

## Entrant Race Day Instructions and Maps

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

**SUNDAY 26<sup>th</sup> November 2023**  
**Start/Finish at**  
**SHERWOOD FOREST NATIONAL NATURE RESERVE COUNTRY**  
**PARK, EDWINSTOWE**

(Run under UKA rules – Licence number 2023- 45497)

## 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 (or have available on your smartphone) when you collect your race number.

<b>LOCATION</b>	<b>RSPB Visitors Centre</b> , 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 <b>NG21 9RN</b>
<b>PARKING:</b>	<p><u>Car parking (IMPORTANT!)</u> – This year the main parking will be at the RSPB visitors centre car park (<b>NG21 9RN</b>) – just across the road from the RSPB Visitors centre (<i>not down the drive leading to RSPB visitors centre or craft centre</i>). We would encourage runners and supporters travelling by car to share where it is safe and possible to do so. Car parking (all day charge) is £5 per car. <i>Car parking is free for RSPB members.</i></p> <p>Parking charge can be paid by card or via the app. <a href="#">Parking mobile app &amp; payment solution   PayByPhone</a> <a href="https://paybyphone.co.uk/">https://paybyphone.co.uk/</a> Location ID 806294</p> <p>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 <a href="mailto:run2uevents@gmail.com">run2uevents@gmail.com</a> to reserve.</p> <p><b>Limited additional Free parking is available in and around Edwinstowe Village centre. Please check signage for conditions.</b></p>

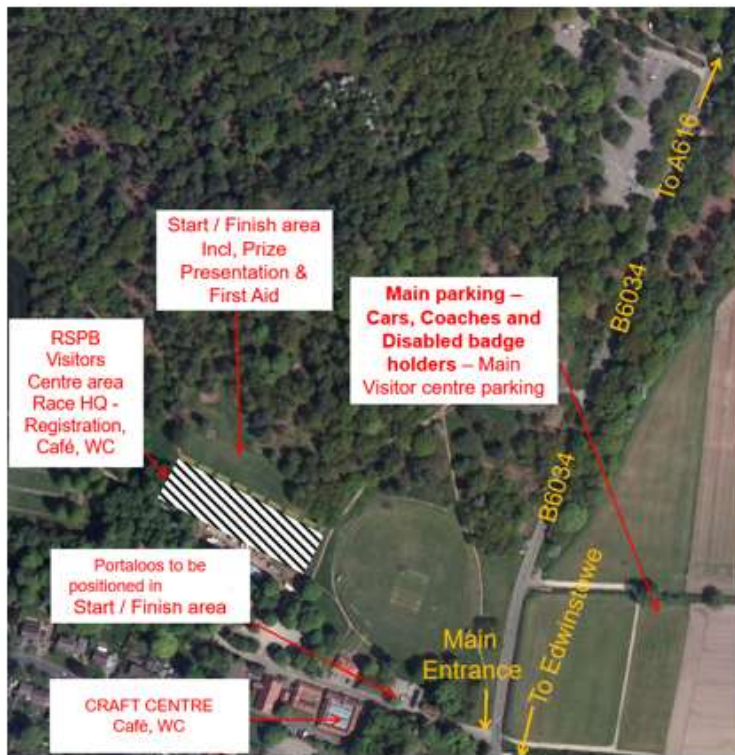
<p><b>EVENT / COURSE:</b></p>	<p>Run over an accurately measured traffic free gently undulating forest and nature reserve course on well-maintained footpaths and bridleways, starting and finishing on the grassed area adjacent to the new RSPB Visitors Centre.</p> <p>The route is well marked with markers positioned at each kilometre, or as close as practical to the KM position and are a guide only.</p> <p><b>The route will follow the same route as the 2022 event with runners passing the famous Major Oak both outbound AND on the return.</b></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>
<p><b>START:</b></p>	<p>On the main grassed area adjacent to the new RSPB Visitors Centre. <b>Please allow yourself plenty of time to arrive at this point for the 10.30am start.</b> Race numbers will be available for collection from outside 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><b>Please make a note of your race number which you will find on the updated version of the start list (which we will email to you later in the week) and go to the corresponding registration desk upon arrival.</b></p> <p>Note that the Edwinstowe Trail Race is <b>gun timed</b> therefore you will not receive a timing chip with your race number.</p>
<p><b>FINISH:</b></p>	<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 this area and be aware of other park users (walkers, cyclists, children etc).</p>
<p><b>TOILETS:</b></p>	<p>Portaloos are available on the event field. Toilets are also available in the new RSPB Visitors Centre and craft centre atrium. Please</p>

