RUN2U Events
ACTIVE FOREST SHERWOOD PINES 10K
TRAIL RACE & FAMILY FUN RUN
SUNDAY 5th September 2021

(Run under UKA rules – Licence number 2021-41914)

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	Sherwood Pines Forest Park (situated off the B6030 between Old Clipstone and Ollerton - follow the brown tourist signs). **Post code NG21 9JL**
EVENTS:	**10K TRAIL RACE** Run over an accurately measured undulating course, leading out from the trail (near to the education centre) onto forest tracks which are generally firm hard backed trails **(note that runners do not have priority over other members of the public using routes)** **FUN RUN** Approx. 1.5k-2k course, leading out from the trail (near to the education centre) onto forest tracks which are generally firm hard backed trails. The Fun Run is open to any age but under 10s must be accompanied by an adult. **(note that runners do not have priority over other members of the public using routes)**
START:	The start for the 10k race and fun run is positioned near to the education centre (just down from Go-Ape). Please allow yourself plenty of time to arrive at the start point The **fun run start** is at **09.30am**. The **10k start i**s at *__10.30am.__ *(*note that the 10k may start slightly later than this as we have to wait until all fun run runners have finished before the 10k starts)* **Race numbers will be available for collection from the race number desks which will be situated next to the race start (just down from Go-Ape) on race day from 8.30am.** **- Fun Run race numbers must be collected by 09.15am** **- 10k race numbers must be collected by 10.00am** **Note that race numbers will not be sent out in advance of race day.** Note that the Sherwood Pines Trail Races are **not chip timed** – all finish times will be based on 'gun time' recorded by our timing provider.

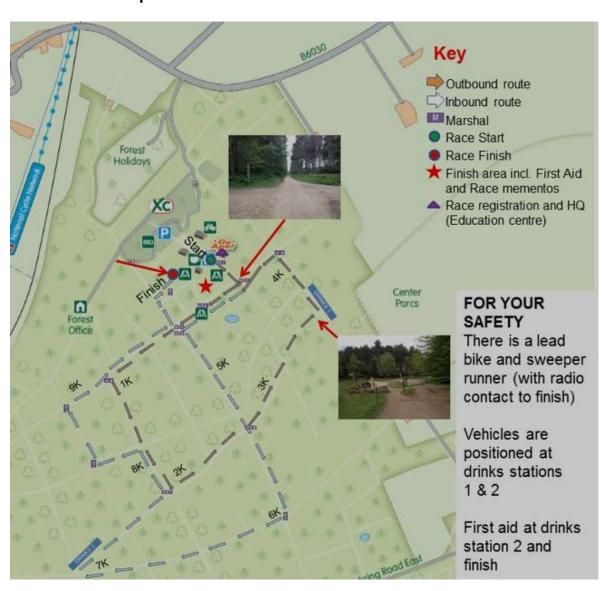|	
FINISH:	The 10k race and fun run both finish through the finish gantry on the main picnic field (just down from the Sherwood Pines Café).
CAR PARKING:	To reduce impact on the environment, and to reduce cost we would encourage runners where possible (and safe) to travel together. Car Parking is within Sherwood Pines designated car parks. On entering the park please follow the event car park signs which will direct you to the car parks. Parking marshals will guide you into the car parks. **Please follow the instructions of the car park marshals** and please adhere to the park speed limits. Please use the 4 digit code supplied in the race day information email to receive a 50% discount on the parking charge (between 6am-6pm) at the payment machines when you are about to leave Sherwood Pines (not on arrival). This code is for runners only. Further detail is available at https://www.forestryengland.uk/sherwood-pines Please ensure you have a bank card for the car park machines and please pay at these machines (situated just up from the visitors centre) when you are about to leave.
TOILETS:	Limited Ladies and Gents toilet facilities are available in the fixed toilet block near to the Café. No toilets are available on the course route. Please only use the designated toilets and please leave them in the same state that you found them in!
CHANGING / BAGGAGE / KEY STORAGE:	Please come ready as no changing facilities are available. **The fixed toilet block should not be used for changing.** We are unfortunately unable to offer a baggage or key storage facility.
RACE NUMBERS:	10K numbers will be from 1 – 400 Fun run numbers will be from 1-100
DRINKS:	10K race - Available at 3.25km, 7.25km (approx.) and at the finish. A bottle of water will be available for each 10k runner at the finish. Fun Run – Water/squash will be available at the finish.
ON THE DAY ENTRIES:	Please note that online registration closes at midnight on 31/08/21 but we will have approx 100 on the day entries available for the 10k, and approx 30 available for the Fun Run. On the day affiliated entry for the 10k is £17.00, and £19.00 unaffiliated. Fun Run entry is £3.00. On the day entrants should bring the correct money as we may be unable to provide change. Please note we are not able to take card or cheque payments. All on the day places are on a 'first come first served' basis and we would advise runners to arrive early to guarantee entry.
PRESENT-ATIONS:	For the 10k, 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.

