



## GRIMSTHORPE 10 2017 FINAL RACE INFORMATION

**GRIMSTHORPE CASTLE, BOURNE, PE10 0LZ  
SUNDAY 25<sup>th</sup> June 2017**

### **Welcome to Grimsthorpe 10 2017**

We would like to welcome everyone to Grimsthorpe 10 2017 organised by SBR Events Limited, with the assistance of Grimsthorpe Castle & 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 Race entries may be included on the list even if you have withdrawn recently.

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 hot & sticky but may be 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 as hot as recent days then please remember to use suncream & shorts instead of long leggings. Consider a hat too! For cooler weather (forecasts look like 15-19 degrees) please bring a couple of layers of dry warm clothes (for post run). Bring bottled water or isotonic drinks, snacks & gels for the run. We provide water stations for all on this run & one feed station on the 10mile / half marathon route only at the 5 mile point.

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. The surfaces vary from smooth tarmac, potholes & loose gravel on farm tracks, & grass through rural fields.

### **Directions – Grimsthorpe Castle, Bourne, – FOLLOW postcode PE10 0LZ**

Grimsthorpe Castle is to be found south of Grantham & north of Bourne on the A151 just 10 minutes off the A1 via the village of Corby Glen. The venue is located approximately:

Peterborough 20 miles - 35 minutes

Lincoln 36 miles - 58 minutes

Nottingham 40 miles - 1 hour

Leicester 41 miles – 1 hour 10 minutes

Birmingham 87 miles - 2 hours

London 117 miles - 3 hours

PLEASE NOTE CYCLE LIVE event is on in Notts same day but we have checked the routes & this event should not impact or create delays for any traffic heading to Grimsthorpe via the A52 & A1.

### **Accommodation**

For local information including accommodation please look here:

<http://www.visitlincolnshire.com/>

Tallington Lakes Leisure Park – camping & lakeside lodges <http://www.tallington.com/>

### **Car Parking**

**Please Note: there is free parking & entry at Grimsthorpe Estate up to 11am – FOLLOW postcode PE10 0LZ**

The car park is free to everyone & is open from 8.15am-11am for athletes for registration at 8.30am – just a 1-2min walk to Race Village & Start ahead of you.

Please follow A1 & follow A151 from Colsterworth through Corby Glen & turn right into Grimsthorpe Castle.

All parking for the event will be based on the grass verges either side of the path leading to the castle after you enter.

There will be marshals there to assist with parking. Where possible please car share to minimise the environmental impact. Please do not leave any belongings on show in your vehicles.

**Any spectators arriving after 11am will be charged usual day entry to the Castle & the grounds.** We are very grateful to the Estate for allowing us parking & entry on race day free of charge.

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

**ON THE DAY ENTRIES - Please bring cash**

**5k – SOLD OUT**

**10k - £30**

**10miles -£35**

**half marathon - £40**

## 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/ Grimsthorpe 10 page). However the course is fully signed & marshalled so it will be easy to follow.

## BAGGAGE DROP

You can leave baggage in your car if you choose (but not visible).

Our chosen charity for this race is REVERSE RETT - 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 race number.

If you do not drop your bag at the correct number your bag will be harder to find among the 700 participants so please help us out! 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 -

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 – At 10.20 am - A few mins before each race on start line

A very short race briefing will take place near to the start / finish line. 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 Canicross gazebo/tent giving you time to fetch your dogs before the race (if cool enough to leave them in the car). With 30+ 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**

Half marathon will start at 10:30

10k Canicross will start at 10.40

10 Miles will start at 10.45

10k will start at 10.50

5k will start at 11:00

## 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.

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.**

### **5KM – 1 lap course on a smaller route**

From the start follow the road towards the Castle & turn right in front of the gates & head down the hill towards the lake enjoying those views. At the far end of the lake the 5k continues on the tarmac road bearing right & ALL other routes turn left onto a gravel track.

