

**RUN2U Events present:
EDWINSTOWE CHRISTMAS 10K
TRAIL RACE
(& Nottinghamshire trail running championships 2024)**

**SUNDAY 1st December 2024
Start/Finish at
SHERWOOD FOREST NATIONAL NATURE RESERVE COUNTRY
PARK, EDWINSTOWE**

(Run under UKA rules – Licence number 2024- 27909)

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.

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>Car parking (IMPORTANT!) – This year the main parking will be 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 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. Parking mobile app & payment solution PayByPhone https://paybyphone.co.uk/ Location ID 806294</p> <p>Disabled badge Holder parking is available next to the RSPB visitors centre (parking charges apply)</p> <p>Coach/mini-bus parking is free but must be reserved a minimum of 3 days prior to the event Please email run2uevents@gmail.com to reserve.</p> <p>Limited additional Free parking is available in and around Edwinstowe Village centre. Please check signage</p>

	for conditions.
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 2023 event with runners passing the famous Major Oak both outbound AND on the return.</p> <p>At the finish, runners will go through the finish line 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 bike).</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. <u>Race numbers will be available for collection from the tents on the event field outside the new RSPB Visitors Centre on race day</u> 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 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.</p> <p>Runners entered into the <u>Nottinghamshire trail running championships</u> must register at the Nottinghamshire championships desk before the race.</p>

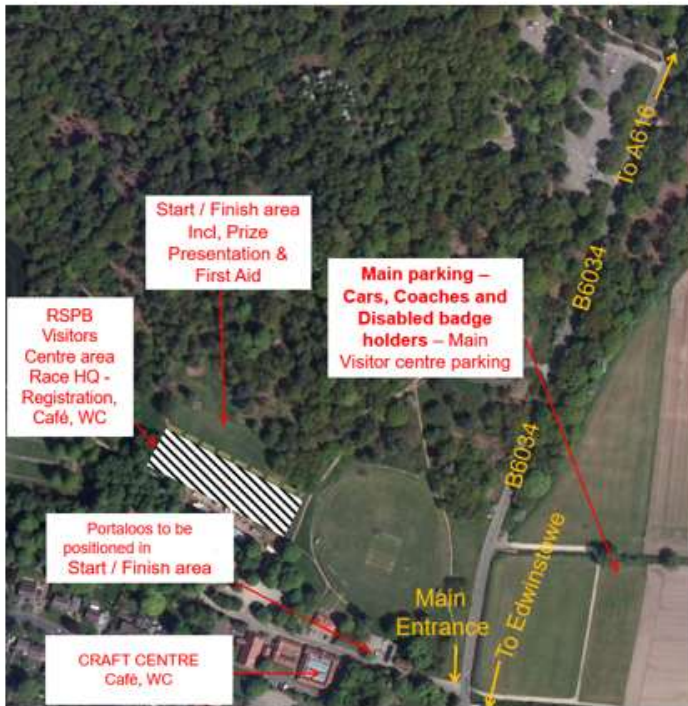
	Note that the Edwinstowe Trail Race is gun timed therefore you will not receive a timing chip with your race number.
FINISH:	On the main grassed area adjacent to the new RSPB Visitors Centre. Please take care not to run into any of the stumps around this area and be aware of other park users (walkers, cyclists, children etc).
TOILETS:	Portaloos are available on the event field. Toilets are also available in the 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.
REFRESHMENTS	Refreshments will be available from the craft centre, and from Edwinstowe Cricket Club. We'd also encourage runners and supporters to check out the craft centre shops for Christmas ideas/presents!
CHANGING	We do not have and changing or shower facilities this year,
BAGGAGE / KEY STORAGE	Unfortunately we are unable to offer bag or key storage this year.
RACE NUMBERS:	10K numbers will be from 001 – 600.
DRINKS:	Available at 5km (approx.) and at the finish. A bottle of water will be available for each runner at the finish.
ENTRIES ON THE DAY:	<p>Online entry is now closed. We will have a small number of on the day entries available on a first come first served basis. We are unable to guarantee finisher medals for all “on the day entrants” as we need to prioritise those runners who entered before the day. On the day entry is £18 (affiliated) and £20 (unaffiliated).</p> <p>Entry to the <u>Notts County Championships</u> is available on the day but be advised entries on the day will be limited as described above.</p>
TRANSFERS / DEFERRALS	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!!
PRESENT-ATIONS:	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</u>