	For the Fun Run presentation of trophies / prizes will commence at approx. 10.45. The presentations will take place in the finish area.
TROPHIES & PRIZES:	For the 10k, trophies will be awarded for 1st Male, 2nd Male, 3rd 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+). Trophies will also be awarded to running club teams (first 3 to count) - Male team & Female team. Please note that no competitor will be awarded more than one individual trophy.. Should a veteran finish 1st, 2nd or 3rd overall, then the major trophy will be awarded to that person and the veteran prize awarded to the next person home in that category. For the Fun Run, trophies/prizes will be awarded to the first three boys and first three girls (aged 17 and under).
TECH T-SHIRTS: (10k only)	Commemorative Technical t-shirts will be issued to all finishers. Note that for the 10k, if you are an 'on the day entrant' you may need to wait until all runners who registered before the day have arrived back before collecting your t-shirt, and we may not be able to provide your preferred size.
MEDALS: (Fun Run only)	Medals will be awarded to all finishers for the fun run.
FIRST AID:	St John's Ambulance personnel will be on duty throughout the event.
EVENT SAFETY:	1. Covid safe guidance (read section below) 2. 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. 3. The use of MP3/headphones is permitted but we would recommend that they are only used at a low volume (ideally just one ear piece) so that you can still hear marshal instructions, emergency vehicles, and other park users. 4. Competitors in the 10k and Fun Run must complete all fields on the reverse of their race numbers, and should not cut, fold or mutilate race numbers. 5. 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 in future years. 6. Please stick to the course route and ensure that you do not disturb wild fauna and flora, or agricultural livestock. 7. Please take care when coming into the finish field as the ground is uneven. 8. We hope you enjoy the race, have fun and arrive safely at the Finish. **Do take care at all times.**

COVID GUIDANCE	**EVENT VILLAGE** 1. All marshals and staff within the event and around the course will be issued with gloves and a mask for the duration of the event and will wear these were appropriate to do so. 2. Race packs <u>will not</u> be posted out ahead of the event. All race numbers will be collected on the day in an open air registration area. Please collect your number and leave the race entry area as quickly as possible after you have collected it. 3. Please limit the number of belongings you bring to the event and if possible leave anything in a car. This is in order to reduce contact between runners and staff. 4. There will be hygiene stations around the event with hand sanitiser for all runners. 5. You will see clear signage around the event village, please follow all signage and instructions from the marshals before, during and after the race. 6. There will be a manned, and clearly marked, St Johns Ambulance medical tent at the finish area. 7. NHS Covid Testing will be available on site on the day of the event for all visitors to Sherwood Pines. This will be situated next to the Education centre (just down from Go-Ape) **DURING THE RACE** 8. The race <u>will not</u> start in waves but we would ask that faster runners start nearer the front and slower runners nearer the back to avoid any congestion and the need to overtake on course. 9. There will be water stations on the course (cups) and a water station at the end (sealed bottles) however we ask that you stay hydrated before the event and if you are able to please bring your own. Bottles and camelbacks are permitted but please do not leave any bottles etc on the course – please take these home with you. 10. If you need to overtake on the course please give a wide berth, if possible of at least 1 meter around any runners or members of the public 11. Spitting and nasal clearance during the race is not permitted. **AFTER THE RACE** 12. Do not stop within the finish barriers. Please continue past the finish until you collect and pass the t-shirts and are in an open space. 13. We ask that once you have collected your t-shirt and water to avoid congregating in groups.
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 from Forestry England 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, http://www.ukresults.net 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
THE PARK:	Sherwood Pines is a great family location. There are a variety of trails around the park, an adventure playground, a café, cycle hire and Go-Ape. For more information visit www.forestry.gov.uk/england
FURTHER INFO:	Race website www.run2u.uk Facebook page www.facebook.com/activesherwood10k Enquiries activesherwood10k@gmail.com
RETAIL SPONSOR:	Our race retail sponsor 'The Lincolnshire Runner' (www.lincolnshirerunner.com) will also be present on race day with their van of goodies to tempt you to update that kit bag!.

10K – Course Map

Fun Run – Course Map (note that this route may be subject to minor change on the day)