



THORESBY 10 2018 FINAL RACE INFORMATION

THORESBY ESTATE, OLLERTON, NOTTINGHAMSHIRE, NG22 9WH
SUNDAY 21st OCTOBER 2018

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 Race entries may be included on the list even if you have withdrawn recently.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 2018 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 a warm 16 degrees with low 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 but we encourage you to bring your own refillable water bottles / packs. 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' or 'THORESBY 10 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; OPEN 08:30 – 10:00 (Canicross runners) & UNTIL 10:15 (for 10k & 10mile runners) 10.30am (for 10k) 11am (for 5k Canicross) & 11:15am (for 5k)

On the day entries will be available this year; 10miles - £35 10k- £30 5k-adult £15 child £10 – CASH ONLY
PLEASE

A registered participant can transfer distance on the day - please bring £3 admin fee (cash) payable at registration. If you are moving up a distance you will need to pay up to the new race distance. We cannot action transfers between participants on race day. New participants will enter as an on the day race entry.

REGISTER

The registration area will be in the white marquee sited in the race village. At registration just give your name or race number & you will collect a single race number (chip attached) & 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/ Thoresby10 page). The course is fully signed & marshalled so it will be easy to follow. Maps included at the end of this document. Please note that on a trail run the GPS often reads long due to the trees on the course. We have measured these routes on multiple occasions & used official measuring techniques to ensure the course is at least the advertised distance. The GPS can vary according to trees & cloud cover on the day.

BAGGAGE DROP – SEPARATE TO REGISTRATION MARQUEE on the opposite side of the field

Our chosen charity – Lincs & Notts Air Ambulance are kindly assisting with the baggage drop this year. We are specifically helping the charity to raise £4million per year to fund their 24 hours operations & they can only do this with your support! We are politely asking for a minimum donation of £1 per bag.

Write your race number on the baggage labels on the tables in the centre of race village.

Bags will ONLY be returned to person with a matching race number. You must 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 drop it at the correct desk. We know it will get very busy at times so please be patient with the volunteer marshals.

Race Numbers – Race timing chip is attached on the back

- Please do not bend your race number as the race timing chip may not work
- Please do not tamper or try to remove the race timing chip
- 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. Pens can be found on tables in the centre of Race Village.

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

On most occasions we will have full provisional results same day - [Thoresby 10 2018 Provisional Results](#)

If you ENTER ON THE DAY you may be given a separate chip to wear on your ankle. 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.

Canicross will have a separate briefing (9.30am for 10k & 10mile CX in centre of race village) & (11.05am for 5k CX on opposite side of start /finish line on grass where hopefully I can talk sitting down calmly before the dogs get that pre-race excitement. With 132 dogs on this event today we have found that race briefings held a little ahead of the start time work better so that you can hear them! ☺ We hope this helps.

Race Start Times - – please head toward the gates of Thoresby Hall to enter the race funnel according to your pace ie fastest runners at the front

Start will be near the FINISH GANTRY in race village but not in the finish funnel

10 Mile & 10k Canicross only – 10:15am

10 Mile will start at 10.30am with a 2nd wave at 10.40 – no Canicross in this race

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

5k Canicross only will start at 11:25

5k will start at 11:30 (with some dogs allowed as a family friendly race / walk) Please make chip timing tent know if you are registered as CX but want to change into this start time.

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.

SBR Events Official PACER Team

There will be the following pacers on the event (we cannot cover ALL pace times for everyone);

10k	10Miles
50 mins – Jake	01:30 - John
60 mins – Will	01:35 - Chris
70 mins – Gabi	01:40 - Ash
	01:45 – Greg

The course is a trail run & GPS usually reads long as the trees affect it – the pacer will aim to reach the exact distance shortly before the designated time so you may reach the distance before the finish line.

The goal is that Pacers run 'even splits', which means that every mile (or km) will be run at approximately the same pace. If the race has a slower start due to number of runners they will attempt to catch up gradually. To meet up with the Pace Team look out for their bright yellow t-shirts. We cannot use flags on this course due to overhead trees. The pace time & race distance is on the back of the t-shirt. To find the Pace Team, they will be standing near the charity stands 15-20 minutes before race time for a chat & to answer any questions.

