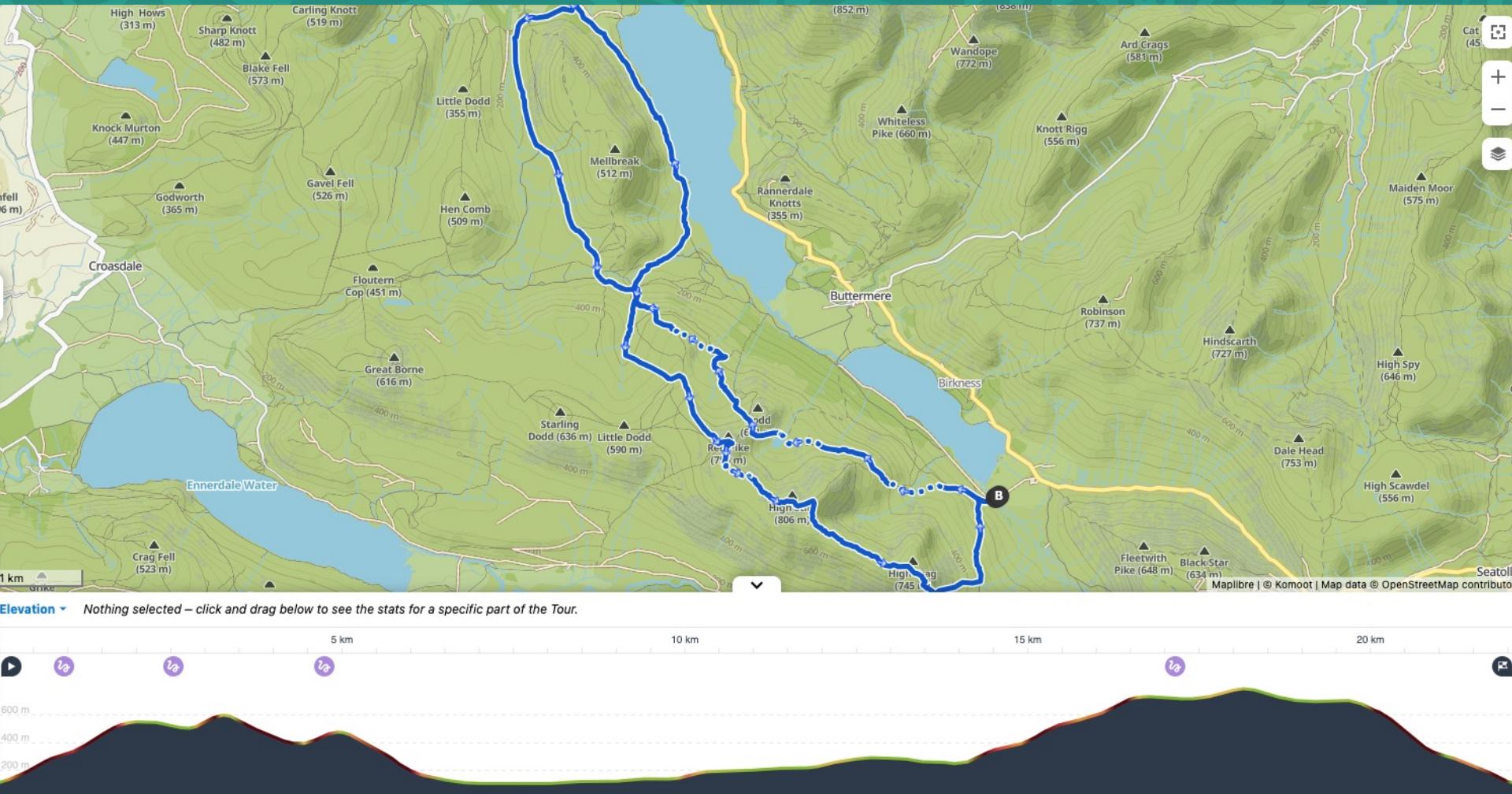


**For the safety of our runners & in line with circumstances out of our control,
the routes have been adapted.**

**Final GPX files will be mailed to all runners a few days before
the races.**

As always, our routes are well marked & marshalled.

