



## THE LONGHORN 2017 FINAL RACE INFORMATION

**THORESBY HALL ESTATE, OLLERTON, NOTTINGHAMSHIRE, NG22 9HW  
SUNDAY 23<sup>rd</sup> April 2017**

### **Welcome to The Longhorn 2017**

We would like to welcome everyone to The Longhorn 2017 organised by SBR Events Limited, with the assistance of Thoresby Hall Estate.

### **Confirmation of Entry**

Please check on the list of participants posted on the website & online that all of your data is correct. Race entries may be included on the list even if you have withdrawn recently. [The Longhorn 2017 Participant List](#)  
Please inform us of any issues with your entry ASAP.

### **Age Restrictions**

In line with Run Britain regulations, there are age restrictions. If you have a minor running under the suggested age for the distance we expect the responsible parent or guardian to ensure they are fit to race before signing them up.

### **What Will You Need?**

The weather feels very changeable this week. We advise that you bring a range of sporting garments in case the weather changes unexpectedly on the day. If it is going to be cooler (forecasts look like 2 to 11 degrees) please bring lots of layers of dry warm clothes (for during & post run). Bring bottled water or isotonic drinks, snacks & gels for the run. We provide water stations for all & feed stations for those on half marathon, marathon & 60k ultra. Although this is a trail run the ground is currently very firm. It is not muddy like last year and please remember that majority of this race is on hard ground – there is only a small part of the run on grass.

### **Directions - Thoresby Hall Estate, Nottinghamshire. – FOLLOW postcode NG22 9WH**

Thoresby Hall is to be found south of Clumber Park off the A614 near Ollerton, Nottinghamshire. The venue is located approximately:

Lincoln 24 miles - 40 minutes

Leeds 54 miles - 60 minutes

Birmingham 77 miles - 1.5 hours

London 156 miles - 3 hours

### **Accommodation**

For local information including accommodation please look here: <http://www.experiencenottinghamshire.com/tourist-info>

### **Car Parking**

#### **Please Note: there is free parking at Thoresby Estate NG22 9WH**

The car park is free to everyone & is open from 7.45am for athletes for registration at 8.00am –just a 5min walk to Race Village & Start.

Please **DO NOT** use Thoresby Hall Spa Hotel or The Courtyard entrances.

All parking for the event will be based at the Events Field at Thoresby. Follow the standard highway brown signs off the A616 and the A614 which will direct you to Thoresby on Netherfield Lane & to the entrance to the car park entrance 500 metres from the hotel entrance. You will see yellow '**EVENT PARKING**' signs turning you onto the roads leading to the parking area. Where possible please car share to minimise the environmental impact. Please do not leave any belongings on show in your vehicles

### **Race Registration - Sunday 08:00 – 10:50**

Due to a sell-out event there will NOT be on the day entries or transfers available this year.

### **REGISTER**

The registration area will be in our gazebos sited in the race village. You must collect your race number & drop your baggage at the corresponding desk to your race number.

At registration just give your name or race number & you will collect a single race number and a timing chip & your t-shirt (if pre-paid).

## **COURSE MAPS**

There will be maps of the route available for you to review (they are currently on the website/ The Longhorn page). However the course is fully signed & marshalled so it will be easy to follow.

## **BAGGAGE DROP**

Our chosen charity- Nottingham Hospitals Charity are kindly assisting with the baggage drop this year. We are specifically raising funds for The Children's Hospitals. We are politely asking for a donation (suggested £1). You can leave baggage here (use tear off part of your race number).

Bags will ONLY be returned to person with matching race number. You must collect your race number & drop your baggage at the corresponding desk to your race number.

If you do not drop your bag at the correct desk your bag will be harder to find among the 1000+ participants so please take drop it at the correct desk. We know it will get very busy at this time so please be patient with the volunteer marshals.

## **Race Numbers**

- Race Numbers must be worn on the front during the run.
- Numbers must be pinned at all four corners. Number belts/ bands are allowed but it is recommended that two be worn. One number band for the top of the number & one number band for the bottom to stop your number creasing up and becoming unreadable.
- Complete the medical info & emergency contact info on the back with MC on bottom left at front if you have a medical condition.

NB. You don't need to bring safety pins; we will have plenty at registration.