Continue on the tarmac road & turn right onto trail at the marshal point with a toilet & water station. Following the lake path decide whether to run on the narrow bridge, through the ford using stepping stones or through the water & get wet feet! (Ankle deep to cool you down!) Continue past the marshal at the half marathon loop turning point & head through the trees at lakeside, onto track past the rural farmland, over a small bridge & past an old disused brick farm building. At that building turn left into the fields & follow the path along the edge heading back up towards the castle. At the top of the field turn right following the edge of the field choosing the grass or gravel pathway to run on. Turn left into the woods & enjoy the summer flowers & cool shade until you hit race village & run to the end of the drive to loop around to the finish – with the gates behind you. Breathe and collect your medal!

You pass 1 water station & 1 toilet on the 5k course which you pass at the 1 mile point - approx. 1.6 km.

### **10KM – (1 lap)**

From the start follow the road towards the Castle & turn right in front of the gates & head down the hill towards the lake enjoying those views. At the far end of the lake turn left onto a gravel track following signs for ALL OTHER ROUTES whilst the 5k continues (bearing right) on the tarmac road around the lake.

Follow the gravel farm track taking caution as the road surface is uneven & follow signage to turn right at the crossroads. It undulates through beautiful rural scenery & heads downhill towards a T-junction. Turn left onto the tarmac road which is Chestnut Avenue; head uphill before turning left into the grassy track & into the wooded area for ¼ mile.

As you come out of the woods you will reach a marshal point with a water station & toilet. This is your turn point for the 10k & you turn right (half marathon & 10mile turn left) back onto Chestnut Avenue which is smooth tarmac.

You pass the egress into the woods you took, continue to run straight on the tarmac road for nearly 2 miles enjoying the downhill, undulations & little white bridge. Here the trees offer shade.

Continue on the tarmac road & turn left onto trail at the marshal point with a toilet & water station. Following the lake path decide whether to run on the narrow bridge, through the ford using stepping stones or through the water & get wet feet! (Ankle deep to cool you down!) Continue straight past the marshal at the half marathon loop turning point & head through the trees at lakeside, onto track past the rural farmland, over a small bridge & past an old disused brick farm building. At that building turn left into the fields & follow the path along the edge heading back up towards the castle. At the top of the field turn right following the edge of the field choosing the grass or gravel pathway to run on. Turn left into the woods & enjoy the summer flowers & cool shade until you hit race village & run to the end of the drive to loop around to the finish – with the gates behind you. Breathe and collect your medal!

You pass 2 water stations & 2 toilets on the 10k course.

### **10 Miles & Half Marathon - 1 lap**

Follow the 10k route until you reach the 1<sup>st</sup> water station & toilet at approx. 2.75miles. As you come out of the woods turn left onto Chestnut Avenue again with smooth tarmac.

Next turn left onto the farmtrack (this has patched up potholes & an uneven surface so take care). Follow the farmtrack through the rural countryside for 1.25 miles until you head down to a railway cutting & turn right into it. This will offer shade & grassy path for approx. 0.7miles. At the end of the cutting follow signage to bear right, head out of the cutting back onto Chestnut Avenue. You are at the furthest point away from the Castle at mile 5. There will be a marshalled water station & feed station at this point – turn left & run on the very straight tree lined avenue for 3 miles passing by the 1<sup>st</sup> water station & toilet with time to enjoy the downhill, undulations & little white bridge. Here the trees offer shade.

Continue on the tarmac road & turn left onto trail just before mile 8 at the marshal point with a toilet & water station. Following the lake path decide whether to run on the narrow bridge, through the ford using stepping stones or through the water & get wet feet! (Ankle deep to cool you down!)