RACE ROUTE MAPS: MARATHON



MARATHON

Check Points

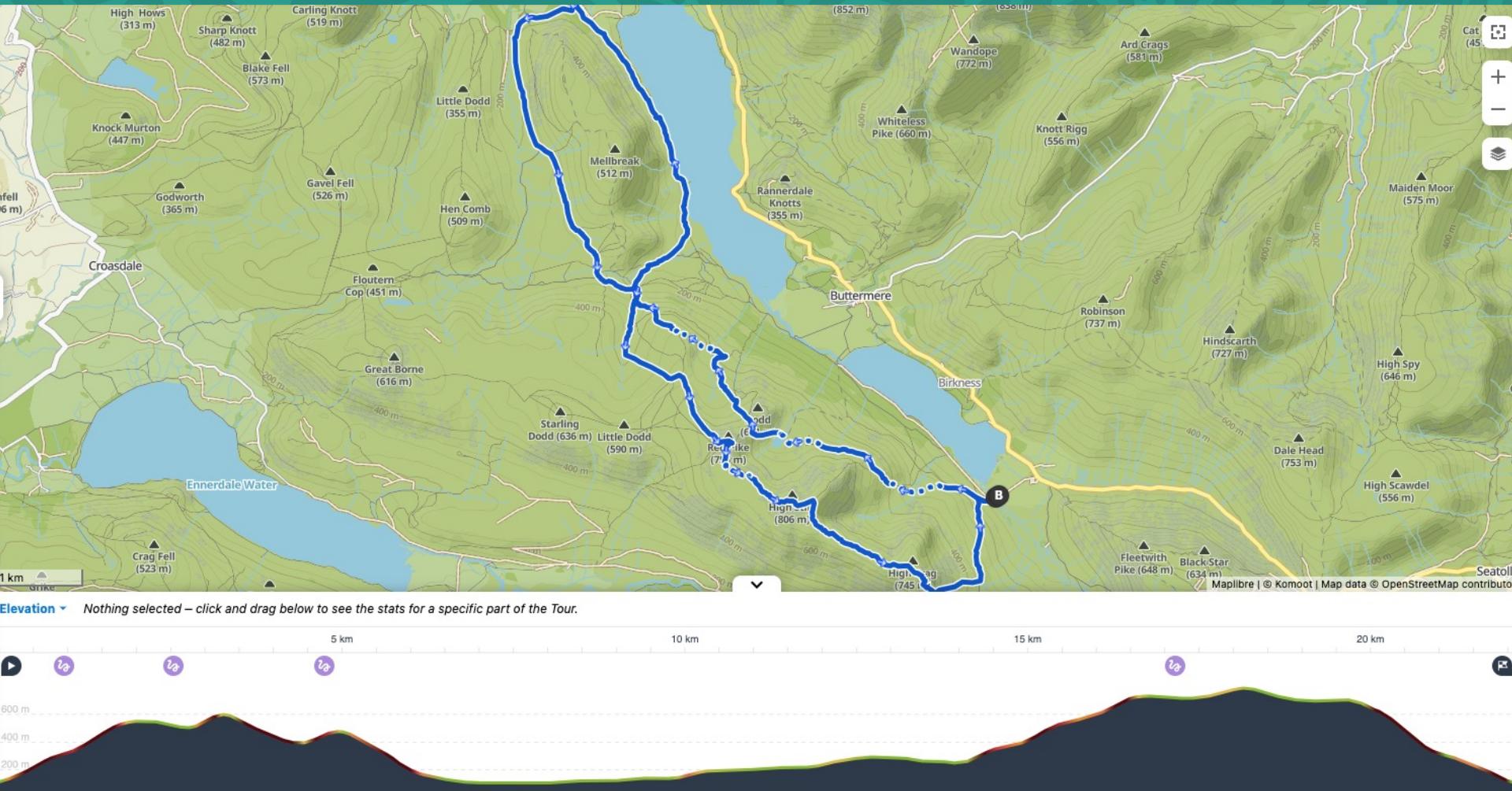
10km / 22km / 32km

For the safety of our runners & in line with landownership in the area, the Marathon has changed & is now two laps of the stunning & challenging half route.