## **Timing Chip**

To maximise the success of getting your time there are a few things required:

a) Wear the chip!

b) When attached to the strap wear it just above EITHER ankle with the chip pointing away from your leg. If you wear it anywhere else, the chip may not be read.

On most occasions we will have full provisional results same day - [The Longhorn 2017 Provisional Results](#)

Please return your chip back at the finish line especially if you have to retire early. You will incur a **charge of £10** if you fail to hand it in.

At the end of the race you can print out full details of your race statistics, including pace per km & mile, lap time, where you are placed in your age group & more! Some of these statistics will also be sent a text if you gave us your mobile telephone number on the booking form depending on GPS signal. Results are also emailed to you with a Finishers' Certificate after results are verified.

## **Race Briefings – A few mins before each race on start line**

A very short race briefing will take place near to the start / finish line to direct you to the correct start point. If you are unsure about anything please attend. The Race Briefings will inform you of any last minute route changes and safety points. If you have any questions or queries on race day, please ask them at Race Registration.

10k Canicross will have a separate briefing at 10.15am at Canicross gazebo/tent giving you time to go back to the car to fetch your dogs before the race. With 45 dogs on this race we have taken the lead from other Canicross races such as Fur Nations 2017 who have confirmed that race briefings are held a little ahead of the start time so that you can hear them! ☺ We hope this helps.

## **Race Start Times**

**Start will be near the FINISH GANTRY in race village**

60k will start at 08:30

26.2 will start at 09:30

10k Canicross will start at 10.45

10k will start at 10.55

HM will start at 11:05

5k will start at 11:10

## **Course Reconnaissance – refer to maps on website**

The run course will be setting up from Friday morning. Please note that this race is on private land and cannot be accessed before the race on Sunday.

## **5KM – 2 lap course on a different route**

From the start follow the road over Stonebridge. Before the trees turn left entering the woodland. Run past the church and where you meet the road a marshal will direct you to the left. Follow this road round a left bend and past the lake and the cottages, turning left into the woodland when directed by a marshal. Follow this path through the trees – BEWARE OF ANY TREE ROOTS ALONG THIS PATH – until you emerge into a field on the other side, with a beautiful

view of Thoresby Hall. Follow the channel across the road & over the field, turn left towards the hall where a marshal will be based & make a left turn to run down a funnel parallel with the finish straight (end of lap 1). Then re-join the main circuit at the 'Y' junction near the water station. At this point complete a 2<sup>nd</sup> lap and then follow the signs onto the finish straight under the trees – breathe and collect your medal!

There is 1 water station on the 5k course which you pass twice near race village.

Please bring your own isotonic drinks, energy bars or gels. **Please ensure you don't drop any litter & take your rubbish home with you to preserve the environment & the wildlife on this course. We are very lucky to be able to run in such a beautiful environment.**

### **10KM – (1 lap)**

From the start line, follow the tarmac road over Stonebridge and up into open countryside.

At 2k you will turn right into the forest and through an area containing farm machinery. Travel past the first cattlegrid, turning left onto grass down Wobbly Way (it's a touch uneven and soft underfoot – it can be muddy down here).

At 3k you will cross the road for The Sherwood Hideaway and the 1st feed/water/toilet station. Go through the gate and take the left fork. You are heading towards the southern point of the run. From here follow the signs through the SSSI area of the forest.

At 6k you will be in open countryside and have an opportunity to see the 'Estate House' on your left. You are also approaching the 2<sup>nd</sup> feed/water/toilet station.

After this station and a small meandering through more forestation you will emerge into open farmland and you'll see Britain's largest herd of Longhorn.

At 8k you cross over the Meden River with great views towards the lake on your right. Follow the track up to Spready Oaks. After the field and a small downhill track, you'll be approaching the lake section. Look for the 1000's of geese on the lake, mostly Canada and Brent. Through another area that is uneven underfoot next to the lake (this was muddy & waterlogged last year & has left deep wheel tracks in the ground). It is dry now.

The final stretch is past the cricket ground, in front of the hall, Cherry Tree Avenue, straight on to the finish line – and collect your medal.

Please bring your own isotonic drinks, energy bars or gels. **Please ensure you don't drop any litter & take your rubbish home with you to preserve the environment & the wildlife on this course. We are very lucky to be able to run in such a beautiful environment.**

### **60KM (6 laps)**

You will mainly follow the 10k route.

