

**RUN2U Events**  
**ACTIVE FOREST SHERWOOD PINES 10K**  
**TRAIL RACE & FAMILY FUN RUN**  
**SUNDAY 2<sup>nd</sup> September 2018**

(Run under UKA rules – Licence number 2018-31785)

**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.

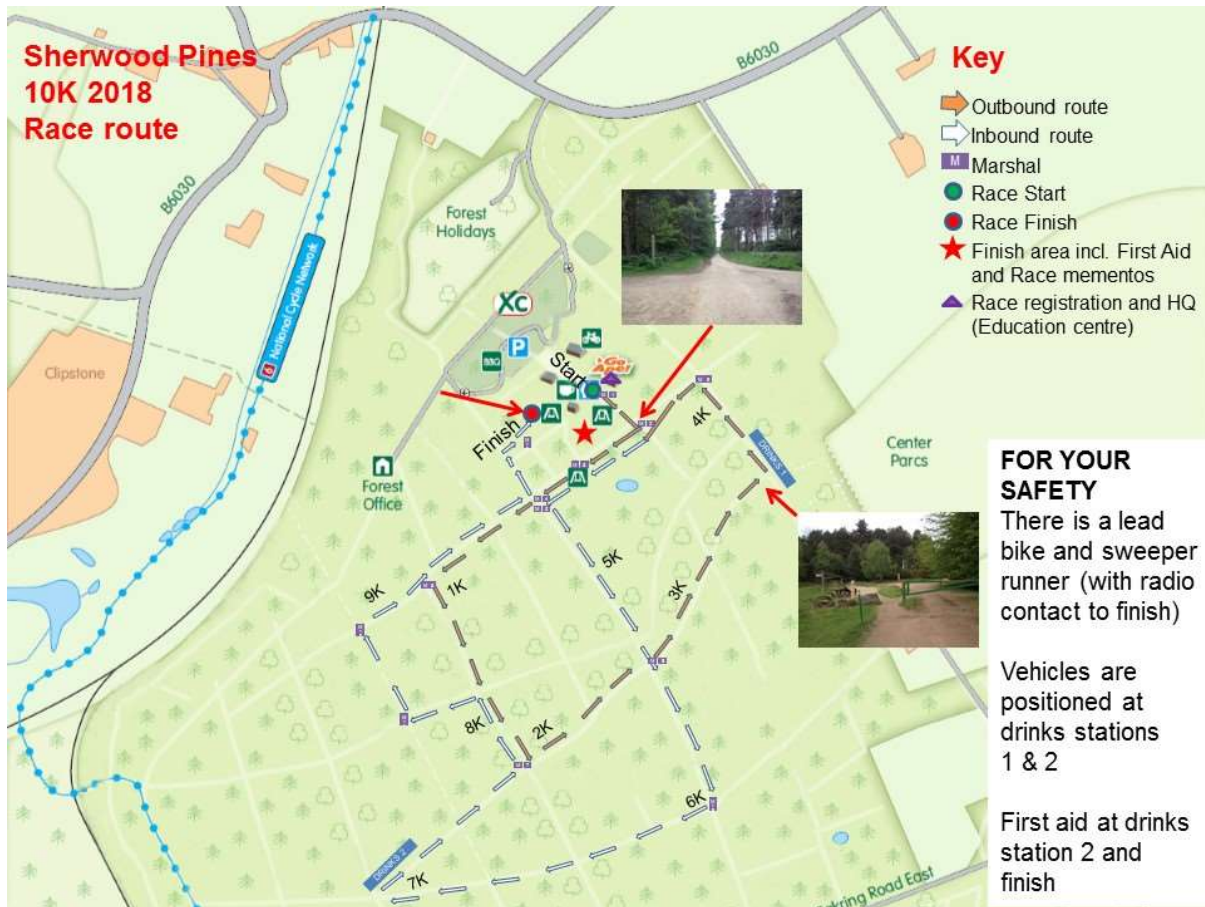
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| <b>LOCATION</b> | Sherwood Pines Forest Park (situated off the B6030 between Old Clipstone and Ollerton - follow the brown tourist signs). <b>Post code NG21 9JL</b>   |
| <b>EVENTS:</b>  | <p><b>10K TRAIL RACE</b><br/> Run over an accurately measured undulating course, leading out from the trail (near to the education centre) onto forest tracks which are generally firm hard backed trails (<b>note that runners <u>do not</u> have priority over other members of the public using routes</b>)</p> <p><b>FUN RUN</b><br/> 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. (<b>note that runners <u>do not</u> have priority over other members of the public using routes</b>)</p>   |
| <b>START:</b>   | <p>The start for the 10k race and fun run is positioned near to the education centre. Please allow yourself plenty of time to arrive at the start point</p> <p>The <b>fun run start</b> is at <b>10.00am</b>.<br/> The <b>10k start</b> is at <b>*10.30am</b>. (<i>*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</i>)</p> <p><b>Race numbers will be available for collection from the Education centre on race day from 8.30am.</b><br/> - Fun Run race numbers must be collected by <b><u>09.45am</u></b><br/> - 10k race numbers must be collected by <b><u>10.00am</u></b></p> <p><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></p> <p>Note that the Sherwood Pines Trail Races are <b>not chip timed</b> – all finish times will be based on ‘gun time’ recorded by our timing provider.</p> |