	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.
<b>REFRESHMENTS</b>	Refreshments will be available from the RSPB café, the craft centre, and from Edwinstowe Cricket Club. We'd also encourage runners and supporters to check out the RSPB visitors centre shop and craft centre shops for Christmas ideas/presents!
<b>CHANGING</b>	We do not have and changing or shower facilities this year,
<b>BAGGAGE STORAGE</b>	We are unfortunately not able to offer bag or key storage this year.
<b>RACE NUMBERS:</b>	10K numbers will be from 001 – 400.
<b>DRINKS:</b>	Available at 5km (approx.) and at the finish. A bottle of water (sports cap) will be available for each runner at the finish.
<b>ENTRIES ON THE DAY:</b>	<b>Online entry is now closed. We will have some on the day entries available on a first come first served basis. We are unable to guarantee finisher t-shirts for all “on the day entrants” as we need to prioritise those runners who entered before the day. On the day entry is £17 (affiliated) and £19 (unaffiliated).</b>
<b>TRANSFERS / DEFERRALS</b>	<b>Note that we <u>are unable</u> 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!!</b>
<b>PRESENTATIONS:</b>	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. <b><u>Note that we are unable to send on trophies/prizes which are not collected on the day.</u></b>
<b>TROPHIES &amp; PRIZES:</b>	<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+), Vet Female (70+)</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 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> overall,</p>

	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.
<b>TECH T-SHIRTS:</b>	Commemorative Technical t-shirts will be available for collection from the atrium outside the RSPB Visitors Centre (next to the event field) by all entrants who entered online. 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 have your race number with you to collect your t-shirt.
<b>FIRST AID:</b>	St John's Ambulance personnel will be on duty throughout the event.
<b>EVENT SAFETY:</b>	<ol style="list-style-type: none"> <li>1. All runners must be aged 15 or over on race day.</li> <li>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.</li> <li>3. Please use the park to warm up. Please DO NOT use the road outside the park.</li> <li>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.</li> <li>5. Whilst the course is traffic free, bright coloured/high visibility clothing is recommended for all.</li> <li>6. We may have blind/partially sighted runners taking part in the event. Please take particular care to give these runners space.</li> <li>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.</li> <li>8. Competitors must complete all fields on the reverse of their race number, and must not cut, fold or mutilate them.</li> <li>9. The course is open to the public and entrants do not have priority over other members of the public on the course.</li> <li>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.</li> <li>11. We hope you enjoy the race, have fun and arrive safely at the Finish. Do take care at all times.</li> </ol>
<b>LITTER:</b>	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!). Please avoid discarding safety pins from your number – we had quite a few of these dropped around the RSPB centre at our last event and would be grateful if we can avoid that this year.
<b>RESULTS:</b>	Results will be published on the website <a href="http://www.run2u.uk">www.run2u.uk</a> and Facebook page <a href="https://www.facebook.com/edwinstowe10k">www.facebook.com/edwinstowe10k</a>
<b>PHOTOS:</b>	Available at <a href="http://www.mickhall-photos.com">www.mickhall-photos.com</a> and on the Facebook site. We would also encourage runners/supporters to post their own race photos to the Facebook site
<b>USE OF THE PARK &amp; FACILITIES</b>	This is the 15th 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.
<b>FURTHER INFO:</b>	Race website <a href="http://www.run2u.uk">www.run2u.uk</a> Facebook page <a href="https://www.facebook.com/edwinstowe10k">www.facebook.com/edwinstowe10k</a> Enquiries <a href="mailto:run2uevents@gmail.com">run2uevents@gmail.com</a> RSPB Visitors centre: <a href="http://www.visit-nottinghamshire.co.uk/things-to-do/sherwood-forest-visitor-centre-and-national-nature-reserve-p355601">www.visit-nottinghamshire.co.uk/things-to-do/sherwood-forest-visitor-centre-and-national-nature-reserve-p355601</a>
<b>RETAIL SPONSOR:</b>	Our race retail sponsor 'The Lincolnshire Runner' will be with us on the day (weather permitting) with some great offers on race essentials.

## Site Map

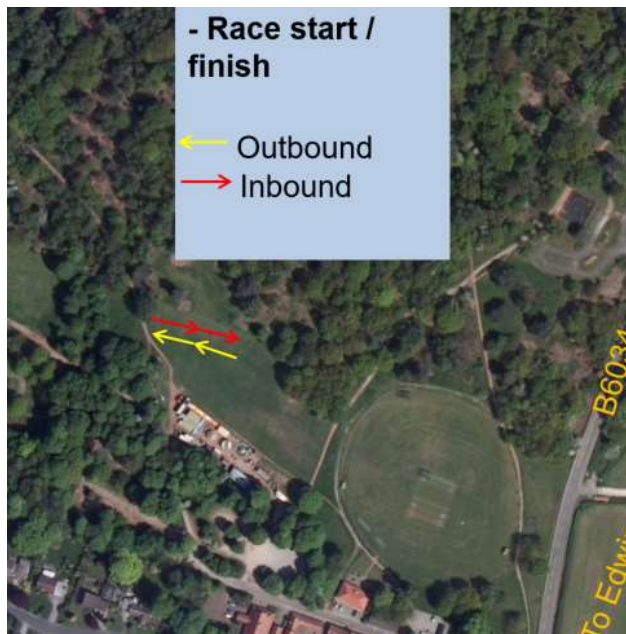


### Edwinstowe 10k Trail Race - Site Map

Event location / sat-nav post code NG21 9RN (incl parking for Cars, Coaches/ Mini-buses) – Note car parking is £5 per car. Some free parking is also available in and around Edwinstowe.

Race start 10.30am

## Start layout



(Subject to alteration on the day)

# 10K – Course Map – Link to route

<https://connect.garmin.com/modern/activity/7848211681>

