

**RUN2U Events present:
EDWINSTOWE CHRISTMAS 10K
TRAIL RACE**

**SUNDAY 1st DECEMBER 2019
Start/Finish at
SHERWOOD FOREST NATIONAL NATURE RESERVE COUNTRY
PARK, EDWINSTOWE**

(Run under UKA rules – Licence number 2019-37256)

Entrant Race Day Instructions and Course Maps

Thank you for entering and supporting this event.
The email you receive with these instructions is verification of entry – please bring this with you when you collect your race number.

LOCATION	RSPB Visitors Centre , Forest Corner, Sherwood Forest National Nature Reserve, Edwinstowe. Situated off the B6034 - just past the Sherwood Forest Visitors Centre (follow the brown tourist signs). Post code NG21 9RN
PARKING:	<p><u>Car parking (IMPORTANT!)</u> – This year the main (free) parking (except coach, mini-buses and Disabled badge holders) will be at Edwinstowe House, High Street, Edwinstowe, NG21 9PR (approx. 10 min walk from race HQ/start). Please follow the marked signs and instructions from car park marshals. As parking is limited, runners and supporters are encouraged to travel together where possible.</p> <p><u>Parking at Edwinstowe House will be available from 08.30am. All vehicles must have left Edwinstowe House car park by 13.30pm or they may be locked in until Monday 3rd December.</u></p> <p>Additional Free parking is available in and around Edwinstowe Village centre (see map included). Please note that Church Farm Car Park is max 2hrs.</p> <p>Runners and supporters are permitted to park in the main RSPB Visitors centre car park but will be charged £4 per car.</p> <p><u>Coaches/mini-bus parking</u> – in the designated coach parking area at the RSPB visitors centre car park (NG21 9RN) – just across the road from the RSPB Visitors centre (<i>not down the drive leading to</i></p>

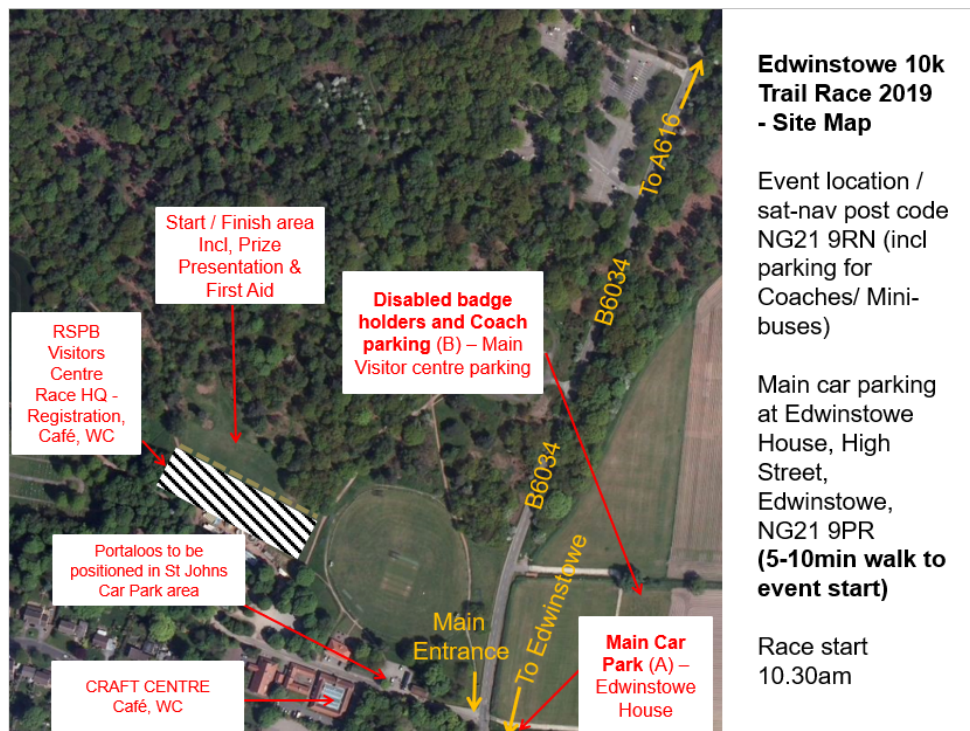
	<p><i>RSPB visitors centre or craft centre</i>). Coach/mini-bus parking and Disabled badge Holder car parking is free but must be reserved a minimum of 3 days prior to the event Please email run2uevents@gmail.com to reserve.</p>
EVENT / COURSE:	<p>Run over an accurately measured traffic free gently undulating forest and nature reserve course on well-maintained footpaths and bridleways, starting and finishing on the grassed area adjacent to the new RSPB Visitors Centre.</p> <p>The route is well marked with markers positioned at each kilometre, or as close as practical to the KM position and are a guide only.</p> <p>The route will follow the same route as the 2017 and 2018 events with runners passing the famous Major Oak both outbound AND on the return.</p> <p>At the finish, runners will go through the finish gantry on the event field. Please take care not to run into any of the stumps around this area and be aware of other park users (walkers, cyclists, children etc).</p> <p>(note that runners do not have priority over other members of the public using routes)</p> <p>Unfortunately, the course is not suitable for wheelchair users. For safety reasons no dogs or bicycles are allowed on the course (except for the lead bikes).</p>
START:	<p>On the main grassed area adjacent to the new RSPB Visitors Centre. Please allow yourself plenty of time to arrive at this point for the 10.30am start. Race numbers will be available for collection from the new RSPB Visitors Centre on race day from approx. 8.30am and must be collected by 10.00am. Note that race numbers <u>will not</u> be sent out in advance of race day.</p> <p>Please make a note of your race number which you will find on the start lists (which have been emailed through to you with these instructions) and go to the corresponding registration desk upon arrival.</p> <p>Note that the Edwinstowe Trail Race is gun timed therefore you will not receive a timing chip with your race number.</p>
FINISH:	<p>On the main grassed area adjacent to the new RSPB Visitors Centre. Please take care not to run into any of the stumps around</p>

