



# THE LONGHORN 2023 FINAL RACE INFORMATION

THORESBY PARK, OLLERTON, NOTTINGHAMSHIRE, NG22 9EP  
SUNDAY 23<sup>rd</sup> April 2023

## Welcome to The Longhorn

We would like to welcome everyone to The Longhorn organised by SBR Events Limited, with the assistance of Thoresby Park.

## Confirmation of Entry; Participant List & Start Times

Please check your data is correct on the online list of participants. Race entries may be included on the list even if you have withdrawn recently. [The Longhorn 2023 Participant List](#)

Please inform us of any issues with your entry ASAP. If you CANNOT attend please email to inform us.

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

## Hand Sanitiser Stations

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

- before & after using toilets / water stations.
- before & after visiting our Retail Stands / collection of your merchandise / t-shirts etc.

## Car Parking 7.30am – 6pm

**Thoresby Park, Nottinghamshire. – FOLLOW postcode to Netherfield Lane - NG22 9EP** (off the A614 near Ollerton). Please look out for a brown tourist sign 'Thoresby Events Field & Camping' entrance. Yellow 'Events Parking' signs will be nearby too. DO NOT use Thoresby Spa Hotel or Courtyard Entrances – (500m further).

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

There will be marshals there to assist with parking. Where possible please car share to minimise the environmental impact.

## Race Registration – SUNDAY; OPEN 07:45 – race finish

**Pre-paid t-shirts & merchandise** – CLAIM your t-shirt at Race Registration Marquee BEFORE your race start – we can then hold them for you until race finish. Uncollected t-shirts will not be reserved & may be sold on.

**Race Bibs** have been posted to you for 10k & all Canicross races (except late entries). If you forget yours on RACE DAY a replacement fee of £5 will be payable

**On the day entries;** AVAILABLE in 2023 but if possible please email in advance [amanda@sbrevents.co.uk](mailto:amanda@sbrevents.co.uk)

MEDALS are sold out so reward is a SNOOD of your choice. (CASH ONLY PLEASE)

**Transfer Distance** CANNOT be actioned on Race Day.

Email [amanda@sbrevents.co.uk](mailto:amanda@sbrevents.co.uk) in advance up to Tuesday eve to request distance transfer in advance

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

Please DO NOT allow another person to run with your race number.

## 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

Race Briefings are not held at the start line. They are replaced with **BRIEFING BOARDS** placed into the start funnels & around Race Village – **please read them.** All the information you need is right here!

## Start Times

**PLEASE arrange to arrive at Thoresby Park approx 45mins before your start time.** You only need to walk from car park to Race Village, use toilet facilities, grab your race number from registration, find your correct place in the start funnel & start your race.

**Weather is looking good - but you'll want to keep warm so please arrive close to your wave time!**

**START TIME** - Fastest runners go first in each 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 pace. If you have given us the wrong pace time you can start at the time that is accurate for your pace or with friends running a similar pace.** You gave us your pace time in whole numbers (ie 9mins) or a predicted finish time. Timing starts when you cross the mat so there is no hurry.

#### **PACE BOARDS**

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

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

You will not start running as a mass group. Move forward in pairs / small groups up to 5 in the starting funnels.

Respect each other. You can run with friends if you are same pace but there will be ultra runners on the course who may need to overtake so please have respect for other users of the trail ☺

IMPORTANT - You may be asked to stop moving forward in the starting funnel BEFORE you cross the start line to avoid congestion & bottle necks at the start of the race. Stay in the starting funnel & move forward slowly. These waves create a relaxed, smooth run for everyone. **Please be courteous & leave space if you overtake.**

**Start will be in the START FUNNELS parallel to the finish straight**

- **8.30am - 50k & 60k Ultra**
- **9.00am - Canicross ONLY (dogs only); 10k & Half Marathon & 30k**
- **9.30am - 30k & Marathon**
- **11am - 10k & then immediately 10k NW & Half Marathon NW (Nordic Walkers)**
- **11.55am - Half Marathon**
- **12.45pm - 5k Canicross**
- **1.30pm - 5k**
- **2pm - 10k & 10k Nordic Walkers (did you opt for the 11am or 2pm 10k?)**
- **3.15pm - Runners start their LAST LAP & tail runners go onto course – course closed & marshals are stood down by tail runners**

#### **SBR Events Official PACER Team**

We have a PACER TEAM this year! We hope to have more PACERS at future events. If you are interested, please contact us. Please note we cannot cover ALL pace times for everyone;

**Longhorn: 10k**  
**50mins – Rebecca M**  
**55 mins – Alice**  
**60 mins – Netty & Daren**

**Longhorn: Half marathon**  
**1:30 - Clive**  
**02:00 - Katherine**  
**02:10 - Peter**  
**02:15 – Gabi**

**The course is a trail run & GPS usually reads long** as the trees affect it – the pacer will aim to reach the 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 but allowing for marginal decrease on hills & increase on downhill.