Final GPX files will be mailed to all runners a few days before the race.

Please note: Trail Pursuit have the right to change the routes at any time due to permissions, weather and other varying factors.

RACE ROUTE MAPS: HALF MARATHON



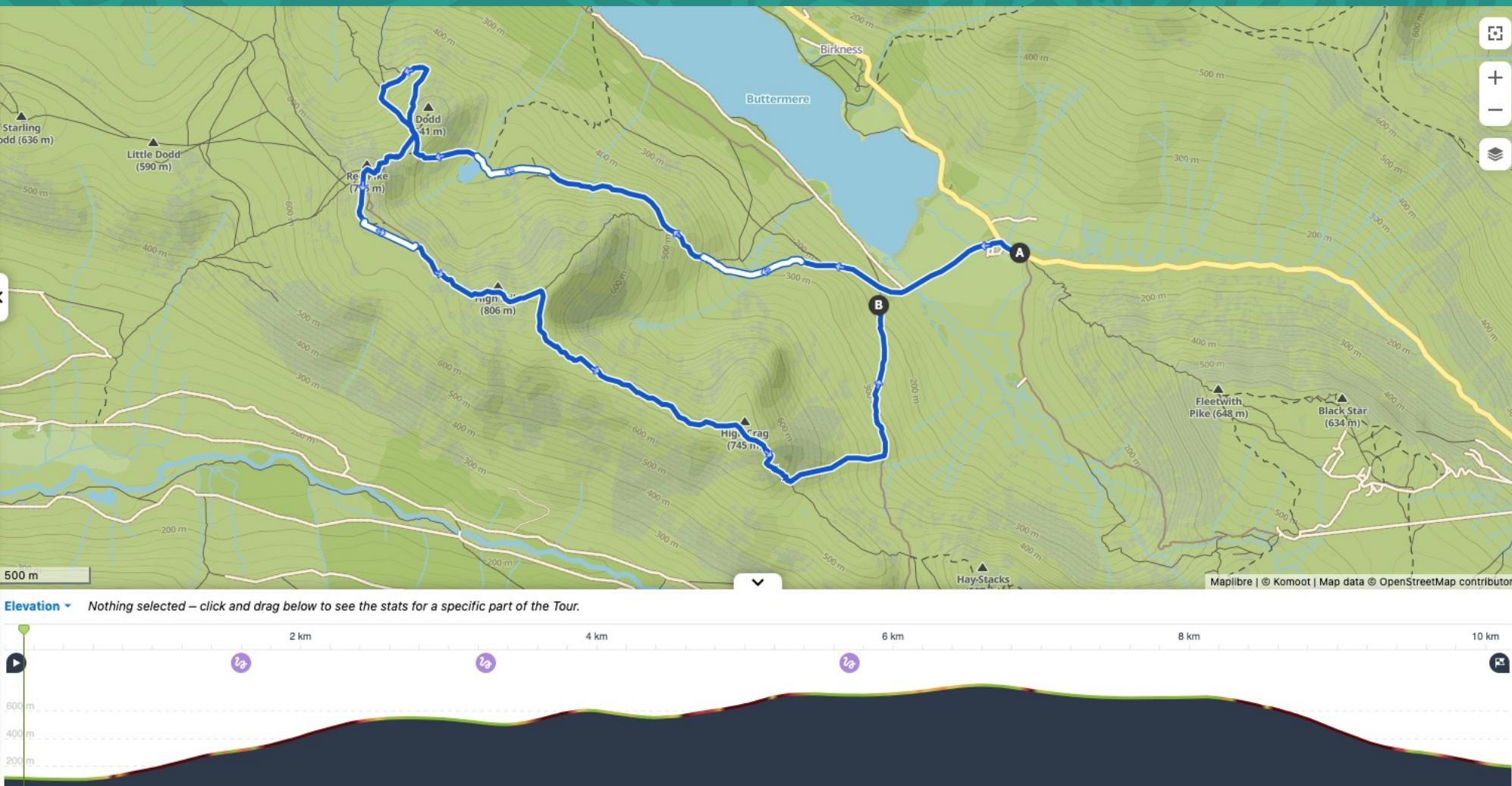
HALF MARATHON

**Check Point
10km**

Final GPX files will be mailed to all runners a few days Before the race.

Please note: Trail Pursuit have the right to change the routes at any time due to permissions, weather and other varying factors.

