

**RUN2U Events in partnership with Clumber Park and the National
Trust present
RUN2U Clumber Park 10K & Family Fun Run
SUNDAY 10th June 2018**

Licence Number 2018-30286 - (Run under UKA rules)

Entrant Race Day Instructions and Course Maps

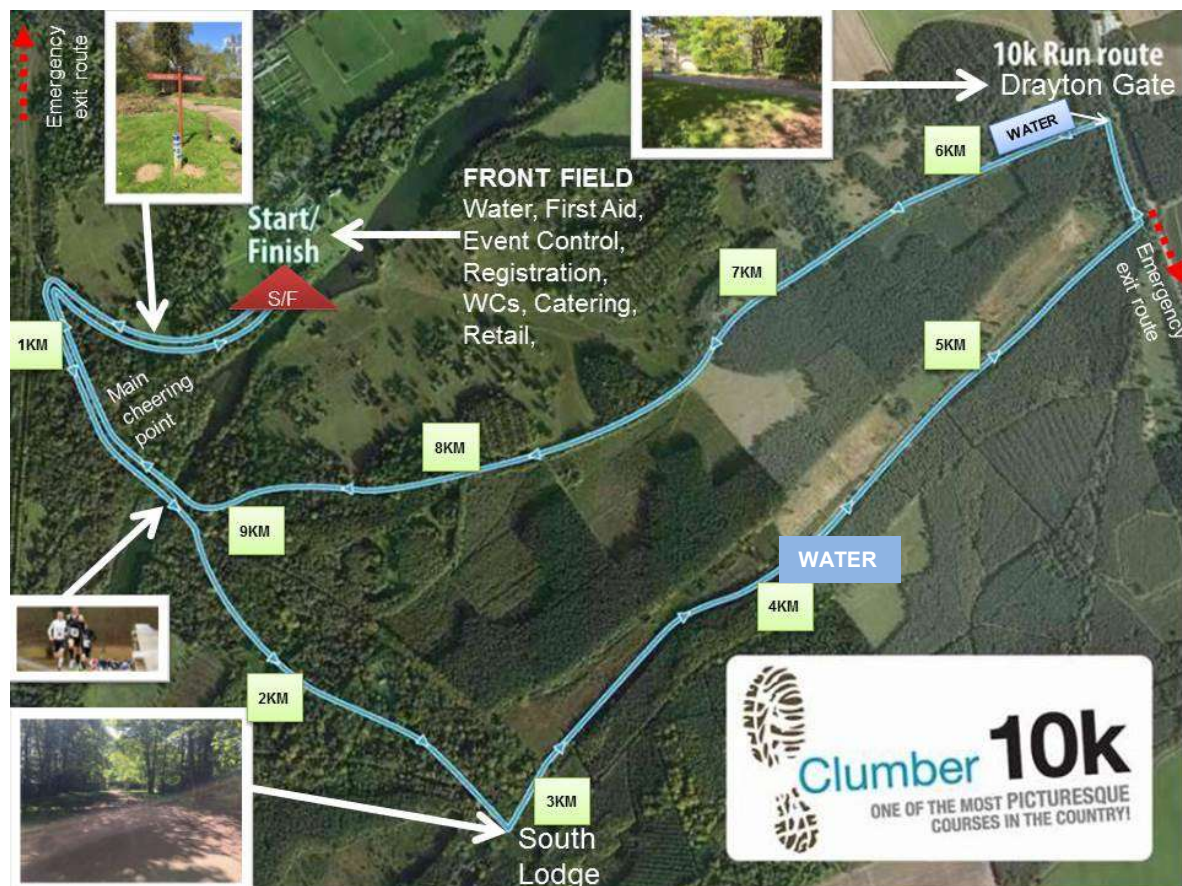
Thank you for entering and supporting this event.
The email you receive with these instructions is verification of entry – please bring this with you when you collect your race number.