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 registration tent 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.

### **What You Need To Bring**

There is no charity bag drop & the car park is a short walk away (3-4mins) so please bring;

- cash / card zipped into a pocket
- warm layers to tie round your waist before & after running
- your water / snack essentials / re-useable bottle or hydration vest

### **WATER STATIONS**

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

We've been moving towards 95% REFILLABLE WATER METHODS.

WE CAN'T DO THIS WITHOUT YOUR SUPPORT!

### **PLEASE USE THE BINS PROVIDED A SHORT DISTANCE FROM THE STATIONS.**

(USE SEPARATE BINS FOR DOG WASTE PLEASE)

We will always provide water at our races but in order to reduce our carbon footprint & try to save the planet from drowning in plastic we would like to politely request participants to bring their own re-useable bottles / hydration vests to use during the run & especially after the race has finished. These can be filled up at Race Village from our water barrels.

We also sell re-useable bottles (£2) & a re-useable squashable Scrunchy Cup made of recycled material (£3) which 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!

We use compostable paper cups (until we phase these out too!).

There is a water station & toilet available to ALL RUNNERS every 2 miles (approx) on the course available to ALL runners.

Water will also be at the finish line.

**60k / 50k / marathon /30k & half marathon ONLY** - you have a secure area to leave a bag with food & water / race snacks / spare clothing accessible to you next to the course at RACE VILLAGE (all laps pass this way)

### **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 (some with dogs). There are residents that live on Thoresby Estate, working farmers & guests staying at Sherwood Hideaway 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 Longhorn Clothing – Look out for new t-shirt designs this year!**

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

#### **The Longhorn**

#### **Thoresby Leaf Kick Race**

#### **Motivational Range**

#### **Footprints Range**

There will be a chance to buy a range of reduced-price race clothing: t-shirts - £5 / £10 or a hoody - £25

## **SBR EVENTS SNOODS**

### **\*NEW designs - come & take a look. Perfect for Xmas gifts**

#### **The LONGHORN in pink or black, pawprints, dogs, bike cogs, pastel oil slick, Thoresby Leaf Kick in orange & more...**

We have over 30 designs – perfect for birthday gifts / Christmas presents & designs arrange from footprints / gin & tonic lemons / G&T bottles / 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 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 is available at the retail area**

We are pleased to announce the return of;

**FREE Sports Therapist post-race massage** – thanks to The Sports Massage Academy

## **FREE RACE PHOTOS- Mick Hall Photos**

Mick's team will be out on the course to take photos of you which can be downloaded & shared FREE OF CHARGE! (You can also buy prints if you choose to).

You can find his pictures on a new album THE LONGHORN on

<https://mickhallphotos.photohawk.com/galleries/longhorn2023>

Click this link & click SUBSCRIBE - to get email notifications when the photos go live.

It will take approx 48hrs to get the photos searchable by number.

Click on your race number or 'ALL' to see your photos.

My tip – do a Mo pose / Usain Bolt or wave/smile / jump – do anything to look happy crazy instead of THAT face!

LOL! Don't forget to SMILE!!! 😊

## **FOOD & DRINK-** Bring cash & card with you.

Hot food & drinks available including gluten free & vegan options;

**Thoresby Catering;** Fabulous burgers & sausage cobs, sausage rolls, vegan sausage rolls, (whole) stonebaked pizza, ice-cream scoops on pot or cone incl Vegan Vanilla & hot drinks with almond / soya milk, hot chocolate. Cold drinks.

**Good Spuds;** Hot potatoes with delicious fillings incl vegan. Skin on Fries. Hot breakfasts including a separate griddle with vegan options. Vegan balls in tomato sauce & vegan nuggets.

**The Crepe Revolution;** Sweet & savoury pancakes including vegan options

**Bring cash & card with you.**

## **Toilets**

Toilets are available every 2 miles (approx) for all runners. They are in Race Village (a large block & a few on the NEXT LAP FUNNEL for longer distance runners) & at 2 locations on the course that we are providing specifically for this race. Emergency period products can be found in a box behind each set of toilets for your personal use. The water stations are based at these locations too. 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 & all results.