RACE ROUTE MAPS: 10KM



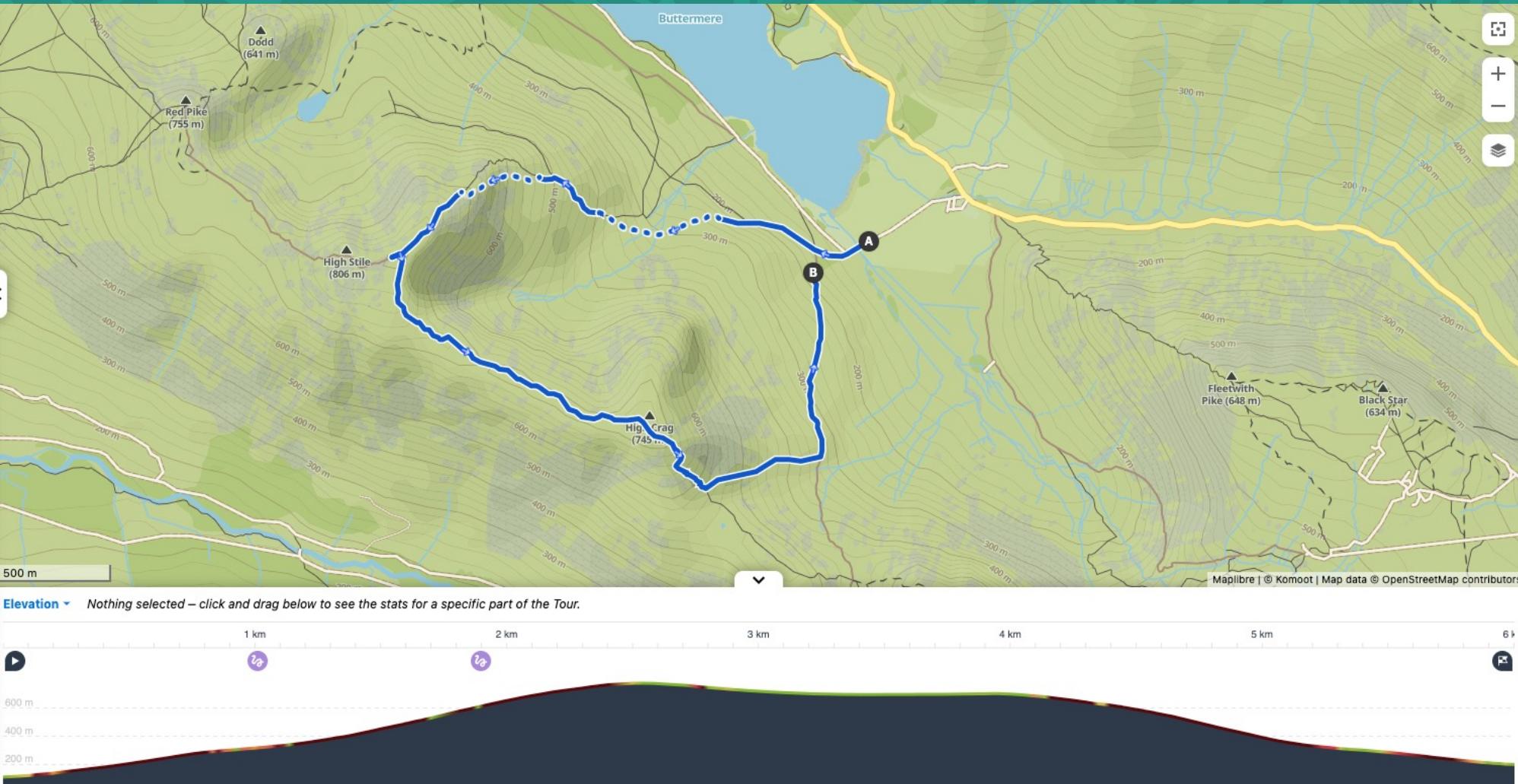
10KM

No Cut Offs

Final GPX files will be mailed to all runners a few days before the race.

Please note: Trail Pursuit have the right to change the routes at any time due to permissions, weather and other varying factors.

RACE ROUTE MAPS: 5KM



5KM

No Cut Offs

Final GPX files will be mailed to all runners a few days before the race.

Please note: Trail Pursuit have the right to change the routes at any time due to permissions, weather and other varying factors.

FEED STATIONS

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

Distance	Feed Stations
Saturday 28th May 2022	
Marathon	Feed stations at KM: 10/22/32
Half Marathon	Feed stations at KM: 10
10KM	N/A
5KM	N/A

Food items provided:

- High energy bars & electrolytes
- Voom nutrition & hydration

Be prepared, please carry your own water & tried & tested snacks to help keep feed stations efficient.

Station Rules

- If the feed station is busy, please queue up and abide by social distancing.
- Put litter in bins provided or take it with you
- Respect social distancing at all times
- Please leave the feed station or move away once you have been served




ADVENTURE FILM NIGHT

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Friday 27 May 2022, 18:00-21:00

Join us for an inspiring evening of running & adventure films, along with Q&A's.

Please bring a foldable festival chair & warm clothes for the outdoor screening.

Start Time	End Time	Session	Film	
19:30	21:00	Adventure Film Night	Introductions	
			Trail Pursuit Brecon Beacons	2 mins
			After Movie	