From the start line, follow the road over Stonebridge. Before the trees turn left entering the woodland. Run past the church and where you meet the road a marshal will direct you to the right. Follow this to the end and follow signage to the left to re-join the main 10k route. (see above)

At the water/toilet stations there will also be a feed station for you to enjoy some nutrition to keep your energy up. These may include nuts, mars bars, bananas & apples, isotonic drinks, energy bars /gels, pork pie & cocktail sausages, crisps & sweets.

The (final) stretch past the cricket ground, in front of the hall, at Race Village follow the signs to take the right turn towards your 2<sup>nd</sup> lap. This takes you past toilet / water & feed station No3. You can also access your bags & tents down here on the right hand side. Repeat the above 5 more times! Upon emerging from the lake section after your 6<sup>th</sup> lap go straight on towards Cherry Tree Avenue, finish line – and collect your medal!

**Please ensure you don't drop any litter & take your rubbish home with you to preserve the environment & the wildlife on this course. We are very lucky to be able to run in such a beautiful environment.**

There will be bins on course of course!

### **13.1 miles (2 laps) / 26.2 miles (4 laps)**

From the start line, follow the road over Stonebridge. Before the trees turn left entering the woodland. Run past the church and where you meet the road a marshal will direct you to the right. Follow this to the end and follow signage to the left to rejoin the main route.

At 1.5 miles you will turn right into the forest and through an area containing farm machinery. Travel past the first cattlegrid, turning left onto grass down Wobbly Way (it's a touch uneven and soft underfoot – it can be muddy down here).

At 2 miles you will cross the road for The Sherwood Hideaway and the 1st feed/water/toilet station. Go through the gate and take the right fork. You will find the forest sectioned off guiding you to the most southern point of the course and where you will re-join with the 10k/60k.

At 4 miles you will be in open countryside and have an opportunity to see the 'Estate House' on your left. You are also approaching the 2<sup>nd</sup> feed/water/toilet station.

After this station and a small meandering through more forestation you will emerge into open farmland and you'll see Britain's largest herd of Longhorn.

At 5 miles you cross over the Meden River with great views towards the lake on your right. Follow the track up to Spready Oaks. After the field and a small downhill track, you'll be approaching the lake section. Look for the 1000's of geese on the lake, mostly Canada and Brent.

The (final) stretch past the cricket ground, in front of the hall, at Race Village follow the signs to take the right turn towards your 2<sup>nd</sup> lap. This takes you past toilet / water & feed station No3. You can also access your bags & tents

down here on the right hand side. Repeat the above once for half & 3 more times for marathon! Upon emerging from the lake section after your last lap go straight on towards Cherry Tree Avenue, finish line – and collect your medal!

**Please ensure you don't drop any litter & take your rubbish home with you to preserve the environment & the wildlife on this course. We are very lucky to be able to run in such a beautiful environment.**

### **Medical Cover**

The safety of our competitors is paramount. Onsite during the event will be Jola Medics, on the day there will be a team of 1<sup>st</sup> aiders and paramedics plus an Accident and Emergency ambulance equipped to NHS standard, with manual defibrillator / cardiac monitors, ventilators, and pulse oximetry. A field support tent will be at the Race Village and 2 cycle responders plus a 4x4 ambulance are out on the course. If before, during or after the event you feel that you require any type of medical care, please do not hesitate to contact an event marshal. If you are in-between marshal stations on the course and become unwell, please ask a fellow athlete to alert the next marshal, who will radio for medical help.

### **Medical Conditions**

Don't forget to write emergency name & contact details on the back of your race number. If you have any type of medical condition or are taking any type of medication please write a large 'MC' on the bottom left of your race number. Please write your medical condition fully on the back of your number also. This will only be used in the event of you being involved in an accident.

### **RACE VILLAGE**

Arrive at Race Village to collect your medal, get a drink & grab any baggage you left.