Please take care when choosing a pace time to follow. For the novice runner our advice would be... don't choose to go too fast, particularly at the beginning of the race - there will be other races for you to hit that PB & we want you to enjoy the event!

Please note we cannot guarantee that a Pacer will be available (due to sickness etc) as they cannot be replaced on the day.

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.

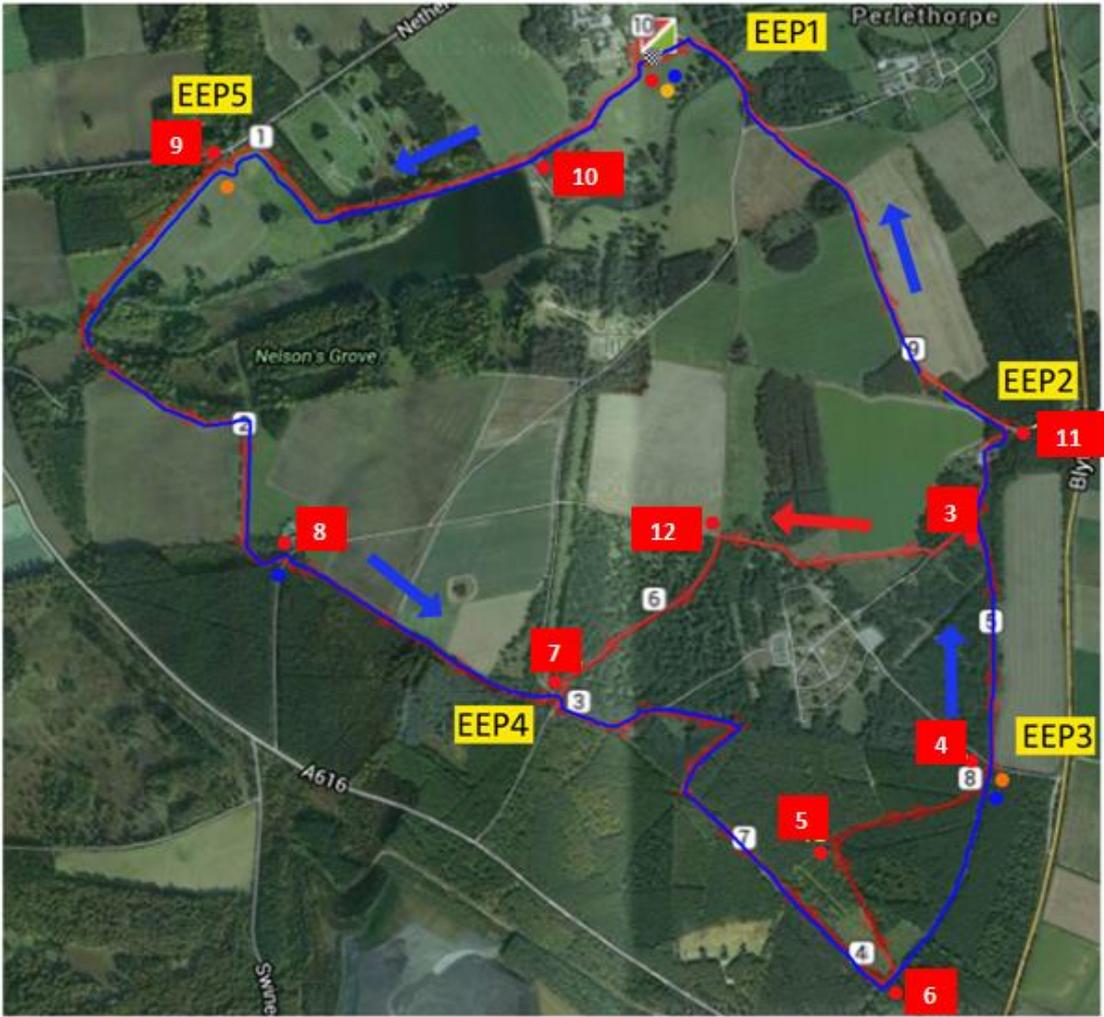
The 10mile race will split off from the 10km course just after mile 4 on an extended track. After mile 5 athletes will turn left on the 10 MILE LOOP & at approx. mile 6.2 (approx. 10k) athletes re-join the main course.

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!



