



Thank you for entering Staveley 5k, based from the village pavilion. Below are competitor notes which will aid your enjoyment to the event. **Please read thoroughly.**

Venue:

Staveley Pavillion

Main street

Staveley

LA8 9LN

parking at the site £3 open from 14:30

Registration

In the pavilion from 15:00.

Registration closes at 15:40

Here you will collect your race number.

You will also collect t-shirt (if pre ordered)

Warm up

Will be led by Adam Thwaites at 15:45

Briefing

Short briefing under the arch

Event start

As we have had a high number of entrants, we will narrow the start leading towards the gate this will also help with numbers on the footpaths. Those that wish to race the event will have plenty of time to make up places on Hall Lane!

Run Route 5km

For the run signs will be in place similar to those pictured with reflective tape high lightening the arrow direction. The route is a mixture of path and trail. Marshals will be in pink bibs and first aiders in blue.



The route starts on the field and does go through a small gate near the beginning, it then follows the footpath round the back of Staveley, by the river. Please note there are steep sides to the river and care of younger children should be taken. The path is at times narrow. The marshals will lead you towards Hall Lane which is where you can stretch your legs. The road is open to general public so please be aware of coming / rear traffic. There will be a water station at the top of Hall Lane to refresh before taking the road back with super views over towards Brunt Knott and Potter Fell. Gates will be marshalled and roads may have sheep near or on them. Please keep dogs on leads. There will also be a photographer at POSE ROCK to record your pose.

Strava Run link

[Staveley 5km | 5.2 km Running Route on Strava](#)

SWAPPING OF ENTRIES

Please note that the swapping of entries between competitors is strictly forbidden as it invalidates insurances undertaken by the organisers to cover the event.

COMPETITOR CONDUCT

Competitors are reminded that they share facilities and the highway with other citizens who may or may not be fully aware of the event. We request that you treat both members of the public including other road users, marshals, other competitors, event officials and venue staff with respect. Any use of profanity or aggression towards any other parties will result in an immediate DQ from the event and a ban from all future events hosted by the promoters. Please try to remain courteous on the road even if some other road users may not offer you the same respect.

RULES GOVERNING THE HIGHWAY

Please recognise that Race Marshals are not permitted under British law to stop the traffic and will not do so under any circumstances. Marshals are there to give direction only. Competitors are responsible for making their own decisions as to whether it is safe to proceed or not. If in doubt competitors should stop!

You must take the utmost care at junctions and should note in the course details that you do not have right of way at a number of sections, check that the junction is clear before continuing. You must obey the Highway Code, which is also the Law.

We look forward to seeing you on event day

Kind wishes

Tasha, Jen and the Team