We will also be providing a Sundried bag for you to pop in;

Banana from Kerry's Fresh

Bottle of water & packet of crisps

Pip'n'Nut – Peanut Butter squeeze packs – these are not already in the bags (for anyone with allergies)

Midlands Running Guide

Sundried – Goody bag sponsor

Discount code from Kerry's Fresh

Race leaflets –check out other local events

Discounts on various leaflets

At the Race Village you will find marquees for registration, baggage holding area, sports therapists from Sports Massage Academy, Canicross & Nordic Walking groups, local running clubs, our charity partners for The Longhorn - Nottingham Hospitals Charity & JC Race Solutions chip timing for your results.

There will be a free bouncy castle for children plus toilets, first aiders/ambulance from Jola Medical.

### **The Longhorn Race Clothing – Look out for the dragon!**

We have gone all out with the theme for this year being St George's Day!

There will be a chance to buy a range of race clothing: t-shirts for £10 / £15 / £25 or a hoody for £25 / £40 – cash only or BACS payment after the race please. Just give your race number on the day & we can arrange BACS payment by email.

### **Sports Therapist post-race massage.**

To help loosen your muscles after your race, you can book in for a free post-race massage. The team from Sports Massage Academy will be in place to stretch you out & mend those tired legs or stiff backs! This is a completely free 10 minute massage.

### **Glenn Curley & Click Event Photos - Free photos at The Longhorn!**

Glenn & his team will be out on the course to take photos of you which can be downloaded & shared free of charge after the event!

Go to [www.clickeventphotos.co.uk](http://www.clickeventphotos.co.uk) & click on FIND MY PHOTOS & enter the password LH17

Don't forget to pre-register on the gallery to be notified of when the photos go live. Click on this link – then pop your email in so you can find your photos as soon as they go live. [The Longhorn 2017 Photo Gallery](#)

**My tips...** do a Mo pose / Usain Bolt or wave/smile / we want flying feet /jump & kick your heels / jump & kick your bum/ aeroplanes – do anything to look happy crazy runner instead of THAT RUNNING face! LOL!

### **Food**

Hot food & drinks available; hot potatoes with delicious fillings from **Good Spuds** & coffee & amazing cakes from **The Sunshine Van**.

## **Toilets**

Toilets are available in Race Village & at 2 locations on the course that we are providing specifically for this race.

## **Results**

Times will be available from JC Race Solutions tent next to the finish line. You will be able to collect a print-off detailing your times including your various splits. Provisional results will be available on [The Longhorn 2017 Provisional Results](#) later on race day.

## **BRING YOUR CLUB FLAGS!**

**If you are from a running club, athletics association or triathlon club please bring your team flags with you & a marshal will display it in the Race Village Arena so we can see where the running community have come from.**

## **Results**

Times will be displayed in the timing tent next to the finish. You will be able to collect a print-off detailing your times including your various splits.

**PRIZES: These will be determined by chip time - not gun time.**

**There will be trophies in the following categories on the 5k, 10k half marathon, marathon & 60k ultra race:**

- 1<sup>st</sup>, 2<sup>nd</sup>, 3rd Man & Woman
- Fastest Man Veteran 40+ & Fastest Woman Veteran 35+

**There will be trophies in the following categories on the 5k, 10k & half marathon race:**

- Fastest Canicross Winner Male & Female

**There will be race discount codes (sent by email) in the following categories on 5k, 10k & half marathon race:**

- 1<sup>st</sup> Nordic Walker

**There will be certificates emailed to all age group winners in the following categories on ALL races:**

- Fastest Man V40-44, V45-49, V50-54, V55-59, V60-65, V65-69, V70+
- Fastest Woman V35-39, V40-44, V45-49, V50-54, V55-59, V60-65, V65+

The Presentations will take start at approx.

12.15pm for 5k	12.30pm for 10k	1.15pm for half marathon race
1.45pm for marathon	2.30pm for 60k ultra	

There are many trophies so please be patient & be in attendance to collect your trophy. (If you miss the presentation they may be posted out but a charge for admin & P&P will be politely requested).

**There will also be certificates emailed to all participants in the following categories on ALL races:**

- All participants - This will detail your category & finish times
- Canicross - This will detail your category & finish times & will have distinctive pawmarks on

## **Nottingham Hospitals Charity**

Our partnered charity Nottingham Hospitals Charity has a stand & is asking for a donation (suggested £1) for baggage drop. We were successful last year in raising funds for the (soon to be built) Helipad...

.... & in 2017 we are hoping to raise funds towards the Nottingham Children's Hospital "The Big Appeal".