			Runners COP 26	4 mins
			Paddling around Scotland	3 mins
			Touching the Water	5 mins
			Project 282	10 mins
			The Longest Line	15 mins
			Running The Roof	52 mins
21:00	21:30	Adventure Film Q&A Panel	Mhairi Helme – Touching the Water	
			Darren Evans – COP26	
		Host – Inês Castro		



YOGA & WELLNESS



Yoga & Breathwork Classes

Flow & unwind with our yoga teacher Jess & breathwork coach, Kay.

All sessions are first come, first served.

Friday 27th May

Start Time	End Time	Session	Teacher
17:00	17:30	Relax and Prepare Yoga	Jess Birchall
18:00	18:30	Breathwork	Kay Haskins
19:00	19:30	Wind Down Yoga	Jess Birchall

Saturday 28th May

Start Time	End Time	Session	Teacher
06.00	06:30	Sunrise Yoga	Jess Birchall
07:00	07:30	Rise and Shine Yoga	Jess Birchall
08:00	08:30	Breathwork	Kay Haskins
12:00	12:30	Post Run Yoga	Jess Birchall
13:00	13:30	Post Run Yoga	Jess Birchall
14:00	14:30	Post Run Yoga	Jess Birchall
16:00	16:30	Breathwork	Kay Haskins
17:00	17:30	Wind Down Yoga	Jess Birchall
18:00	18:30	Wind Down Yoga	Jess Birchall
19:00	19:30	Sunset Yoga	Jess Birchall

Sunday 29th May

Start Time	End Time	Session	Teacher
06.00	06.30	Sunrise Yoga	Jess Birchall
07:00	07:30	Rise and Shine Yoga	Jess Birchall
08:00	08:30	Rise and Shine Yoga	Jess Birchall
10:00	10:30	Breathwork	Kay Haskins
12:00	12:30	Chill & Relax Yoga	Jess Birchall
13:00	13:30	Chill & Relax Yoga	Jess Birchall
14:00	14:30	Breathwork	Kay Haskins
15:00	15:30	Wind Down Yoga	Jess Birchall

Jess



Kay



ATHLETE TALK TENT

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Be inspired by a number of athletes in the running & adventure space.



