



THE BUN RUN & RAMBLE 2021 FINAL RACE INFORMATION

WELBECK ESTATE, WORKSOP, NOTTINGHAMSHIRE, S80 3LL
SATURDAY 11th September 2021

Welcome to The Bun Run & Ramble 2021

We would like to welcome everyone to The Bun Run 2021 organised by SBR Events Limited, with the assistance of Welbeck Estate.

Confirmation of Entry; Participant List & Wave Times

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 Race entries may be included on the list even if you have withdrawn recently.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 Bun Run 2021 Participant List](#)
Please inform us of any issues with your entry ASAP.

Check your junk mail if you aren't receiving our emails & make us a safe contact; amanda@sbrevents.co.uk & david@sbrevents.co.uk

COVID-19 Safety Measures

PLEASE DO NOT ATTEND THE EVENT IF YOU HAVE NEW SYMPTOMS:

THESE MIGHT INCLUDE A HIGH TEMPERATURE, A NEW COUGH OR HAVE LOST TASTE/SMELL.

Please remember a face cover. It is advised to wear a face mask (from leaving the car park), around Race Village and in the start funnels. Take them off just before the start line & replace them after you cross the finish line to walk back to the car park. However, this is not obligatory since Government guidance has changed but we urge caution.

PLEASE STAY 2M APART FROM EACH OTHER AT ALL TIMES.

Please scan the QR code with your NHS COVID-19 App to check-in to our event – on posters near carpark

There will be hand sanitiser stations available around race village & at toilets & at water stations. Please use them:

- As you enter the venue from the car park & again as you leave.
- before & after using toilets / water stations.
- before & after visiting our Retail Stands / collection of your pre-paid merchandise / t-shirts etc.

We recommend all participants & marshals take a test in advance of attending our event.

Community testing for COVID-19 is now available in all parts of the UK. The Government estimates that around 1 in 3 people who are infected with Covid 19 have no symptoms so could be spreading the disease without knowing it.

The Government are now offering Lateral Flow Tests free of charge & you can order them online.

Alternatively, you may be able to collect a free test kit at your local pharmacy – they are easy to administer yourself at home & only take a few minutes to complete & you have the results within 30minutes.

Car Parking - 9am-10am FOLLOW postcode S80 3LL -then yellow signs to RACE VILLAGE

Please note: There will be £3 per car (not per person) carpark fee.

100% of £3 will go to registered charity no 1139362; Artisan School of Food

Based on the beautiful Welbeck Estate in Nottinghamshire, the School is unique to the UK food industry; a hidden gem of specialist skills and knowledge, state-of-the-art facilities, and a heartfelt belief in the power of healthy, sustainable food.

We offer bursaries and subsidies to make artisan food accessible to all; we work closely with local schools, colleges, voluntary organisations and social enterprises; we offer practical routes into employment in the artisan food sector; we preserve traditional methods of food production which might otherwise be lost.

Above all, at The School of Artisan Food we hope to change lives for the better – encouraging confidence, raising aspirations, and improving attitudes to delicious, sustainable food.

PLEASE bring cash to speed up the parking process & avoid queues.

The car park opens 9am – 10am for athletes – & is based in a field NEXT to Race Village.

Turn off the A60 into The Welbeck Estate & bear left following our yellow arrows on signs to Race Village.

All parking for the event will be based on a parking field based next to Race Village area. There will be marshals there to assist with parking. Where possible please car share to minimise the environmental impact. please drive slowly to avoid causing damage to the field within Estate. On leaving the event, please take care as runners & ramblers may still be on the road back to the exit.

Race Registration – SATURDAY; OPEN 09:00 – race finish

Pre-paid t-shirts & merchandise – Collect from Race Registration Marquee before or after the race

Race Bibs have been posted to you. If you forget yours on RACE DAY a replacement fee of £5 will be payable

On the day entries; Limited availability for 2021

Transfer Distance or Category can be actioned by a registered participant on Race Day. Please bring £3 admin fee (plus price difference if you move up a distance) Cash only - payable at registration.

If you want to change distance please email amanda@sbrevents.co.uk in advance if possible or let Registration Team know on Race Day at least 20mins before your race start time

Transfer Participant – We cannot action transfers between participants on race day.

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 & contact info on the back with 'MC' on front if you have a medical condition.
- Remember your safety pins!

Race Briefings

We usually offer a short Race Briefing at the start line. This will be replaced with **BRIEFING BOARDS** placed into the start funnels – please read them!

Start Times & Waves

The link to the online participant list is on this email document. **Your wave time is as follows:**

- **10.00am - 10k Canicross 10k**
- **10.10am - 10k Runners & Nordic Walkers**
- **10.15am - 10k Ramble participants**
- **10.20am - 5k Canicross**
- **10.25am - 5k Runners & Nordic Walkers**
- **10.30am - 5k Ramble participants**

PLEASE arrange to arrive at Welbeck Estate no more than 30mins before your wave time. You should have received your race bib in the post so you only need to walk from car park to Race Village, use toilet facilities, find your correct place in the start funnel & start your race. This is for COVID safety.

