



# THORESBY 10 2017 FINAL RACE INFORMATION

THORESBY ESTATE, OLLERTON, NOTTINGHAMSHIRE, NG22 9WH  
SUNDAY 22nd OCTOBER 2017

## Welcome to Thoresby 10

We would like to welcome everyone to Thoresby 10 organised by SBR Events Limited, with the assistance of Thoresby Park & Thoresby 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 Race entries may be included on the list even if you have withdrawn recently. [Thoresby 10 2017 Participant List](#)  
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.

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 7 to 12 degrees with high winds) 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 in cups. Although this is a trail run the ground is currently very firm. 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 8.15am 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 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 08:30 – 10:15 (for 10k & 10mile runners) & UNTIL 10.45am for 5k runners

On the day entries will be available this year; 10miles - £35 10k- £30 5k-adult £14 child £7 – CASH ONLY PLEASE

## 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-ordered & pre-paid).

## COURSE MAPS

There will be maps of the route available for you to review (they are currently on the website/ Thoresby10 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 - [Thoresby 10 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! 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 10am at Race Village (next to stand furthest away from registration tent) giving you time to go back to the car to fetch your dogs before the race or listen while the dogs are calm. With 65 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 - – please enter race funnel according to your pace ie fastest runners at the front Start will be near the FINISH GANTRY in race village**

10 Mile will start at 10.30am with a 2<sup>nd</sup> wave at 10.40 (Canicross start at front)

10k Canicross ONLY will start at 10.45

10k will start at 10.50 with a 2<sup>nd</sup> wave at 10.55 – no Canicross in this race

5k will start at 11:10 (Canicross start at front)

## **Headphones / Ear Buds / Bone Conduction Headphones**

Headphones & music will be allowed but please be aware that you MUST be able to hear marshal instructions & may have faster runners trying to overtake including Canicross runners with dogs. There are residents that live on Thoresby Estate & guests staying at Sherwood Hideaway so there may be the occasional vehicle crossing the course. Stay safe! You need to be able to hear vehicles approaching & also you'll miss the natural beauty of this course.

## **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.

### 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.

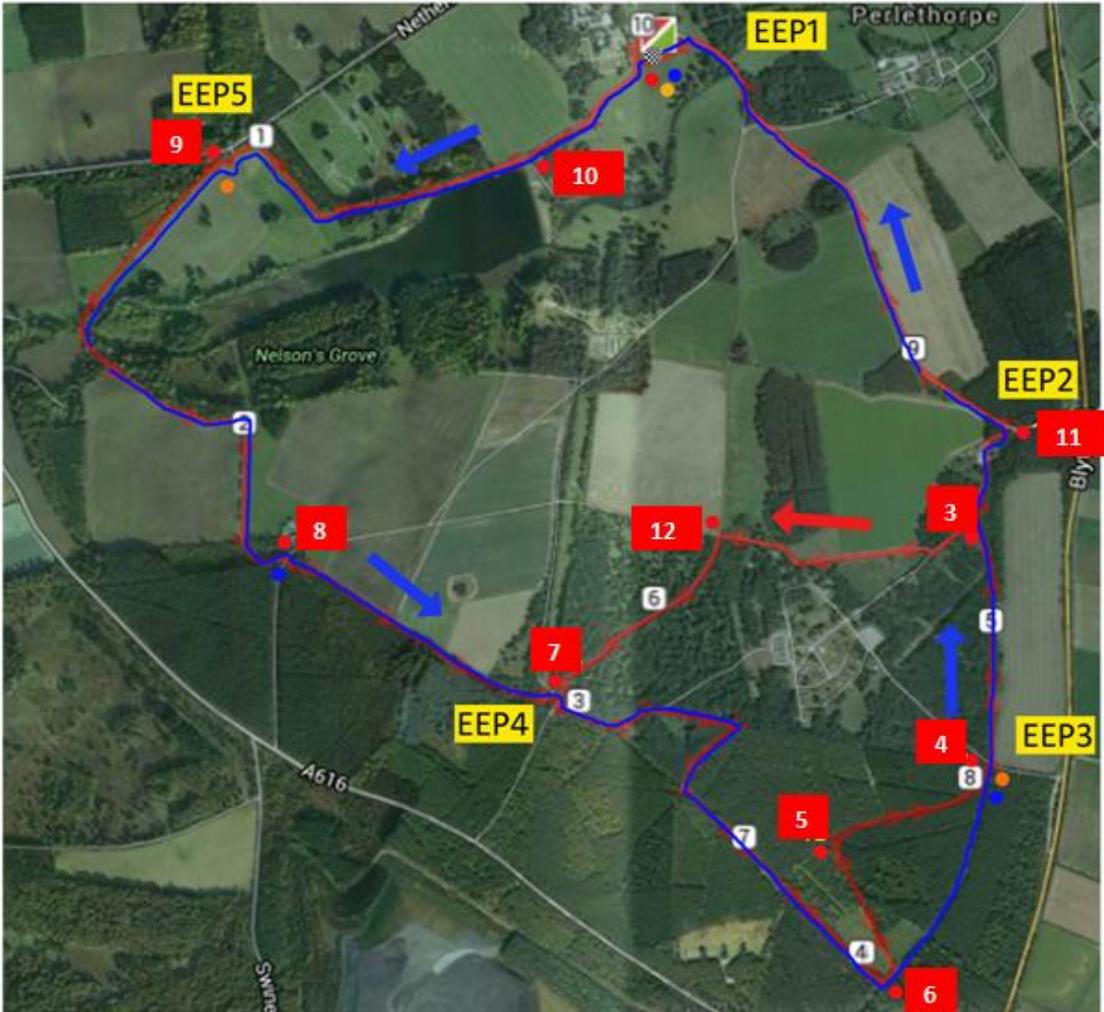
The 10mile race will split off from the 10km course just after mile 4. After mile 5 athletes will turn left loop round & at approx. mile 6.2 (approx. 10k) athletes re-join the main course.