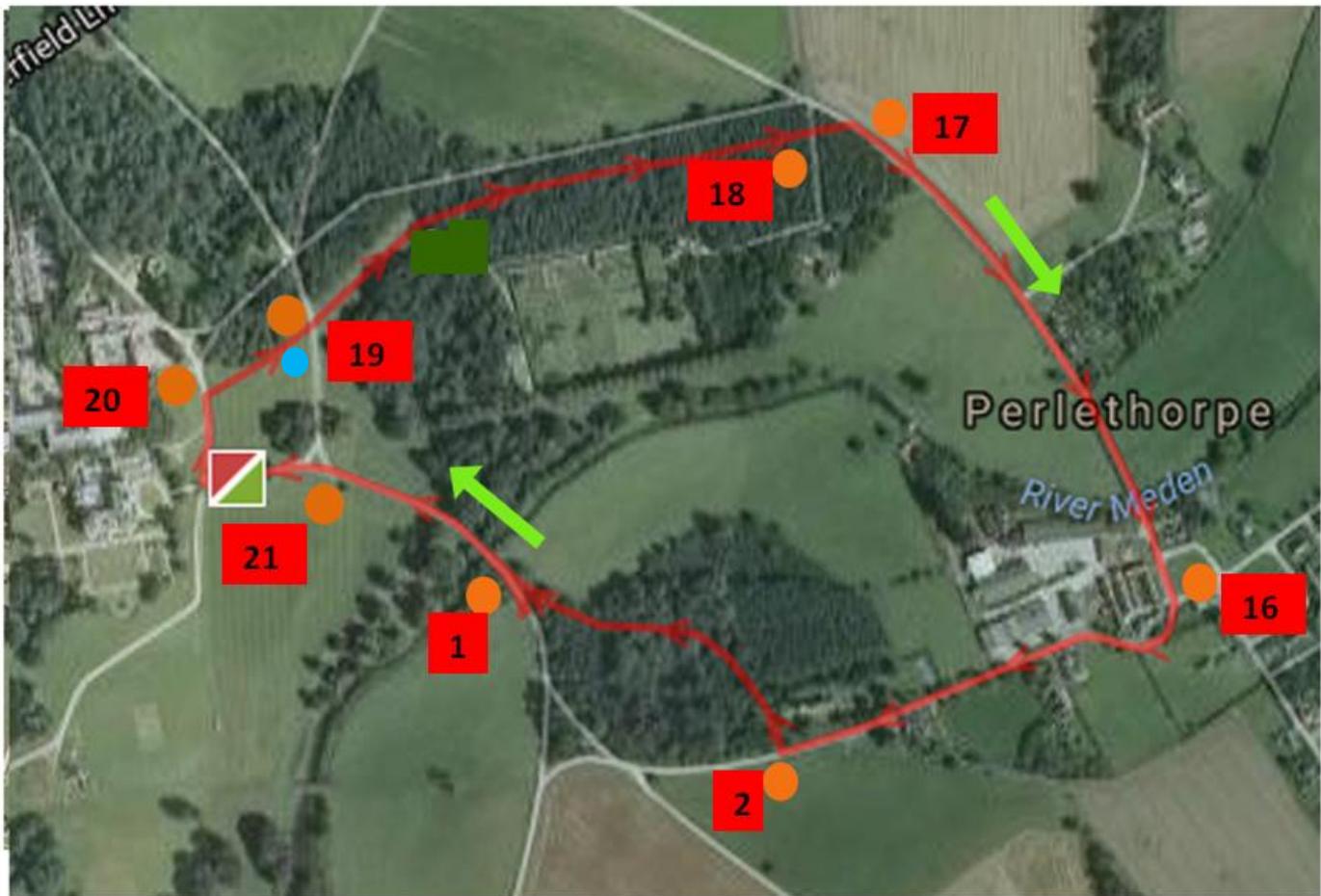
CHEQUERED DOT - START/FINISH/RACE HQ
 RED DOT - MARSHAL
 BLUE DOT - WATER STATION
 ORANGE DOT - MEDICAL POINT
 BLUE ARROW - 10k DIRECTION OF TRAVEL
 RED ARROW - 10 MILE DIRECTION OF TRAVEL

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 –CLOCKWISE

Medical Cover

The safety of our competitors is paramount. Onsite during the event will be Jola Medical, on the day there will be a team of 1st aiders and paramedics plus an 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 with your medical condition / details of medication & a large 'MC'. This will only be used if you are involved in an accident or if you are unwell.