You'll want to keep warm if it's cool so please arrive close to your wave time!

WAVE TIME – FOR RUNNERS – not ramblers

Fastest runners go first in each distance & each runs 2m apart socially distanced. The wave of runners continues until all participants have crossed the start line for that distance.

PACE BOARDS will help guide you where to start. Please familiarise yourself with your PACE per MILE time (not pace per km) OR your completion time (ie. 45mins / 1.5hours / 2 hours / 2:15).

Marshal teams will guide you into the starting funnel behind your PACE BOARD standing 2m apart & as runners ahead start running, the marshals will guide you slowly towards the start line. Speak to other runners to find out where to stand in the funnel.

Start at the correct time for your wave. Timing starts when you cross the timing mat so there is no hurry.

PACE BOARDS

| APPROX PACE |
|--------------|--------------|--------------|--------------|--------------|--------------|
| 6:30min/mile | 7min/mile | 7:30min/mile | 8min/mile | 8:30min/mile | 9min/mile |
| 10k - 40mins | 10k - 44mins | 10k - 46mins | 10k - 50mins | 10k - 53mins | 10k - 55mins |
| 10m - 1hr 05 | 10m - 1hr 10 | 10m - 1hr 15 | 10m - 1hr 20 | 10m - 1hr 25 | 10m - 1hr 30 |
| 1/2 - 1hr 25 | 1/2 - 1hr 30 | 1/2 - 1hr 40 | 1/2 - 1hr 45 | 1/2 - 1hr 50 | 1/2 - 2hours |

APPROX PACE	APPROX PACE	APPROX PACE	APPROX PACE	APPROX PACE	APPROX PACE
9:30 min/mile	10min/mile	10:30 min/mile	11min/mile	11:30min/mile	12min/mile
10k -1hr	10k - 1hr 02	10k - 1hr 05	10k - 1hr 08	10k - 1hr 11	10k - 1hr 15
10m - 1hr 35	10m - 1hr 40	10m - 1hr 45	10m - 1hr 50	10m - 1hr 55	10m - 2hrs
1/2 - 2hrs 05	1/2 - 2hr 10	1/2 - 2hr 17	1/2 - 2hrs 25	1/2 - 2hrs 30	1/2 - 2hrs 37

You will not start running as a mass group but in more of a single file do ensure COVID safety. Please remain 2m APART at ALL times except overtaking. Respect each other. **You can run with friends & family if you are same pace but please keep your distance where possible!** 😊

What You Need To Bring

There is no charity bag drop & the car park is a short walk away (1min) so please bring;

- Your face cover / mask (snoods are available to pre-order & can be collected in car park)
- cash / card zipped into a pocket
- warm layers to tie round your waist before & after running
- your water / snack essentials

Water

Our aim is to reduce single use plastics by over 75% at our races within the next year.

WE CAN'T DO THIS WITHOUT YOUR SUPPORT & SADLY WE CANNOT OFFER RE-USEABLE WATER STATIONS DUE TO COVID-19 GUIDELINES.

For safety reasons, you MUST bring your own water with you. Marshals (in full PPE) will fill water into compostable cups & leave on tables for you to collect on course & at Race Finish but we'd be thrilled if you can bring re-useable water bottles or hydration vests with enough water you will need for this event.

Headphones / Ear Buds / Bone Conduction Headphones

Headphones & music is allowed but you MUST be able to hear marshal instructions & may have faster runners trying to overtake. There are residents that live on The Bun Run Estate so there may be the occasional vehicle crossing the course. Stay safe!

Medical Cover

The safety of our competitors is paramount. Singleton Event Services staff are present on the day with a number of off-road vehicles to assist on course plus an ambulance & gazebos at Race Village.

If before, during or after the event you feel that you require medical care, please 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 call 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

We are trying to reduce our carbon footprint at events – this means reducing our use of single use plastics (cups & bottles) by 75% over the next year. WE CAN ONLY DO THIS WITH YOUR HELP!

We are encouraging participants to bring their own plastic water bottles, changing from plastic to paper bags & recycling wherever possible.

Please bring a hydration pack or bottle rather than use a cup every time you need a drink. Thank you.

SBR EVENTS RETAIL STAND

The Bun Run & Ramble Clothing – Look out for new t-shirt designs this year!

Our clothing range is growing! T-shirts & vests (£15 & £25), long sleeve tops (£20) & hoodies (£30 & £40)

The Longhorn Race

Thoresby 10 Race

Motivational Range

Footprints Range – new hoodies & new colours

There will be a chance to buy a range of reduced-price race clothing: t-shirts - £10 or a hoody - £25

SBR EVENTS SNOODS

We have over 20 designs – perfect for birthday gifts / Christmas presents & designs arrange from footprints / gin & tonic / bicycles / pawprints / flamingos / Xmas holly / cake & more so have a look!

