

Ladies training weekend March 2012

Destination - Hawkshead Youth Hostel

Cost - approx £35.00 including bed and breakfast for 2 nights and evening meal Friday night.

Saturday's evening meal will be in the pub, lunch on Sunday will be either packed lunch or tea room - these are not included in the price.

Itinerary (this is subject to change)

All activities are optional

Friday 16th March 2012

6.00pm onwards - arrive

7.30pm - eat a meal in the youth hostel, followed by discussion on trail running technique, and a quiz.

Saturday 17th March 2012

7.30am - breakfast in the youth hostel.

9.30am - those in the 10k event travel to Cartmel to collect race numbers.

Those in the 18k event try out techniques on a local trail (weather dependent!).

11.00am - 10k Challenge starts (see below).

11.30am - those in the 18k event travel to Cartmel to cheer 10k participants in and collect race numbers.

1.00pm - Cartmel Trail Challenge 18k event starts. **You must enter yourself into this event via www.lakelandtrails.org/cartmel/entryform/htm**. Cost up to 31st January 2012 is £22.00, £26.00 after that.

Those in the 10k event now get to relax in the bar or mooch around Cartmel.

4.30pm - prize giving, including spot prizes so you never know - you could win something as good as a pair of trail running shoes!

5.00pm - return to Hawkshead Youth Hostel to wash and change

7.30pm - walk into Hawkshead for a meal in the Queens Arms to discuss the days running.

Sunday 18th March 2012

7.30am - breakfast in the youth hostel.

9.00am - walk up to Latterbarrow or Crag depending on people's energy levels (good views for relatively little effort)

1.00pm - lunch in whichever tea shop or pub has room, or packed lunch on the top depending on weather.

4.00pm - depart for home.

Recommended kit:

1. Torch essential (preferably head torch). Hawkshead youth hostel is a short walk along a road to the village itself.

2. Trail shoes recommended for the Cartmel events. Alternatively a pair of any running shoes that you don't mind getting muddy, but make sure they have some grip on the soles.

3. Long tights, long sleeves, waterproof jackets, hat and gloves may be required for the challenge event, depending on the weather so make sure you bring them but also bring hope that you won't need to use them.

4. Walking boots or dry shoes for the walk on Sunday.

5. Plenty of wet weather gear.

6. A few cheesy jokes and your laughing gear.

To book your place please provide £10 deposit to Cat Clennett ASAP and before 12th December 2011.