Click here; [The Longhorn 2023 - Race Results](#)

Race times will be emailed to you at the end of the race if mobile signal allows it. Once the RESULTS TABLE is 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 later in the week.

## **Trophies & Prizes –**

**We will be holding presentations at Race Village.**

The Presentations will take start at approx.

10:15 - CX 10k

11:30 - CX HALF

12:15 – 10k & 30k & 30k CX

13:00 - 30k

13:45- marathon & 5k CX & 10k NW 14:15- 5k & half marathon & 50k Ultra 15:00- 60k Ultra & 2pm 10k & half NW

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).

- **5k, 10k (11am), half marathon, marathon, 50k & 60k ultra race:**

-1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Man & Woman

- Fastest Man Veteran 40+ & Fastest Woman Veteran 35+

- **Canicross races:**

-Fastest Canicross Winner Male & Female – half marathon

-Fastest Canicross Winner - 30k

-1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Canicross Male & Female - 5k & 10k

- **Additional PRIZES include:**

-Nordic Walking Winner: - all distances: snood

- Fastest Winner Male & Female – 10k (2pm)

- **There will be certificates emailed to ALL participants & this will include details for all age group winners in the following categories on ALL races:**

-Fastest Man V40-44, V45-49, V50-54, V55-59, V60-64, V65-69, V70-74, V75-79, V80-84

-Fastest Woman V35-39, V40-44, V45-49, V50-54, V55-59, V60-64, V65-69, V70-74, V75-79, V80-84

-All participants - This will detail your category & finish times

-Canicross - This will detail your category & finish times & will have distinctive pawmarks on

### **Canicross - over 160 runners with dogs expected to run on this event!**

We used to offer a separate Canicross Race Briefing away from the excitement of the start line but there's not much chance of hearing me.

This is now replaced with BRIEFING BOARDS placed into the start funnels – please read them!

To avoid trips & falls Canicross will be structured with **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 to avoid unnecessary overtaking & bottlenecks).

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 - to avoid trips & falls if dogs weave, stop suddenly or someone falls in front of you.**

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.

Reactive dogs may start at back of the pack if it works better for your dog - please let chip timing or registration know how much time you need between last dog setting off & you following on. We understand that dogs often settle after they've run & burned off that excitement in the first km! Email [amanda@sbrevents.co.uk](mailto:amanda@sbrevents.co.uk) if you have any questions.

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).

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!

### **VEGAN RUNNERS**

Thank you for your support at our event -

Over 100 Vegan Runners are attending The Longhorn as participants, pacers & marshals. They have travelled from all over the UK to attend the AGM held in Nottingham this year.



Please welcome them to this event - you won't miss them in their black & green club t-shirts and vests!

*Here's a little bit about the club.*

Vegan Runners is a UK-wide athletics club full of beautiful, compassionate runners of all levels of ability. We promote a healthy, performance-enhancing, vegan lifestyle to runners and encourage vegans to take up running.

Vegan Runners UK is affiliated to England Athletics.

We are also a thriving community which arranges local meetups for training, social activities, races and to support good causes. Whether you're a vegan who wants to get active, a runner who wants to save the world or a vegan runner who hasn't signed up yet, join us now and be awesome!

### **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> April at 12pm. You can leave messages or send emails regarding this event, but we may 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 water bottle, hot food & drink and either a £30 discount code towards a future SBR Events race or a SBR Events t-shirt or snood. 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.

### **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.

### **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.

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

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

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. TRAIL RUN COURSES ARE SLIGHTLY OVER EXACT DISTANCE REQUIRED.

### **5KM – 2 lap course on a different route (same as 2022)**

We have a new route for you this year as Perlethorpe is closed to the public. From the start follow the road over Stonebridge. Continue straight up the tarmac road and stay on the left. Take the first turn to the left and run a short distance, then turn left just before Perlethorpe Church into the woodland.

At the bottom of that trail before follow the signs to turn right into an open field & head straight across it with the lovely River Meden to your left. Go over the little bridge taking care & follow signs around to your left and back through the field with the River Meden now on your left again & The Walled Garden to your right.

Continue straight until you come out into mowed grass area near our toilets opposite Thoresby Hall & the Race Village. Follow signs to the right & turn right into more woodland - past the bird hide and as it climbs slightly you bear left & come out at the grass area with a beautiful view of Thoresby Hall.

Run towards the hall over grass, past the water station & onto tarmac roads until you turn left through the starting funnel for your 2<sup>nd</sup> lap.