Friday 27th May

Start Time	End Time	Session	Speaker
17:00	17:30	Coopah Running	Peter Cooper
17.30	18:00	The Green Runners	Darren Evans

Saturday 28th May

Start Time	End Time	Session	Speaker
14:00	14:30	Holistic Food & Living	Polly from Jolly Allotment
15:00	15:30	From depression to sport, an inspirational story	Matthew Burbridge
16:00	16:30	Women in Trail Running Q&A Panel	Sabrina Pace-Humphreys, Sarah Gerrish, Ruth Keeley
		Host – Inês Castro	
17:00	17:30	Adventure In Mind – Challenging Adversity Into Purpose Driven Running Adventures	Dan Keeley
18:00	18:30	You can't be what you can't see	Sabrina Pace-Humphreys

Sunday 29th May

Start Time	End Time	Session	Speaker
09:30	10:00	Trail running injuries	Thomas Throughton
10:00	10:30	Food For Thought – Running Nutrition	Ben Turner
10:30	11:00	How to hydrate properly	Team Voom



GUIDED RUNS & WORKSHOPS

Max Capacity for Guided Runs – 12 (first come, first served)

Max Capacity for Navigation Workshop - 15 (first come, first served)

Friday 27th May

Start Time	End Time	Session	Host
17:00	17:30	HOKA 5km Social Run	Matt from HOKA
18:00	18:30	Navigation Workshop	TBA

Saturday 28th May

Start Time	End Time	Session	Host
06:00	06:30	HOKA Shoe Demo	Matt from HOKA
19:00	19:30	Navigation Workshop	TBA

Sunday 29th May

Start Time	End Time	Session	Host
09:00	09:30	Navigation Workshop	TBA
10:00	10:30	HOKA 5km Social Run	Matt from HOKA
11:00	11:45	Short Hike	ML qualified Ben Turner
13:00	14:30	Long Hike	ML qualified Ben Turner

Additionally, Summit Physiotherapy have drop in sessions, similarly Sports Massage with JPR

Friday 27th May – 2pm – 7pm

Saturday 28th May – 9am – 7pm

Sunday 29th May – 9am – 4pm



LIVE MUSIC

We are privileged to offer a fantastic line-up of live-music!

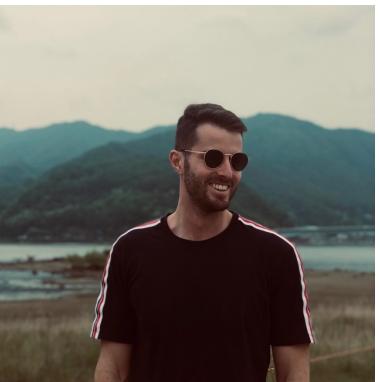
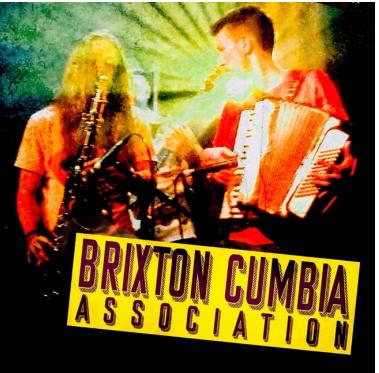
Our goal is to provide an eclectic mix for us to all to enjoy.
Please see set times below, however times may change slightly.

Saturday 28th May

Start Time	End Time	Artist
12:30	13:30	Mohson Stars
14:00	15:30	Brixton Cumbia Association
16:00	17:30	DJ LRG
17:30	18:30	Mohson Stars
18:30	20:30	DJ Climpo
21:00	23:00	Headliner – TBA!

