



## THORESBY 10 FINAL RACE INFORMATION

**THORESBY HALL ESTATE, OLLERTON, NOTTINGHAMSHIRE, NG22 9HW  
SUNDAY 23rd OCTOBER 2016**

### Welcome to Thoresby 10

We would like to welcome everyone to Thoresby 10 organised by SBR Events Limited, with the assistance of Thoresby Hall Estate.

### Confirmation of Entry

Competitors are requested to check on the list of entries posted on our website to confirm that they are on the race. [www.sbrents.co.uk](http://www.sbrents.co.uk) Please inform us of any issues with your entry asap.

### Age Restrictions

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

### What Will You Need?

It's Autumn so normal running clothes should suffice. Bring extra layers for before or after the race to keep warm. Although this is a trail run the ground is good to moderate & the majority of the race is on hard ground. Road shoes are perfectly suitable; trail shoes will do the trick as well.

### Directions - Thoresby Hall Estate, Nottinghamshire. – FOLLOW postcode NG22 9WH but do NOT use entrance at Perlethorpe. Car park is 500m away from Thoresby Hall Spa Hotel & The Courtyard entrances

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

### Car parking

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

The car park is free to everyone & is open from 8am for athletes for registration at 8.30am –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 signs off the A616 and the A614 which will direct you to Netherfield Lane towards Thoresby Hall & then yellow signs 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.

### Accommodation

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

### Race Registration - Sunday 08:30 – 10:15

Due to a sell out event there will not be on the day entries available this year.

The registration area will be in our gazebos sited in the race village. Just give your name & you will collect a single race number and a timing chip & your pre-paid t-shirt.

There will be maps of the route available for you to review. However the course is fully signed & marshalled so it will be easy to find your way round.

### Race Numbers

Race Numbers must be worn on the front during the run. Numbers must be pinned at all four corners. We will have plenty of safety pins or you can use a race belt. We request that all competitors write their next of kin & contact details on the back of their 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. This will only be used in the event of you being involved in an accident or if you are unwell.

### 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 your LEFT 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 next day on our website - [www.sbrents.co.uk](http://www.sbrents.co.uk)

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 displayed on a screen near the finish line & also emailed to you with a Finishers' Certificate after results are verified.

### Race Briefings – 5mins before each race on start line

A very short race briefing will take place near to the 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.

### Race Start Times (approximate)

**Start will be the START/FINISH GANTRY.**

10k at 10:30 (1 lap)      10mile at 10:40 (1 lap)      5k at 10:45 (2 laps)

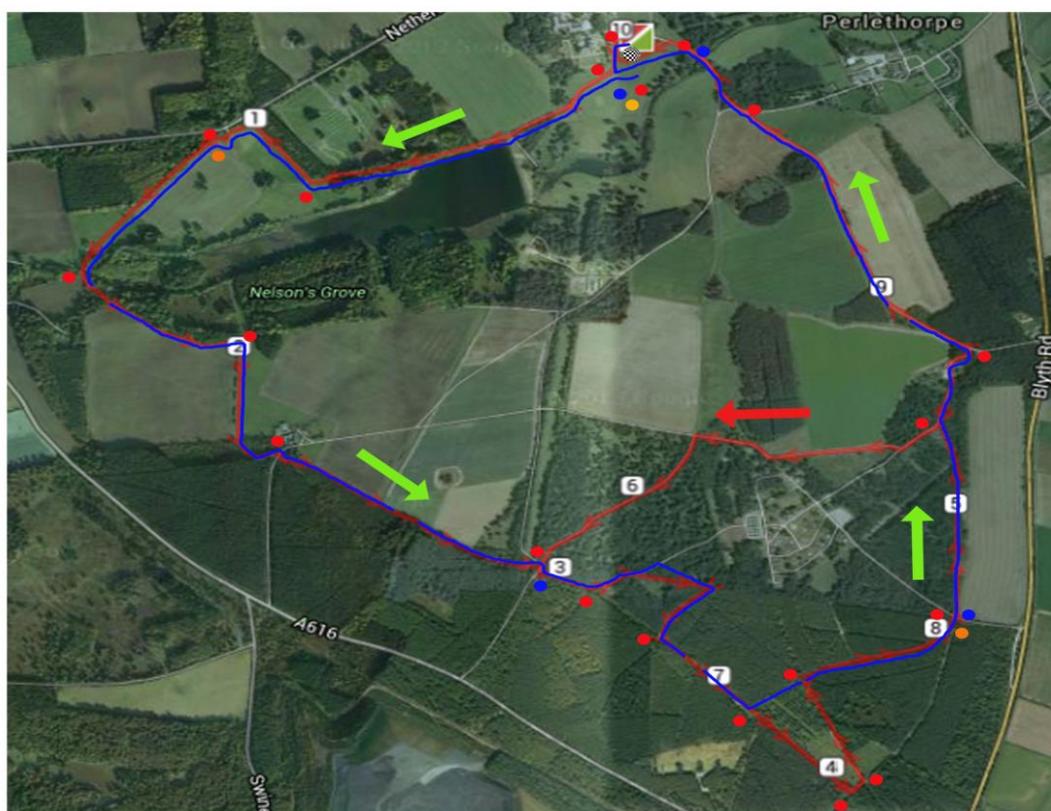
### Course Reconnaissance – refer to maps on website

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

### The Run – 10k & 10 mile

The run starts on tarmac then progresses onto hard packed stone then onto a grass path. From here you venture out towards open farmland past the main lake and into open woodland. The course is fully marked with directional signage.