**More about the charity** - 'All of the money we invest goes to help save lives, build a better NHS or support research at Nottingham University Hospitals NHS Trust. The Trust is made up of your local hospitals – Nottingham City Hospital, the Queen's Medical Centre, Nottingham Children's Hospital, Hayward House and Ropewalk House.'

**Nottingham Children's Hospital:** We know that having a child in hospital is one of the most stressful things a family can face. "The Big Appeal" is raising funds for state-of-the-art equipment to diagnose children's illnesses earlier and more accurately, as well as providing families with a comfortable 'home from home' so they can stay close-by while their child is receiving care.

Nottingham Hospitals Charity wants to raise £3 million by 2019 to provide vital support to the Children's Hospital, helping to transform care and research new treatments for over 60,000 children and young people each year.

## **Canicross**

We would love for this venue to become a firm favorite for canicross runners - & want both man & beast to enjoy their day.

Please keep your dog on a harness especially as the site is SSSI protected & has rare vegetation & wildlife in the forest.

Please clean up after your dog.

We always ask people running with dogs to avoid using choke chains, slip collars or haltis as they restrict the breathing of the dog. A harness is best for the dog (check it isn't rubbing anywhere) but a well-fitting flat collar is fine for short distances.

Please do not feed your dog at least two hours before exercise and around an hour to an hour and a half afterwards, as there is a risk of the dog bloating (this is especially true of the bigger dogs and dogs with deep chests).

Heat stroke can be a problem but we hope to avoid that this time of year. We will have regular water stations around the course for the dogs with shared water bowls.

No one should pull or drag their dog. If your dog doesn't want to run, then please hand your dog to a member of your team and carry on, or you retire from the race!

Dogs are fine to run any distance as long as they do not show signs of distress, as long as both dog & owner have trained for the event!

There are trophies for Male & Female Canicross Winners in 5k, 10k & half marathon distances.

**10k race** - There are approx. 45 canicross participants in the 10k race.

10k Canicross will have a separate briefing at 10.15am at Canicross gazebo/tent giving you time to go back to the car to fetch your dogs before the race. With 45 dogs participating we have taken the lead from other Canicross races such as Fur Nations 2017 who have confirmed that race briefings are held a little ahead of the start time so that you can hear them! ☺ We hope this helps.

## **Withdrawals**

If you wish to withdraw from the event, then please refer to our Terms and Conditions as displayed on the website.

## **Race Office Closure**

The SBR Events Limited office will be closed from Friday 21<sup>st</sup> April at 5pm. Please do not leave messages or send emails regarding this event, as we will be on site setting up for the event. If you desperately want to chat about anything race wise, we can be reached on 07850 572838. Please call if you know of anyone that could marshal!

## **Race Volunteers – Please Help**

No event like this can run smoothly without the help of many marshals. If you have friends or family that will be supporting you at the event, please ask them if they would be willing to give up a few hours to help out. We try to buddy everyone up & make it fun. All marshals will receive a free flask, hot food & drink and either a £20 discount code towards a future SBR Events race or a SBR Events hoody. If you know someone that could help please email [calsie@sbrevents.co.uk](mailto:calsie@sbrevents.co.uk). You do not require any previous experience or knowledge on event marshalling to become a race marshal; any training required will be given on race day.

## **SBR Events**

We will be organising a number of other multi-sport and running events throughout 2017 - please visit

[www.sbrevents.co.uk](http://www.sbrevents.co.uk)

**Next up is Skegness Triathlon & Aquathlon & Tallington Lakes Triathlon & Aquathlon**

**Next running event is Grimsthorpe 10 a beautiful trail run on private land in Lincolnshire at Grimsthorpe Castle** - chose from 5k, 10k, 10miles or half marathon!

## **Thank You!**

It takes a great amount of work to organise an event such as this. Special thanks go to the volunteer marshals, everyone who helps make the event successful, Thoresby Estate staff for their support, our race partners who make up race village plus all of our athletes for entering.

## **Further Information**

Any questions related to the event can be answered by emailing [info@sbrevents.co.uk](mailto:info@sbrevents.co.uk)

All the information here is believed to be true at the time of going to press. Changes may be required ensuring that the event is organised safely and within the law, and these changes will be made without notification. The organiser has the final decision.