Sunday 29th May

Start Time	End Time	Artist
11:30	12:30	DJ LRG
12:30	13:30	DJ Climpo



**Surprise Acts+Headliner: TBA!
(Keep an eye on socials)**

ESSENTIAL CAMPING INFO

General Camping

The public campsite will be open from 2pm on Friday 27th May and will shut at 6pm on Sunday 29th May.

Amenities include:

- Toilet and shower facilities (please purchase a shower pass: £15 valid Friday – Sunday) found under 'Extras' at checkout: <https://bit.ly/3Kv2b8V>

Please note:

- Bonfires are strictly prohibited
- Portable BBQs raised off the ground are allowed
- Pre-paid parking permits will be given at the gate (please show your confirmation).
- Portable charger, headtorch & warm evening clothes are highly recommended. Remember temps will drop in the evening.

If you bought a **RACE + FESTIVAL TICKET** (& now want to camp – please book a separate camping pass at checkout – found under 'Extras') <https://bit.ly/3Kv2b8V>

Campervans

At Trail Pursuit you are welcome to bring your campervan. These can be booked under 'Extras' at checkout. All vehicles entering the site may be subject to searches at the entrance and all passengers are required to present a valid festival ticket.

Glamping

Pre-booked Glamping Bell Tents open from 2pm on Friday 27th May and will shut at 6pm on Sunday 29th May. You'll be welcomed by the Glamping Team upon arrival, from here you can checkin.

Prohibited Items, please expect to be searched.

- Glass
- Illegal drugs
- Spray Cans
- Fireworks
- Sound systems
- Alcoholic spirits
- Any item that could be considered a weapon i.e a camping knife or hammer
- Drones
- Unauthorised Professional Film or Video Equipment

FOOD+DRINK

Bringing your own food

You are welcome to bring your own food on-site, remember your camping cooking equipment, but please note we do not allow bonfires in the camping area.

Food Vendors

We will have plenty of mouth-watering food options on site to keep you well fed throughout your race festival experience! These accommodate for all dietary types.

Coffee Vendors

We have a number of delicious coffee vendors on-site including Fellside Coffee, Alchemic Coffee & The Hairy Collie Coffee Baa!



Bar

Trail Pursuit, like all other intimate boutique festivals, operates an alcohol limit. Why? Because putting on a unique festival experience is a costly business. Festivals rely heavily on bar revenue to generate enough income to cover their costs and in short, survive.

We kindly ask that you respect these guidelines. There will be a bar on site serving a wide range of cold and delicious drinks at a fair price.

The personal alcohol limit on site is either 6 cans of beer/cider (the same limit applies to 0% & 0.5% beers) or 1 bottle of wine (decanted into a non-glass container). No alcoholic spirits are allowed on site.

Kake.



LIMITED EDITION MERCH

Celebrate adventure. Show your passion for the outdoors in our Limited Edition LAKE DISTRICT '22

Tee. As a community we strive to connect like-minded people & explore incredible trails, together.

- 100% organic ring-spun combed cotton
- Order now & collect 27-29 May 2022 at Lake District race registration! <https://bit.ly/3swGAH5>



CANICROSS RACING RULES

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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.



SPONSORS & PARTNERS

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



SUSTAINABILITY

Our aim as a responsible event organiser is to ensure we are working to maximise the ways in which our event makes a positive impact, whilst reducing the negative impacts on the environment and local community.

We are proud to be one of the 70 Vision Festivals committed to reducing our carbon emissions. You can read up out the Vision Festival:2025.

We also recognise the importance of collective action against climate change, so have joined the UN Sports for Climate Action Framework, joining 247 other sports organisers in adhering to a set of five principles.