	this area and be aware of other park users (walkers, cyclists, children etc).
TOILETS:	Toilets are available in the new RSPB Visitors Centre and craft centre atrium. Please only use designated toilets and do not use the park as this is not permitted and will risk the staging of the event in future years.
CHANGING	We do not have any changing or shower facilities this year and <u>will not be using the Cricket club facilities.</u>
BAGGAGE STORAGE	We are likely to have some bag storage in the gazebos / tents next to the new RSPB Visitors Centre, but this will be limited therefore we may not be able to store all bags.
RACE NUMBERS:	10K numbers will be from 001 – 700.
DRINKS:	Available at 5km (approx.) and at the finish. A bottle of water will be available for each runner at the finish.
ENTRIES:	As the race is sold out there will be no 'Entries on the day' and we are unable to accept race transfers or deferrals at this late stage. It is important that you do not run under anyone else's name as this is not permitted for safety and administrative reasons. We have had a number of occasions where runners have run using other runners' numbers without agreement from the race organisers, which has resulted in the wrong trophies/prizes being awarded to the wrong runner. Please help us to avoid a repeat of this!!
PRESENTATIONS:	Presentation of trophies / prizes will commence at approx. 12.15pm, but please be patient should there be a delay, as it takes time to compile the results. <u>Note that we are unable to send on prizes which are not collected on the day.</u>
TROPHIES & PRIZES:	<p>Trophies will be awarded for 1st Male, 2nd Male, 3rd Male, 1st Male, Vet Male (40+), Vet Male (50+), Vet Male (60+), Vet Male (70+), 1st Female, 2nd Female, 3rd Female, Vet Female (35+), Vet Female (45+), Vet Female (55+), Vet Female (65+).</p> <p>Trophies will also be awarded to running club teams (first 3 to count) - Male team and Female team (highest points, not necessarily highest placed).</p> <p>Please note that no competitor will be awarded more than one individual trophy / prize. Should a veteran finish 1st, 2nd or 3rd overall, then the major trophy and prize will be awarded to that person and the veteran prize awarded to the next person home in that category.</p>
TECH T-SHIRTS:	Commemorative Technical t-shirts will be available for collection from the new RSPB Visitors Centre by all entrants who finish the