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| <b>FINISH:</b>                 | The 10k race and fun run both finish through the finish gantry on the main picnic field (NOT the lower field used for the 2016 10k race)   |
| <b>CAR PARKING:</b>            | <p>In the main 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.</p> <p>This year a <b>discounted car park fee of £2 per vehicle</b> (for the full day) <b>has been agreed with the Forestry Commission for event entrants</b>. Note that the car park machines <u>do</u> now take the new £1 coins. Please ensure you have change for the car park machines and please pay at these machines on arrival (not on exit as originally communicated).</p> <p><b>Car Parking procedure – Sherwood Pines Trail Race.</b> To qualify for the discounted rate runners will be required to:</p> <ol style="list-style-type: none"> <li>1. Park in the main car park on arrival and walk to the ticket machines and press the ‘car’ button.</li> <li>2. Then press the ‘leaving now’ button (this will secure the £2 payment).</li> <li>3. Then enter your car registration number and pay via coin or card (if paying by coins please make sure you have the correct change as neither we, the Forestry Commission, Café or Cycle Centre are able to provide change)</li> <li>4. On exit the system should recognise your number plate and let you through the barriers.</li> </ol> <p>There is no need for you to display a ticket or the parking voucher referred to in the original version of the race day instructions sent to you a few days ago.</p> |
| <b>TOILETS:</b>                | Limited Ladies and Gents toilet facilities are available in the fixed toilet block near to the Café. Additional toilets are available in the portable facilities at the finish. 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> | <p>Please come ready as no changing facilities are available. <b>The fixed toilet block <u>should not</u> be used for changing.</b></p> <p>We are unlikely to be able to offer a baggage facility, but we will be able to offer a key storage facility.</p>  |
| <b>RACE NUMBERS:</b>           | <p>10K numbers will be from 001 – 600</p> <p>Fun run numbers will be from 001-100</p>  |
| <b>DRINKS:</b>                 | <p>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.</p> <p>Fun Run – Water/squash will be available at the finish.</p>   |

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| <b>ON THE DAY ENTRIES:</b>       | <p>We will have approximately 60 places available for the 10k on the day, and 50 places available for the Fun Run on the day. These are all on a 'first come first served' basis and we would advise runners to arrive early to guarantee entry.</p> <p>On the day entry fee for the 10k is £16 for UK Athletic affiliated runners and £18 for unaffiliated runners. Fun Run entry fee is £3. We are only able to accept cash for on the day entries. All proceeds from the fun run will be donated to Bluebell Wood Childrens Hospice.</p>   |
| <b>PRESENTATIONS:</b>            | <p>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.</p> <p>For the Fun Run presentation of trophies / prizes will commence at approx. 10.45.</p> <p>The presentations will take place in the finish area.</p>   |
| <b>TROPHIES &amp; PRIZES:</b>    | <p>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+). A number of prizes will also be awarded.</p> <p>Trophies will also be awarded to running club teams (first 3 to count) - Male team &amp; Female team.</p> <p>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.</p> <p>For the Fun Run, trophies/prizes will be awarded to the first three boys and first three girls (aged 17 and under).</p> |
| <b>TECH T-SHIRTS: (10k only)</b> | <p>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.</p>  |
| <b>MEDALS: (Fun Run only)</b>    | <p>Medals will be awarded to all finishers for the fun run.</p>   |
| <b>FIRST AID:</b>                | <p>St John's Ambulance personnel will be on duty throughout the event.</p>  |
| <b>EVENT SAFETY:</b>             | <ol style="list-style-type: none"> <li>1. 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.</li> <li>2. 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.</li> </ol>   |

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|                        | <p>3. 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.</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 in future years.</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. Please take care when coming into the finish field as the ground is uneven.</p> <p>7. 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/activesherwood10k">www.facebook.com/activesherwood10k</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>       | 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>   |
| <b>FURTHER INFO:</b>   | Race website <a href="http://www.run2u.uk">www.run2u.uk</a><br>Facebook page <a href="https://www.facebook.com/activesherwood10k">www.facebook.com/activesherwood10k</a><br>Enquiries <a href="mailto:activesherwood10k@gmail.com">activesherwood10k@gmail.com</a>  |
| <b>RETAIL SPONSOR:</b> | Our race retail sponsor 'The Lincolnshire Runner' ( <a href="http://www.lincolnshirerunner.com">www.lincolnshirerunner.com</a> ) 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)

