

Entrant Race Day Instructions and Maps

RUN2U Events present: EDWINSTOWE CHRISTMAS 10K TRAIL RACE

SUNDAY 27th November 2022
Start/Finish at
SHERWOOD FOREST NATIONAL NATURE RESERVE COUNTRY
PARK, EDWINSTOWE

(Run under UKA rules – Licence number 2022- 43306)

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	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><u>Car parking (IMPORTANT!)</u> – 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 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>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 run2uevents@gmail.com to reserve.</p> <p>Limited additional Free parking is available in and around Edwinstowe Village centre. Please check signage for conditions.</p>

<p>EVENT / COURSE:</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>The route will follow the same route as the 2021 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 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>START:</p>	<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. 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>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>Note that the Edwinstowe Trail Race is gun timed therefore you will not receive a timing chip with your race number.</p>
<p>FINISH:</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>TOILETS:</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>

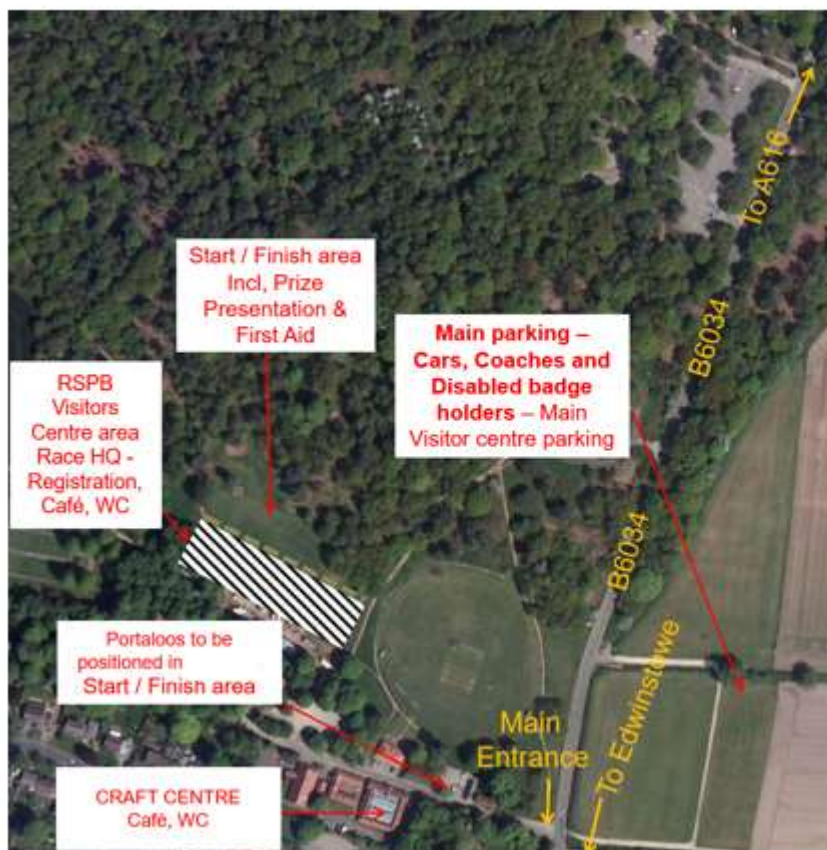
	only use designated toilets and do not use the park as this is not permitted and will risk the staging of the event in future years.
REFRESHMENTS	Refreshments will be available from the RSPB café, the Edwinstowe Cricket Club, and the craft centre. We'd also encourage runners and supporters to check out the RSPB visitors centre shop and craft centre shops for Christmas ideas/presents!
CHANGING	We do not have and changing or shower facilities this year,
BAGGAGE STORAGE	Unfortunately we are unable to offer bag or key storage this year.
RACE NUMBERS:	10K numbers will be from 001 – 500.
DRINKS:	Available at 5km (approx.) and at the finish. A bottle of water (sports cap) will be available for each runner at the finish.
ENTRIES ON THE DAY:	Online entry closes on Sunday 20th November. No “on the day” entries will be available this year.
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!!
PRESENTATIONS:	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 send on trophies/prizes which are not collected on the day.</u>
TROPHIES & PRIZES:	<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+).</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>
TECH T-SHIRTS:	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 finish the 10KM. 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 bring your race number with you to collect your t-shirt.
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.
COVID GUIDANCE	EVENT VILLAGE <ol style="list-style-type: none"> 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 where 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

	<p>race entry area as quickly as possible after you have collected it.</p> <ol style="list-style-type: none"> 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. <p>DURING THE RACE</p> <ol style="list-style-type: none"> 7. 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. 8. 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. 9. Spitting and nasal clearance during the race is not permitted. <p>AFTER THE RACE</p> <ol style="list-style-type: none"> 10. 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.
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
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 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.
FURTHER INFO:	Race website www.run2u.uk Facebook page www.facebook.com/edwinstowe10k Enquiries run2uevents@gmail.com 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' are offering runners a 15% discount at their shop on production of their race number up-to 24/12/2022 (min spend £30 / full priced goods only).
MAIN SPONSOR:	We would like to thank our sponsors for their support for this event and for previous events.

Site Map

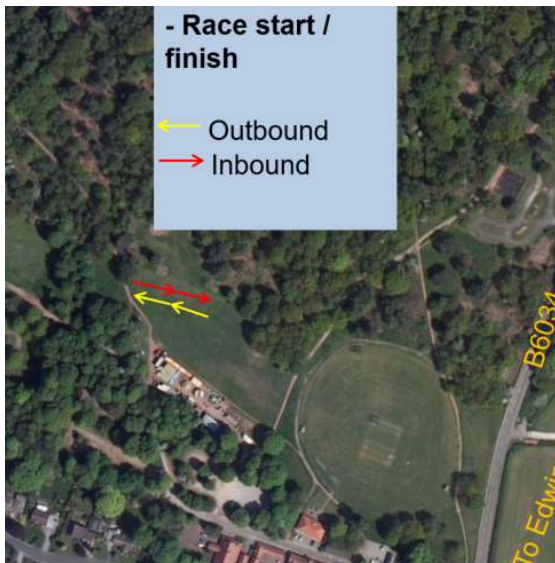


Edwinstowe 10k Trail Race - Site Map

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>