There are 2 water stations on the 10k/10mile course (the 10mile course will pass three in total) plus water at the finish line.

There is 1 toilet on course for athlete use at 4.5miles. Runners on the 10mile course pass this again at 8miles.

**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!



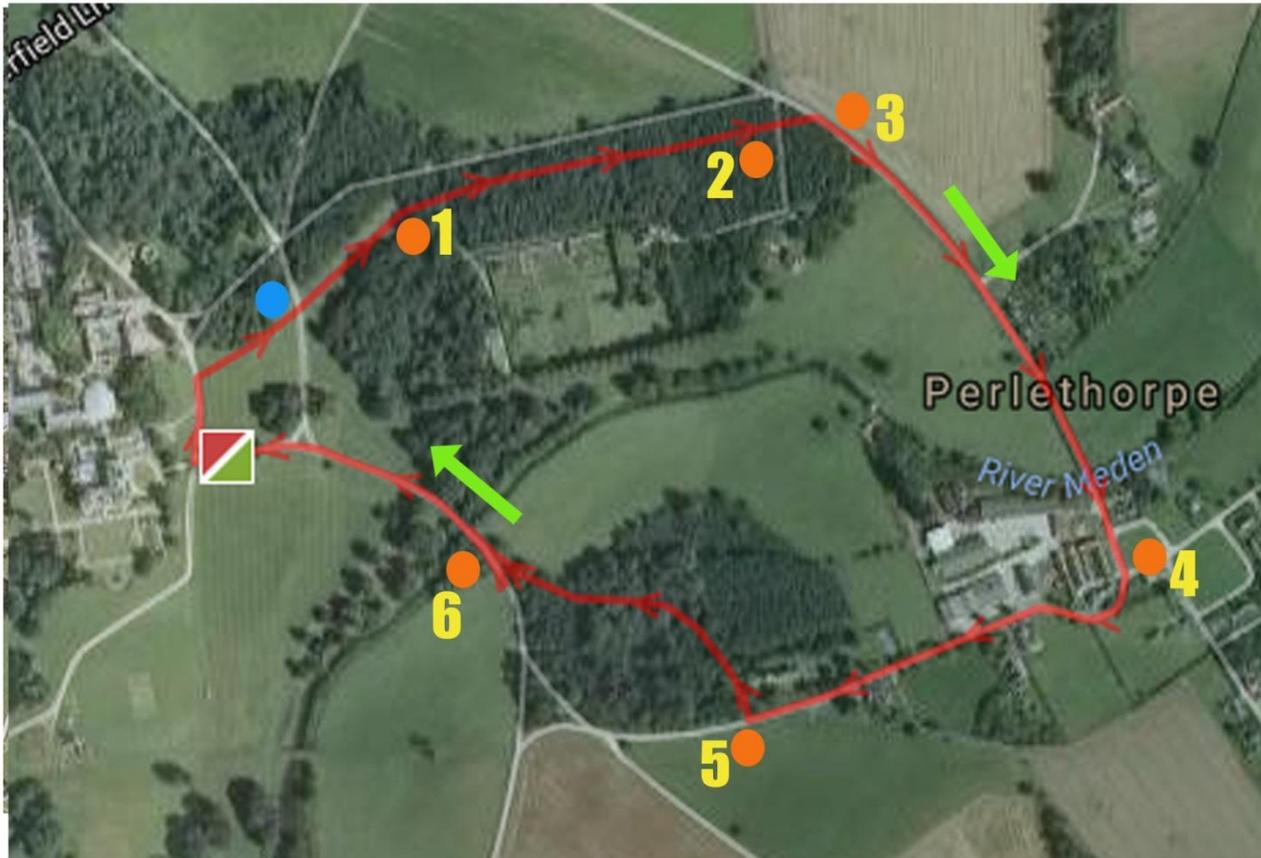
CHEQUERED DOT - START/FINISH/RACE HQ  
 RED DOT - MARSHAL  
 BLUE DOT - WATER STATION  
 ORANGE DOT - MEDICAL POINT  
 BLUE ARROW - 10k DIRECTION OF TRAVEL  
 RED ARROW - 10 MILE DIRECTION OF TRAVEL

