

**RUN2U Events**  
**ACTIVE FOREST SHERWOOD PINES NIGHT RUN**  
**SATURDAY 17<sup>th</sup> MARCH 2018**

(Run under UKA rules – Licence number 2018-33440)

**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.

<b>LOCATION</b>	Sherwood Pines Forest Park (situated off the B6030 between Old Clipstone and Ollerton - follow the brown tourist signs). <b>Post code NG21 9JL</b>
<b>EVENTS:</b>	<b>7K NIGHT RUN</b> Run over a measured undulating course, leading out from the trail (near to the education centre) onto forest tracks which are generally firm hard backed trails ( <b>note that runners <u>do not</u> have priority over other members of the public using routes</b> )
<b>START:</b>	The start for the race is positioned near to the education centre. Please allow yourself plenty of time to arrive at the start point. Note that commemorative t-shirts will be given out when you collect your race number therefore please allow time to put this back in your vehicle before the start of the race if you do not intend to run in it.  The <b>start time</b> is <b>19.00pm</b> . Note that we will aim to get runners off at 19.00pm but please be patient should we need to delay the start of the race slightly for safety or other reasons.  <b>Race numbers will be available for collection from the Education centre on race day from 17.00pm. Race numbers must be collected by <u>18.30pm</u></b>  <b>The Education Centre is located close to the Visitor Information centre and Go-Ape. Note that race numbers <u>will not</u> be sent out in advance of race day.</b>  Note that the Sherwood Pines Night Run is <b>not chip timed</b> – all finish times will be based on ‘gun time’ recorded by our timing provider.
<b>FINISH:</b>	The Night Run finishes through the finish gantry (same point as race start).
<b>CAR PARKING:</b>	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 and to a parking space. <b>Please follow the instructions of the car park marshals</b> and please adhere to the park speed limits.

	This year the Forestry Commission have agreed to waive the parking fee for competitors therefore you do not need to pay for parking.
<b>TOILETS:</b>	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!
<b>CHANGING / KEY STORAGE:</b>	Please come ready as no changing facilities are available. The fixed toilet block <u>should not</u> be used for changing. We are unlikely to be able to offer a baggage facility, but we will be able to offer a key storage facility.
<b>RACE NUMBERS:</b>	Night Run numbers will be from 001 – 600
<b>DRINKS:</b>	Night Run - Available approx. half way, and at the finish. A bottle of water will be available for each Night Run runner at the finish.
<b>ON THE DAY ENTRIES:</b>	We will have a small number of 'on the day' places available for the Night Run. These are all on a 'first come first served' basis and we would advise runners who have not pre-registered to arrive early to guarantee entry.  On the day entry fee is £16 for unaffiliated runners, and £14 for UK Athletic affiliated runners. As we are required to pre-order race t-shirts we cannot guarantee on the day entrants the t-shirt size of their choice. If we run out of t-shirts we may be able to offer some places without t-shirts but will reduce the entrant fee by £3
<b>PRESENTATIONS:</b>	Presentation of trophies / prizes will commence at approx. 20.30pm, but please be patient should there be a delay, as it takes time to compile the results. The presentations will take place in the finish area.
<b>TROPHIES &amp; PRIZES:</b>	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+).  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, 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>	<b>Commemorative Technical t-shirts will be issued to entrants ahead of the race</b> when they collect their race number. As we are required to pre-order race t-shirts we cannot guarantee on the day entrants the t-shirt size of their choice. If we run out of t-shirts we may be able to offer some places without t-shirts but will reduce the entrant fee by £3
<b>FIRST AID:</b>	St John's Ambulance personnel will be on duty throughout the event.
<b>EVENT SAFETY:</b>	<b>1. THIS IS A NIGHT RUN – RUNNERS MUST WEAR HEAD TORCHES – WE ARE UNABLE TO PERMIT RUNNERS TO RUN WITHOUT A HEADTORCH</b>

	<p>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.</p> <p>3. The use of MP3/headphones <u>is</u> 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, particularly cyclists.</p> <p>4. Competitors in the Night Run must complete all fields on the reverse of their race numbers, and should not cut, fold or mutilate race numbers.</p> <p>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.</p> <p>6. Please stick to the course route and ensure that you do not disturb wild fauna and flora, or agricultural livestock.</p> <p>7. Please take care when coming into the finish field as the ground is uneven.</p> <p>8. If you do need to drop out of the run please do let our marshals or first aiders know so we can record you as having dropped out.</p> <p>9. We hope you enjoy the race, have fun and arrive safely at the Finish. <b>Do take care at all times.</b></p>
<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 from the Forestry Commission to use the park and they will take into consideration past events when making their decision!).
<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/activesherwoodnightrun">www.facebook.com/activesherwoodnightrun</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>THE PARK:</b>	<p>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 <a href="http://www.forestry.gov.uk/england">www.forestry.gov.uk/england</a></p> <p><b>Note that the Sherwood Pines café will be open until approx. 9pm serving hot and cold food and refreshments.</b></p>
<b>FURTHER INFO:</b>	<p>Race website <a href="http://www.run2u.uk">www.run2u.uk</a></p> <p>Facebook page <a href="https://www.facebook.com/activesherwoodnightrun">www.facebook.com/activesherwoodnightrun</a></p> <p>Enquiries <a href="mailto:sherwoodnigh@gmail.com">sherwoodnigh@gmail.com</a></p>
<b>RETAIL SPONSOR:</b>	Our race retail sponsor 'Metres to Miles' ( <a href="http://www.metrestomiles.co.uk">www.metrestomiles.co.uk</a> ) will also be present on race day with their van of goodies to tempt you to update that kit bag!

## Night Run – Course Map