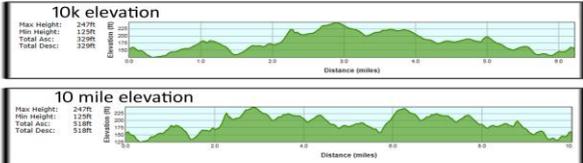
The 10mile race will split off from the 10km course between miles 3-4. At approx. mile 5 athletes will turn left to re-join the main course.



CHEQUERED DOT - START/FINISH/RACE HQ  
RED DOT - MARSHAL  
BLUE DOT - WATER STATION  
ORANGE DOT - MEDICAL POINT  
GREEN ARROW - DIRECTION OF TRAVEL

BOTH DISTANCES ARE 1 LAP OF EACH COURSE  
THE 10 MILE HAS AN INNER LOOP WHICH IS TRAVERSED ONCE BEFORE REJOINING THE COURSE AT POINT 3 ON THIS MAP.

THE INNER LOOP DIRECTION IS MARKED WITH THE RED ARROW

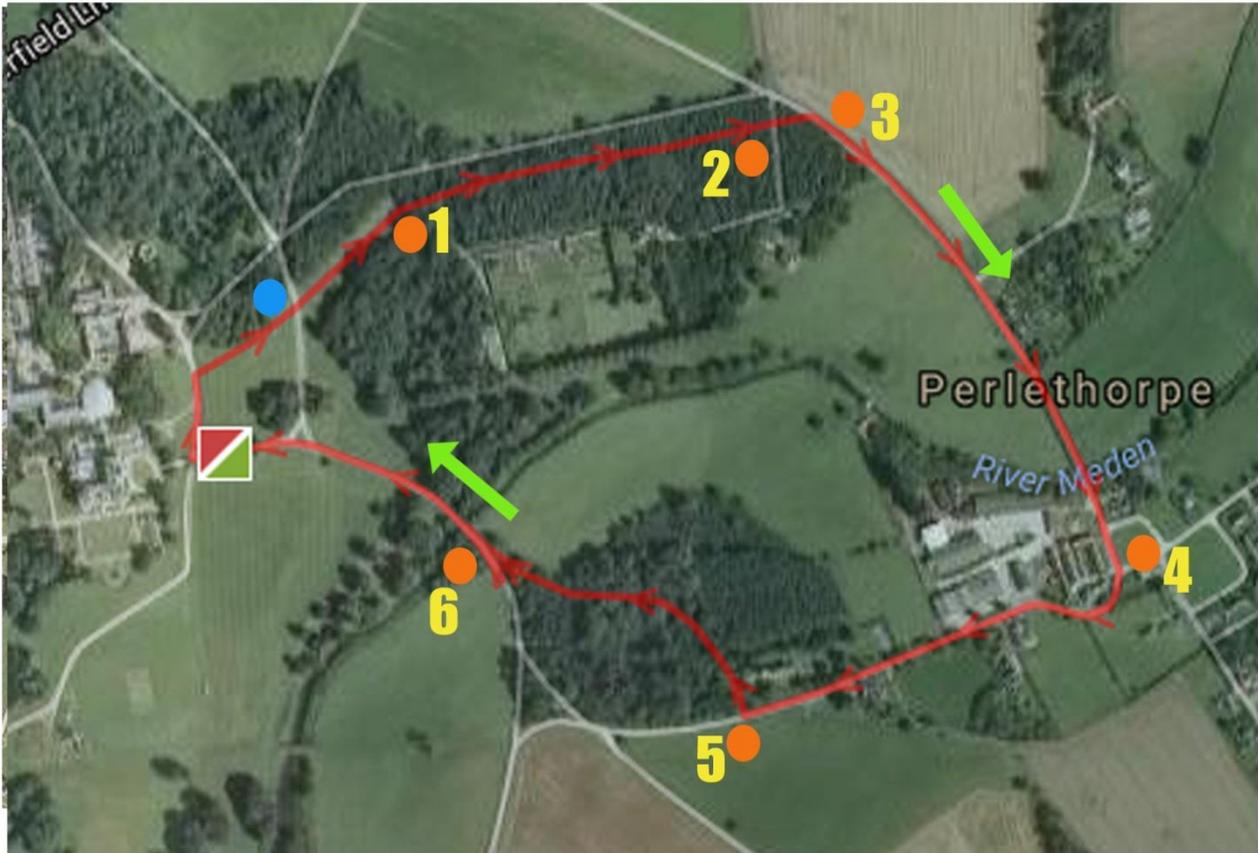


There is a water station on the 10k/10mile course (the 10mile course will pass this twice) plus water at the finish line.