RACE VILLAGE

There are lots of perks when you arrive at RACE VILLAGE before & after your race to collect your medal, get a drink & grab any baggage you left.

We are trying to reduce our carbon footprint at events – this means encouraging participants to refill their own plastic water bottles, changing from plastic to paper bags & recycling wherever possible.

We will also be providing a PAPER bag (please re-use & recycle) for you to pop in;
Banana, Bottle of water & packet of crisps

Race leaflets & check out info on, Lincs Notts Air Ambulance, & other local events at Thoresby Park.

Remember you also get...

FREE POST RACE COOL DOWN & STRETCH

FREE POST RACE SPORTS MASSAGE

FREE RACE PHOTOGRAPHS

FREE BOUNCY CASTLE FOR CHILDREN

At the Race Village you will find marquees for registration, baggage holding area, sports therapists from Sports Massage Academy, Canicross & Nordic Walking groups, Thoresby Park venue, local running clubs, our charity partners for Thoresby 10, Notts & Lincs Air Ambulance & 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 (£25 & £40) at race village.

Thoresby 10 Race Clothing – Look out for new designs this year!

We have gone all out with a lovely new range of ombre colours this year.

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.

BIG BOBBLE HATS

Autumn is finally here & we need to be prepared! Come & buy your beautiful Big Bobble Hat – Special Events Price is £15 per hat (£5 off website price)

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** plus vegetarian & vegan samosas, pakoras, chicken/lamb curry & rice from **Diamond Deli's Street Food**.

Toilets

Toilets are available in Race Village & at 1 location on the course that we are providing specifically for this race

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.

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 Teams (10k & 10miles)

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

-Canicross Prizes (Kindly donated by Canicross Midlands)

- 1st place male & female – Free race voucher to a Canicross Midlands Race
- 2nd place male & female – Woolly Club Hat

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

- 1st 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.

11.45am for Canicross 12.30pm for 5k 12.35pm for 10k 12.40pm 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

Additional PRIZES include:

- Fastest Man & Woman - all distances: Big Bobble Hat & Belvoir Fruit Farms Cordial
- 2nd & 3rd finisher (M&F) - all distances: SBR Events Finisher Buff

Notts Lincs Air Ambulance

Our 2nd partnered charity has a stand & is asking for a donation (suggested £1) for baggage drop.

More about the charity - *Our commitment to fly 24 hours a day by the end of 2018 (previously 12 hrs a day), together with the additional benefits that our new helicopter provides, along with the advancement in carrying blood on board, puts our Charity at the very forefront of medical aviation – somewhere we intend to remain!*

Canicross - over 130 runners with dogs expected to run on this event!

We are thrilled that this venue has 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!

10k & 10mile Canicross - There will be a separate Canicross briefing – please note the times as listed earlier

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 20th 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 an SBR Events hoody. If you know someone that could help please email 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 2019 - please visit

www.sbrevents.co.uk

Our last events of 2018 are Rockingham Duathlon (sprint & standard distance) **& Rockingham 10 at Europe's fastest racing circuit on November 4th** - chose from 5k, 10k or 10miles! A stunning venue & perfect for an end of season PB! Entries close on Monday 22nd October 23:59

NEW FOR 2019!

We have added Grantham Triathlon to our Lincolnshire Race Series & we are offering 3 Sprint Triathlons for £85 on a SPECIAL EARLY EARLYBIRD PRICE until 30th November!

Fun & friendly - the 3 triathlons based Grantham, Skegness & Louth offer modern swimming pools & beautiful Lincs countryside for rural bike routes along quiet country lanes & a variety of run scenery.

Form a relay team to participate in just one element of the race! You run & find a friend to complete the swim or bike.

Also in all triathlon events are alternative options; SuperSprint (half the Sprint distance in swim-bike & run;

Aquathlon (swim run only); Aquabike (swim bike only)

All of these are also available in a relay team.

We also have more run events planned for 2019!

WATCH our Facebook & Twitter newsfeeds for updates before the end of the year!

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 Park 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

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.