	<u>send on trophies/prizes which are not collected on the day.</u>
TROPHIES & PRIZES – EDWINSTOWE 10k:	<p>Trophies will be awarded for 1st Male, 2nd Male, 3rd Male, 1st Male U23, Vet Male (40+), Vet Male (50+), Vet Male (60+), Vet Male (70+), Vet Male (80+), 1st Female, 2nd Female, 3rd Female, 1st Female U23, Vet Female (40+), Vet Female (50+), Vet Female (60+), Vet Female (70+), Vet Female (80+).</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>
Nottinghamshire trail running championships 2024	<p>The Edwinstowe 10k is also being used as the Nottinghamshire trail running championships 2024. Those runners wishing to take part in the championships must have registered online and to have selected the Notts champs tick box section (qualification by county birth or 9 months county residence) prior to the race. Minimum entry age for the championships is 18 (on the day of the event).</p>
Nottinghamshire trail running championships 2024 Medals	<p>Medals will be awarded in the individual categories of Open, U23, Vet Male (40+), Vet Male (50+), Vet Male (60+), Vet Male (70+), Vet Male (80+), Vet Female (40+), Vet Female (50+), Vet Female (60+), Vet Female (70+), Vet Female (80+).</p> <p>Team categories for men and women of open (3 counters of any age), vet (3 counters all aged 40+), mixed team (3 counters of any age of either 1 man + 2 women or 2 men + 1 woman).</p> <p>A club's captain / manager must declare their club's runners for the male and female vet teams and mixed team (there is no limit to the numbers of runners declared but the first 3 runners finishing in each team category score). Declarations must be made on race day and before the race start and at the Nottingham trail running championships registration desk.</p>

	If no vet or mixed teams are declared by a club, all of a club's runners are by default in the open team category.
MEDALS:	<p>Commemorative MEDALS will be available for collection from the finish area. You will need to have your race number with you to collect your medal.</p> <p><i>(In response to feedback from runners, this year we will be providing medals and not finisher t-shirts).</i></p>
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!). 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.
RESULTS:	Results will be published on the website www.run2u.uk and Facebook page www.facebook.com/edwinstowe10k Nottinghamshire trail running championships results will be available at www.nottsaaa.org
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 16th year we have used Sherwood Forest, Edwinstowe for the race. We have been given permission to hold the event at Sherwood Forest by the landowners. In order to use Sherwood Forest 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 Sherwood Forest 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 Nottinghamshire trail running championships information www.nottsaaa.org RSPB Visitors centre: www.visit-nottinghamshire.co.uk/things-to-do/sherwood-forest-visitor-centre-and-national-nature-reserve-p355601
RETAIL SPONSOR:	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

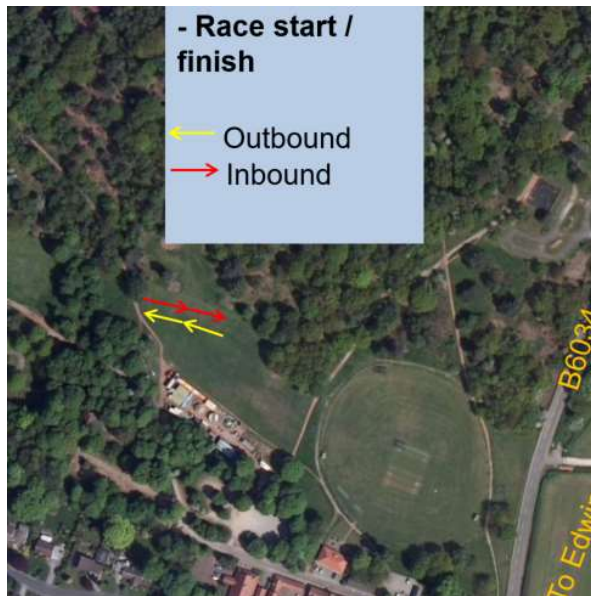


Edwinstowe 10k Trail Race - Site Map

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>

Edwinstowe 10k route

> = Outbound < - Inbound