LOCATION		Clumber Park, Nottinghamshire - follow the brown tourist signs). Post code S80 3AZ
EVENTS:	10K RACE	Run over an accurately measured undulating course. (note that runners <u>do not</u> have priority over other members of the public using routes)
	2K (approx.) Fun Run	Run over a measured undulating course. (note that runners <u>do not</u> have priority over other members of the public using routes)
START:		On the road to the left of the Front Field, a few hundred yards away from the main visitors centre area. Please allow yourself plenty of time to arrive at this point for the start. 10k (10.30am start time) 2k Fun Run (09.30am start time) Note that race numbers will be available for collection from the Gazebo at the start/finish area on race day from 8.30am. 10k numbers must be collected by 9.45am. Fun Run numbers must be collected by 9.15am. Note that race numbers <u>will not</u> be sent out in advance of race day.
TIMING:		Timing chips <u>will not</u> be used for either race this year. Times will be based on gun time only.
FINISH:		Through the finish gantry in the main start/finish area.
CAR PARKING		Within Clumber Park on the event field. On entering the park please follow the event car park signs which will direct you to the car park. Parking marshals will guide you into the car park and to a parking space. Please adhere to the instructions of the car park marshals. Parking for entrants is free of charge but normal parking charges do apply for supporters.
TOILETS:		Toilets are available in the portable facilities adjacent to

		the start. Additional Ladies and Gents toilet facilities are available in the fixed toilet block near the Café. No toilets are available on the course route. Please use the toilets that are available and please leave them in the same state that you found them in! Under no circumstances should runners use the park / bushes etc. Doing so risks the staging of future events and is not appropriate given that there will be other park users including children in the park on race day.
CHANGING		Please come ready as no changing facilities are available. We are unlikely to be able to offer a baggage facility but will offer a key storage facility.
RACE NUMBERS:		10K numbers will be from 001 – 600 2K fun run numbers will be from 800 – 900
DRINKS:		Available on the 10k course at 5.5km (approx) and at the finish. A bottle of water will be available for each 10K runner at the finish. Water/squash will be available for runners in the fun run.
ENTRIES:		The 10k race is full and no entries will be available on the day. Approximately 50 places will be available on the day in the fun run (£3 entry – cash only – please bring the right change!). Medals cannot be guaranteed for on the day Fun Run entrants.
PRESENTATIONS:		Trophies for the winners of the Fun Run will be awarded shortly after the race. The presentation for the 10k will commence at approx. 12.00pm, but please be patient should there be any delay, as it takes time to compile the results.
TROPHIES & PRIZES:		In the 10k Trophies will be awarded for Overall Male (first male), 2nd Male, 3rd Male, Vet Male (40+), Super Vet Male (55+), Overall Female, 2nd Female, 3rd Female, Vet Female (35+), and Super Vet Female (50+). A number of prizes will also be awarded. Male and Female Team Trophies will also be awarded. Please note that no competitor will be awarded more than one trophy / prize. Should a veteran finish 1 st , 2 nd or 3 rd 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. In the *Fun Run Trophies will be awarded to the first three boys and first three girls (17 and under).
MEMENT-OES		Commemorative Technical t-shirts will be issued to all entrants in the 10k. Medals will be awarded to all entrants in the Fun Run who entered before the day but cannot be guaranteed for all on the day entrants.
FIRST AID		St Johns Ambulance personnel will be on duty throughout the event.
EVENT SAFETY		1. Runners should take care at all times to minimise any risk to the safety of themselves, other runners, and members of the public. 2. The use of MP3/headphones <u>is</u> permitted.

	<p>3. Competitors must complete all fields on the reverse of their race numbers, and should not cut, fold or mutilate race numbers.</p> <p>4. At all times runners must obey any direction given to them by marshals, police or race organisers. Failure to comply will result in disqualification, possible legal proceeding should an incident occur as a result, and also jeopardises the staging of this event.</p> <p>5. Please stick to the course route and ensure that you do not disturb wild fauna and flora, or agricultural livestock.</p> <p>6. We hope you enjoy the race, have fun and finish safely.</p>
LITTER	Please use the bins provided or take litter home with you. (Each year we apply for a permit from the Trust 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/clumberpark10k
PHOTOS	Available at www.mickhall-photos.com and on the Facebook site.
THE PARK	Clumber Park is a great family location. There are a variety of trails, an adventure playground, a café, and cycle hire. For more information visit https://www.nationaltrust.org.uk/clumber-park
FURTHER INFO	Race website www.run2u.uk Facebook page www.facebook.com/clumberpark10k Enquiries clumberpark10k@gmail.com

Course Map - 10k (GPS <https://connect.garmin.com/modern/activity/1743800239>)



Course Map – 2K Fun Run