Special OFFER £5; usually £7 each

WATER BOTTLES & SCRUNCHY CUPS

We sell re-useable bottles (£2) & a re-useable squashable Scrunchy Cup made of recycled material (£3) which (in a non COVID-19 world) can be put into a pocket or tucked into your waistband to use at the water stations. It really only takes a few seconds to fill up, drink & GO!

[Just give your race number on the day & we can arrange card or BACS payment after the event by email/phone.](#)

CARD OR CASH TAKEN – hand sanitiser & 2m distancing will be required at the retail area

NOT AVAILABLE IN 2021 – due to COVID-19 PANDEMIC

We hope you understand that we have to offer a trimmed back event this year - we hope to offer these services again in the future.

'On the Day' entries

INFO DESK with maps etc.

Sports Therapist post-race massage

Pacers

Finish times on print outs at race

Banana, packet of crisps in a grab bag – sorry but all frills are taken out to reduce risk

NOTCH – YOUR ACHIEVEMENTS... AROUND YOUR WRIST (mynotch.co.uk)

We are thrilled to be a partner of NOTCH (mynotch.co.uk) & welcome them to our event. The SBR Events NOTCH Collection has been designed & specially engraved to celebrate SBR Events passion for creating fun, friendly TOP NOTCH events! Come & have a look at their stand.

We've been moving towards 95% REFILLABLE WATER METHODS by end 2021 but this year we can't all touch the same equipment to re-fill your bottle / cup - so PLEASE bring enough water for the event or use water we provide in compostable cups & use the correct bins provided.

Mick Hall Photos - Free photos at The Bun Run!

Mick's Team (Mick & 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 also buy prints if you choose to).

Go to <https://mickhall.zenfolio.com/> & click on the album named THE BUN RUN & you click on your race number or 'ALL' to see your photos. It will take approx 48hrs to get the photos searchable by number.

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 food from **Chuck Wagon**, coffee & amazing cakes from **The Sunshine Van** plus Pete the ICECREAM man is coming if the sun shines!! **Bring cash & card with you.**

Toilets

Toilets are available in Race Village & at 1 location on the 10k course that we are providing specifically for this race. Please use hand sanitiser before & after use.

Results – Thank to our race partners JC Race Solutions

Please check Results Tables online after the event for Winners Information.

Click here; [The Bun Run Preliminary Results](#)

Unfortunately print out times are not available this year. Instead, times will be texted to you at the end of the race. Once the results are online (within a few minutes of race finish depending on signal), you can sort your race statistics; finish time & place, pace per km/ mile, age group & more!
Results are emailed to you with a Finishers' Certificate after results are verified after a few days.

BRING YOUR CLUB FLAGS!

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

Trophies & Prizes –

There will be a unique medal for all participants; RUNNERS & RAMBLERS

Due to COVID-19, we will be holding limited presentations at Race Village with minimal contact.

Trophies will be sent to winners who do not wish to wait & attend prize giving.

There will be trophies in the following categories on all distances:

-1st, 2nd, 3rd Man & Woman – 5k & 10k RUN

- Canicross winner – 5k & 10k

There will be certificates emailed to ALL participants & this will include details for all age group winners in the following categories on RUN 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+
- All participants - This will detail your category & finish times
- Canicross - This will detail your category & finish times & will have distinctive pawmarks on

Canicross - over 40 runners with dogs expected to run on this event.

We have 180 Canicross runners on our Spring & Autumn events when the weather is cooler so look out for those events. All dogs run separately (5k & 10k / 10miles) – before the main pack of runners & walkers & leave the course first.

We usually offer a separate Canicross Race Briefing away from the excitement of the start line. This will be replaced with BRIEFING BOARDS placed into the start funnels – please read them!

To avoid trips & falls Canicross will be structured with either single or a pair of dogs setting off at same time.

Look out for PACE BOARDS in start funnel & place yourself at the right point in the starting line up (fastest runners first).

Speak to other runners to find out what pace you run at. Give yourself plenty of space (minimum 2m) between you & the runner in front.

There will be cones right next to the start line to help space you but if you need more space that is fine.

Timing starts when you cross the mat so there is no hurry.

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

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 (approx every 1 mile) 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 can 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!

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)

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 Thursday 9th September 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 or water bottle, hot food & drink and either a £20 discount code towards a future SBR Events race or a SBR Events marshal hoodie or t-shirt. If you know someone that could help please email david@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.

Course Reconnaissance & Course Maps

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

There will be maps of the route available for you to review (they are on the website/ The Bun Run page).

<https://www.sbrevents.co.uk/events/>

The course is fully signed & marshalled so it will be easy to follow. Maps will be added to the website next week. 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. ALL TRAIL RUN COURSES ARE SLIGHTLY OVER EXACT DISTANCE REQUIRED. The 10k course in 2021 will measure 10.5k & we will look to reduce this for 2022.

SBR Events

We will be organising a number of other multi-sport and running events throughout 2021 & 2022 - please visit www.sbrevents.co.uk

Next running event is Thoresby Leaf Kick on 17th October - 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, Welbeck 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

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.