**Half Marathon** – you break away & turn left immediately after the ford to complete a wonderful rural run through fields & farmland. At 10.25 miles you return to Chestnut Avenue turning left onto the tarmac road & re-run 1 mile back up to the ford. This creates your additional 3mile loop. **ONLY COMPLETE THIS LOOP ONCE!**

**10k & Half Marathon** - Continue straight past the marshal at the half marathon loop & head onwards, through the trees at lakeside, onto track past the rural farmland, over a small bridge & past an old disused brick farm building. At that building turn left into the fields & follow the path along the edge heading back up towards the castle. At the top of the field turn right following the edge of the field choosing the grass or gravel pathway to run on. Turn left into the woods & enjoy the summer flowers & cool shade until you hit race village & run to the end of the drive to loop around to the finish – with the gates behind you. Breathe and collect your medal!

10 Miles – You pass water stations 4 times & toilets 3 times.

Half Marathons - You pass water stations 5 times & toilets 4 times.

## **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 1 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

TrueStart Coffee trial pack – Performance Coffee, with controlled natural caffeine, for use before, during and after sport so you can train harder for longer.

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

Midlands Running Guide – read the latest reviews & product tests, news & events in the Midlands

Sundried – Goody bag sponsor

Race leaflets –check out other local events such as a local duathlon next month organised by Belvoir Tri Club

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, & JC Race Solutions chip timing for your results.

There are toilets, first aiders/ambulance from Jola Medical.

## **Grimsthorpe 10 Race Clothing – Look out for the purple!**

There will be a chance to buy a range of race clothing: t-shirts for £15 or a hoody for £25 – cash only or BACS payment after the race please. Travel Flasks are available for £7. 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.

## **Free Photos - Free photos at Grimsthorpe 10!**

Marc Dewhurst & his team will be at the event taking images of you running. These will be freely available to view, download & share after the event. A separate link will be sent detailing this. Photos are free to download via the link.

**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** & Pete with the **Ice-Cream Van** for a post race treat!

## **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 online 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 all distances:**

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

**There will be a Shock Absorber bra provided by boobydoo in the 10k, 10miles & half marathon race:**

- Fastest Female

**There will be certificates emailed for 10k & 10miles:**

- Nordic Walking Winner

**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                      12.30pm for 10k                      12.45pm for 10miles                      1pm for half marathon race

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

## **Reverse Rett**

Our partnered charity Reverse Rett is asking for a donation (suggested £1) for baggage drop.

**More about the condition - [rett syndrome is a neurological condition which most often strikes previously healthy little girls between their first and second birthday and leaves them with multiple disabilities and medical complexities for life.](#)**

Most people with Rett are unable to speak, walk or use their hands. Breathing problems, feeding tubes, seizures, anxiety, gastrointestinal and orthopedic issues are common.

Research has shown that girls with Rett do not have brain damage. They know and understand much more than their bodies allow them to show - but they are locked in, trapped by a body that cannot obey signals from their brain.

Whilst there is currently no treatment for Rett Syndrome, there is hope.

**More about the charity -** Reverse Rett exists for one reason only; to accelerate treatments and a cure for Rett Syndrome.

We fund scientists working on an all out cure for Rett, those who are working to develop treatments that will improve the distressing symptoms of the disorder and those researching the underlying cause of the condition.

We work to ensure that as treatments and a cure for Rett Syndrome become viable, they are accessible to patients with Rett Syndrome in the UK

## **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 Canicross Winners in all distances.

**If you have decided not to run with your dog please inform JC Race Solutions at the chip timing text BEFORE THE RACE STARTS (red gazebo)**

### **CANICROSS – Race Briefing**

There are approx. 20 Canicross participants in the 10k race so you have a separate start time of 10.40am.

ALL Canicross will have a separate briefing at 10am at Canicross gazebo/tent giving you time to go back to the car (if it isn't hot) to fetch your dogs before the race. With approx. 30 dogs participating in total 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. Please keep dogs that are barking away from main race briefing at 10.2am so that other athletes can listen & hear.

### **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 23<sup>rd</sup> June 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 Louth Triathlon & Aquathlon – Sept 3rd**

**Next running event is Thoresby 10 - a beautiful trail run on private land at Thoresby Estate in Notts-** chose from 5k, 10k or 10miles through SSSI protected parts of Sherwood Forest, lakeside & rural views!

### **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, Grimsthorpe 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.