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



### 5k run – 2 lap course

This is marked out with smaller arrows and is 2 laps of the course so you travel past the finish line in a separate funnel before finishing through the finish funnel.



**GREEN & RED SQUARE - START & FINISH POINT**

**GREEN ARROWS – DIRECTION OF TRAVEL**

**BLUE DOT – WATER STATION**

**ORANGE DOT – MARSHAL POINTS**

**NUMBER OF LAPS – 2**

**DIRECTION OF TRAVEL – ANTI CLOCKWISE**

### **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, bottle of water & packet of crisps

Sundried – Grab bag sponsor

Midlands Running Guide

Race leaflets & check out info on Nottingham Children's Hospital Big Appeal & other local events at Thoresby Estate,

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 Thoresby 10 - Nottingham Hospitals Charity, Big Bobble Hats & 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.

### **Race Clothing**

There will be a chance to buy race t-shirts (£15 & £25) & hoodies (£30 & £40) at race village.

### **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.

### **Marc Dewhurst Photos - Free photos at Thoresby 10!**

Marc & his team will be out on the course to take photos of you which can be downloaded & shared free of charge after the event! You can find his pictures on a new album on <https://www.facebook.com/marcdewhurstphotography/>

**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; bacon butties & hot potatoes with delicious fillings from **Good Spuds** plus coffee & amazing cakes from **The Sunshine Van**.

### **Toilets**

Toilets are available in Race Village & at 1 location 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 [Thoresby 10 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.**

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

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

### **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.

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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;

5k, 10k & 10mile race:

-Fastest Man & Fastest Woman

-Fastest Man & Fastest Woman Veteran (Man 40+, Woman 35+)

-Canicross Winner (5k & 10miles)

-Canicross Winner Male & Female (10k)

-Fastest Team

Additional prizes include Wine & Free Race Places & Big Bobble Hats (exact placements to be confirmed) 5<sup>th</sup> & 10<sup>th</sup> placed team and a team spot prize.

### **-Canicross Prizes (Kindly donated by Canicross Midlands)**

-1<sup>st</sup> place male & female – Free race voucher to a Canicross Midlands Race

-2<sup>nd</sup> place male & female – Woolly Club Hat

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

12pm for 5k

12.15pm for 10k

12.30pm for 10miles

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 – Look out for Robin – he needs your help! #hellorobin**

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 - over 95 runners & over 100 dogs expected to run on this event!**

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 at 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!

**10k race** - There are approx. 65 canicross participants in the 10k race.

10k Canicross will have a separate briefing at 10am at the stand furthest away from registration tent giving you time to go back to the car to fetch your dogs before the race. With 65 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. If you want to run with a non Canicross friend they can join you on the Canicross 10k start wave but you MUST inform chip timing tent prior to start of the race to avoid errors. If they start 20minutes earlier they may win an age group prize so please keep us informed!

## **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> October at 5pm. You can leave messages or send emails regarding this event, but we will not be able to respond 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.

## **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 2018 - please visit

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

**Our last events of 2017 are Rockingham Duathlon** (sprint & standard distance) **& Rockingham 10 at Europe's fastest racing circuit on November 5th** - chose from 5k, 10k or 10miles! A stunning venue & perfect for an end of season PB! Entries close on Monday 23<sup>rd</sup> October 23:59

## **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 [amanda@sbrevents.co.uk](mailto:amanda@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.