As this festival has been organised with a quick turn-around and in challenging times, we have decided to concentrate our efforts towards four key sustainable actions:

1. Promoting Green Travel
2. Discouraging Single-Use Plastic
3. Encouraging Recycling
4. Protecting our Environment

Some of our core sustainability efforts:

- Our Limited Edition Tees are made from organic cotton & designed locally
- Recycled, eco festival wristbands will be given out
- We are committed to using sustainably and locally sourced materials, equipment and products, with the aim of reducing travel miles.
- We encourage all vendors and attendees to eliminate, or significantly reduce, the use of single-use plastic cups, cutlery, and other non-compostable serve ware
- Our aid stations will be cup-less. Runners must carry their own bottles, hydration packs, or cups to be refilled at stations
- Protecting the Lakes is our priority. As such, we implement a strict no littering policy at our festival.
- We work closely with our traders and suppliers to source local produce and services to support the local economy.

What you can do:

- Car share with friends or find/share spare seats on GoCarShare
- Pack light – only bring what you truly need.
- Reduce plastic waste by bringing your own bottles, cups, and cutlery

TRAIL PURSUIT: SCOTLAND 2022



DANCE
TRAIL
EXPLORE
RACE
SPLASH

5-7 August 2022, you're invited to join Trail Pursuit in the wild & beautiful Cairngorms, the UK's largest National Park, in the Scottish Highlands. We're looking for bold, pioneering & adventurous trail runners to join our first ever edition. Experience the magical mountain range at our trail race festival.

Epic Trail Races: Marathon, Half Marathon, 10K, 5K & Kids 1 mile distances.
All levels welcome!

+Festival Activities:

- 🧘 Vinyasa flow yoga & breathwork classes
- 🎙 Athlete talks & adventure films
- 🏃 Guided hikes & social runs
- ❄️ Ice bath experience
- 🏕 Weekend camping & campervans
- 🌈 Live music & DJs, workshops & festival vibes!

Location: Blair Castle, Blair Atholl, Pitlochry, Perthshire, PH18 5TL

When: 5-7 August 2022

We have chosen to support the Cairngorms Trust, a small independent charity who help to create sustainable environments for the community, landscape & wildlife in the Cairngorms National Park.

GET 10% OFF USING "TPADVENTURE" AT CHECKOUT!

<https://www.trailpursuit.com/products/cairngorms-trail-race-festival>

[Watch the Teaser Trailer](#)

TRAIL PURSUIT: NORWAY EXPEDITION 2022



Join us as we hike, trail run and sea kayak through the fantastic Norwegian Fjord landscape surrounding the UNESCO World Heritage site of Nærøyfjord. Experience the wondrous fjords first hand from both sea level and summits.

On this 6 day transformative journey we'll visit remote areas way off the beaten track in teams of 12. The landscape was created hundreds of millions of years ago and has been carved out by glacial movement and continued erosion.

Plenty of time to reflect on the passing scenery and develop a deeper understanding about how mankind in the past have managed to settle in some amazing locations and create the societies we know and take for granted today.

When:

18th – 23rd June – **SOLD OUT**

20th – 25rd June – **SOLD OUT**

27th August – 1st September – **TICKETS AVAILABLE**

GET £30 OFF USING “[TPNORWAY](#)” AT CHECKOUT!
<https://www.trailpursuit.com/products/tp-norway>

TRAIL PURSUIT: BRECON BEACONS 2022



9-11 September 2022, 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 Mountain Marathon, Trail Half Marathon, 10K, 5K & Kids 1 mile distances. All levels welcome! Festival Activities:

- 🧘 Guided yoga & wellness classes
- 🎤 Inspiring athlete talks & adventure film night
- 🏃 Guided social runs & hikes
- 🏕 Weekend camping, glamping & campervans
- 🌈 Live music, workshops, sports expo & festival vibes!

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

When: 9-11 September 2022

GET 10% OFF USING “TPADVENTURE” AT CHECKOUT!
<https://www.trailpursuit.com/products/trail-pursuit-brecon-beacons-2022>

[Watch the 2021 Aftermovie](#)

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LAKE DISTRICT

27-29 MAY 2022
GOOD LUCK!!

Please tag us in your photos!
@trail_pursuit & #TrailPursuit