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.

### 5k run – 2 lap course

This is marked out with smaller arrows and is 2 laps of the course so you will go through finish line twice.



RED / GREEN SQUARE - START POINT

GREEN ARROWS - DIRECTION OF TRAVEL

BLUE DOT - WATER STATION

ORANGE DOT - MARSHAL POINT

1 - TOP OF HILL ENTERING WOODS

2 - PRIVATE ROAD CROSSING

3 - EMERGING FROM WOODS ONTO ROAD

4 - PERLETHORPE VILLAGE

5 - RIGHT TURN MEETING WITH 10K AND 10 MILE ROUTE

6 - 5k/10k MERGE AREA - NEAR STONEBRIDGE

Numbers of laps: 2

Direction of travel - anticlockwise

## 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. Provisional results will be available to download on [www.sbrents.co.uk](http://www.sbrents.co.uk) from the Monday following the event.

## The Team Event – 10k & 10mile races only

To participate a team must consist of 3 people. The total time of all 3 runners will be calculated to decide places.

## Trophies

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

- Fastest Man & Fastest Woman
- Fastest Man & Fastest Woman (V40, V50, V60)
- Fastest Team & 5<sup>th</sup> placed team and a team spot prize.
- Canicross – 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place

The Presentation will take place within 20 minutes of the last competitor finishing. Please be in attendance to collect your trophy.

## Medical Cover

The safety of our competitors is paramount. Onsite during the event will be Chase Medics. On the day, there will be a team of 1<sup>st</sup> Aiders and paramedics plus an Accident and Emergency 4x4 response vehicle equipped to NHS standard, with manual defibrillator / cardiac monitors, ventilators, and pulse oximetry. 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.

## Medical Conditions

We request that all competitors write their next of kin & contact details on the back of their race numbers using a waterproof pen. 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. This will only be used in the event of you being involved in an accident or if you are unwell.

## RACE VILLAGE

Arrive at Race Village to collect your medal, get a drink & grab your goody bag including various treats from our partners:

Alphawoolf – running shoes discount codes

Run ABC – running magazine

Pip'n'Nut – Peanut Butter squeeze packs

CnP Professional – energy gels

Sundried – Goody bag sponsor

Teapigs – Tea bags

Sport Assure/Nature's Kiss/Adjust Massage – discount codes & info leaflets

## Race Clothing

There will be a chance to buy race t-shirts for £15, £25 & hoodies £40 at race village.

## Free Sports Massage

James and Jack from Adjust Massage will be providing this service free of charge. They will be offering a 10minute post-race massage to flush through any tired legs or stiff backs.

Look! A special offer to Thoresby 10 runners - 5x 1hr massage for £150 – please quote Thoresby10 when you book at Adjust, West Bridgford.

## Children's Entertainment

We are providing a manned bouncy castle /slide for younger children

## Food

Hot food & drinks available from these fantastic caterers;

Good Spuds (bacon butties etc only -no hot potatoes at this event)

The Sunshine Van - Coffee & home-made cakes

## Toilets

Toilets are available in Race Village

## Nottingham Hospitals Charity

Our partnered charity Nottingham Hospitals Charity has a stand & we are hoping to raise funds towards the new helipad 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.'

**Helipad Appeal:** Getting patients to hospital quickly in an emergency is vital and valuable seconds can make all the difference. Nottingham Hospitals Charity has launched an appeal to raise £3m to build an on-site helipad at the East Midlands Major Trauma Centre, which is based at Queen's Medical Centre in Nottingham.

## **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.**

## **Withdrawals**

If you wish to withdraw from the event, then please follow the guidelines contained within our 'Terms & Conditions' on the SBR Events website. Please note that you are not allowed to give your entry away.

## **Race Office Closure**

The SBR Events office will be closed from Friday 21<sup>st</sup> October. We won't respond to any queries after this time as we will be on site setting up & running the event.

## **Race Volunteers – Please Help**

No event like this can run smoothly without the help of many marshals. Can friends or family that will be supporting you at the event, help to marshal? All marshals will receive hot food & drink upon arrival, a goody bag with snacks plus either a discount code giving £20 off a future SBR Events event OR a free hoody. Please email [amanda@sbrevents.co.uk](mailto:amanda@sbrevents.co.uk). You do not require any previous experience or knowledge 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 through 2016 and 2017 please visit [www.sbrevents.co.uk](http://www.sbrevents.co.uk)  
**Next up is Rockingham 10 & Duathlon Rockingham on Nov 6th** - based at Europe's fastest racing circuit – perfect for PB's!

## **Thanks**

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 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, these changes will be made without notification. The organiser has the final decision.