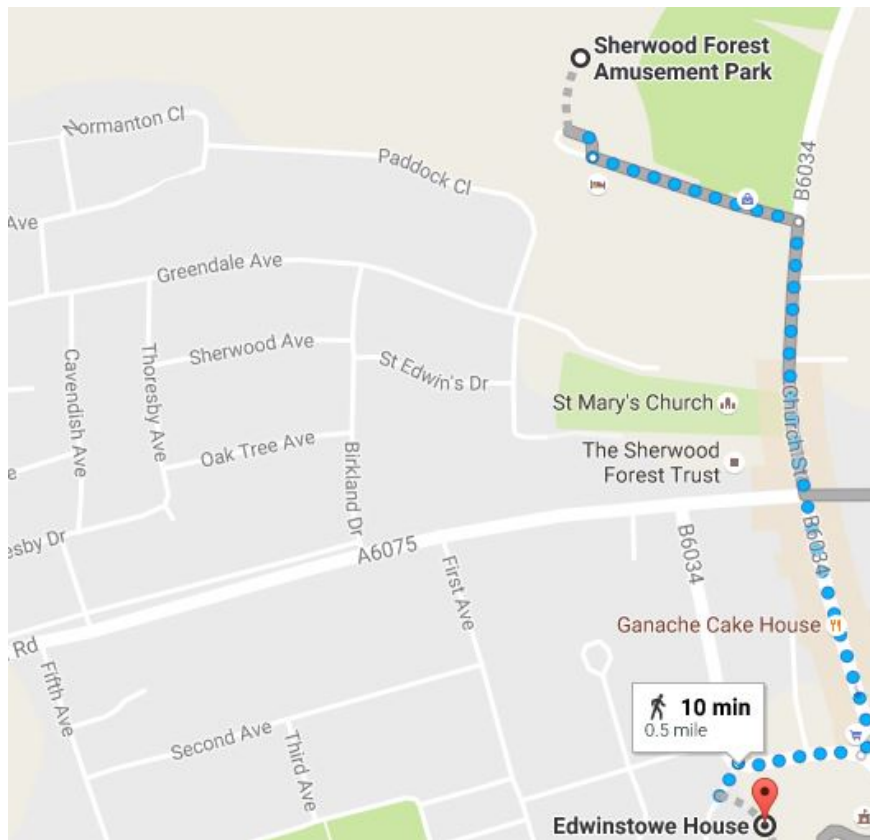
	10KM. Where possible you will be presented with the size which you selected when you entered, and this will be included on your race number. Please ensure that you collect your t-shirt as quickly as possible after you finish. You will need to bring your race number with you to collect your t-shirt.
FIRST AID:	St John's Ambulance personnel will be on duty throughout the event.
EVENT SAFETY:	<ol style="list-style-type: none"> 1. All runners must be aged 15 or over on race day. 2. No runners are permitted to take part in the race without a valid race number. Taking part without a valid race number and agreement from the race organisers creates risk for the safety of runners, for the logistics of the event, and for the future staging of the event. 3. Please use the park to warm up. Please DO NOT use the road outside the park. 4. Runners should take care at all times to minimise any risk to the safety of themselves, other runners, and other members of the public including cyclists. 5. Whilst the course is traffic free, bright coloured/high visibility clothing is recommended for all. 6. We may have blind/partially sighted runners taking part in the event. Please take particular care to give these runners space. 7. MP3/headphones are permitted but not recommended for safety reasons. Runners using MP3s/headphones are encouraged to keep volume low in order to hear emergency vehicles and/or instructions from marshals. 8. Competitors must complete all fields on the reverse of their race number, and must not cut, fold or mutilate them. 9. The course is open to the public and entrants do not have priority over other members of the public on the course. 10. At all times runners must obey any direction given to them by marshals, or other race officials. Failure to comply will result in disqualification, possible legal proceeding, and also jeopardises the staging of this event in future years. 11. We hope you enjoy the race, have fun and arrive safely at the Finish. Do take care at all times.
LITTER:	Please take any litter home with you to help us to keep the park clean and litter free. (Each year we have to apply for a permit to use the park and they will take into consideration past events when making their decision!).
RESULTS:	Results will be published on the website www.run2u.uk and Facebook page www.facebook.com/activesherwood10k

PHOTOS:	Available at www.mickhall-photos.com and on the Facebook site. We would also encourage runners/supporters to post their own race photos to the Facebook site
USE OF THE PARK & FACILITIES	This is the 13th year we have used Sherwood Forest National Nature Reserve, Edwinstowe for the race. We have been given permission to hold the event at Sherwood Forest by the landowners. In order to use the Nature Reserve for the event in future years it is essential that the park and facilities are left in an excellent condition. To help with this, if possible, please take any rubbish home with you, or use the bins provided. If you see any problems or witness anyone acting suspiciously in or around the Nature Reserve please alert a marshal, or any other members of the event staff as soon as you can.
FURTHER INFO:	Race website www.run2u.uk Facebook page www.facebook.com/edwinstowe10k Enquiries run2uevents@gmail.com
RETAIL SPONSOR:	Our race retail sponsor 'Metres to Miles' will also be present on race day with goodies to tempt you to update that kit bag!

Site Map



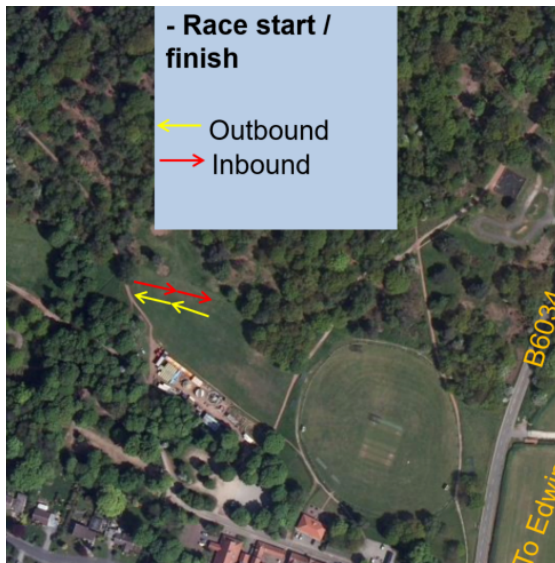
Map from Edwinstowe House (Main 'free' car parking – post code NG21 9PR) to registration/start at Sherwood Forest National Nature Reserve



Car Parking Map



Start layout



(Subject to alteration on the day)

10K – Course Map

Edwinstowe 10k route

➤ = Outbound ➤ - Inbound