On return you choose the finish funnel instead of the starting funnel to cross the finish line & collect your medal!

There is 1 water station on the 5k course which you pass twice near (race village).

There will be 2 water stops for dogs – also passed twice plus a river stop if they need one).

Please bring re-fillable cups (£3) or bottles (£2) (available to purchase at our retail stand) to reduce the amount of single use cups we use at this race.

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.**

### **10KM – (1 lap)**

From the start line, follow the tarmac road over Stonebridge and up into open countryside.

At 2k you will turn right into the forest and through an area containing farm machinery. Travel past the first cattlegrid, turning left onto grass down Wobbly Way (it's a touch uneven and soft underfoot – it can be muddy down here in wet weather).

At 3k you will cross the road for The Sherwood Hideaway and the 1st feed/water/toilet station. Go through the gate and take the left fork. You are heading towards the southern point of the run. From here follow the signs through the SSSI area of the forest.

At 6k you will be in open countryside and have an opportunity to see the 'Estate House' on your left. You are also approaching the 2<sup>nd</sup> feed/water/toilet station.

After this station and a small meandering through more forestation you will emerge into open farmland and you'll see Britain's largest herd of Longhorn.

At 8k you cross over the Meden River with great views towards the lake on your right. Follow the track up to Spready Oaks. After the field and a small downhill track, you'll be approaching the lake section. Look for the 1000's of geese on the lake, mostly Canada and Brent. Through another area that is uneven underfoot next to the lake (this can be a little soft underfoot / muddy in wet weather). The final stretch is past the cricket ground, in front of the hall, Cherry Tree Avenue, straight on to the finish line – and collect your medal.

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.**

### **30KM (3 LAPS) 50KM (5LAPS) & 60KM (6 laps)**

You will mainly follow the 10k route. Please note there is no signage specific for 30k or 50k distances as these were added since we set up the event. From the start line, follow the road over Stonebridge (see full route above)

Just follow all signage saying 10k or 60k on the course - then as you return to see RACE VILLAGE ahead of you there will be signage - TO THE FINISH (bear slightly left to stay on path) OR NEXT LAP (bear right across the grass). YOU NEED TO CHOOSE - the marshal based here will not know how many laps you have completed.

Taking NEXT LAP takes you past toilet / water & feed station No3.

You can also access your bags & tents down here on the right hand side.

Please complete the correct number of laps - then head TO THE FINISH into the FINISH CHUTE to collect your medal!

At the water/toilet stations there will also be a feed station for you to enjoy some nutrition to keep your energy up. These may include nuts, mars bars, bananas, dates & orange quarters, water melon quarters, isotonic drinks, pork pie, flapjack, crisps & sweets & vegan sweets.

**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.**

**Please use refillable water backpacks or refillable bottles & cups to avoid single use plastics /cups.**

There will be bins on course... of course!

### **13.1 miles (2 laps) / 26.2 miles (4 laps)**

From the start line, follow the road over Stonebridge. Before the trees turn left entering the woodland. Run past the church and where you meet the road a marshal will direct you to the right. Follow this to the end and follow signage to the left to rejoin the main route.

At 1.5 miles you will turn right into the forest and through an area containing farm machinery. Travel on, turning left onto grass down Wobbly Way (it's a touch uneven and soft underfoot – it can be muddy down here).

At 2 miles you will cross the road for The Sherwood Hideaway and the 1st feed/water/toilet station. Go through the gate and take the right fork (straight ahead). You will find the forest sectioned you off guiding you to the most southern point of the course and where you will re-join with the 10k/60k.

At 4 miles you will be in open countryside and have an opportunity to see the 'Estate House' on your left. You are also approaching the 2<sup>nd</sup> feed/water/toilet station.

After this station and a small meandering through more forestation you will emerge into open farmland and you'll see Britain's largest herd of Longhorn.

At 5 miles you cross over the Meden River with great views towards the lake on your right. Follow the track up to Spready Oaks. After the field and a small downhill track, you'll be approaching the lake section. Look for the 1000's of geese on the lake, mostly Canada and Brent.

The (final) stretch past the cricket ground, in front of the hall, at Race Village follow the signs to take the right turn towards your 2<sup>nd</sup> lap. This takes you past toilet / water & feed station No3. You can also access your bags & tents down here on the right hand side. Repeat the above once for half & 3 more times for marathon! Upon emerging from the lake section after your last lap go straight on towards Cherry Tree Avenue, finish line – and collect your medal!

**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.**

## COURSE MAPS

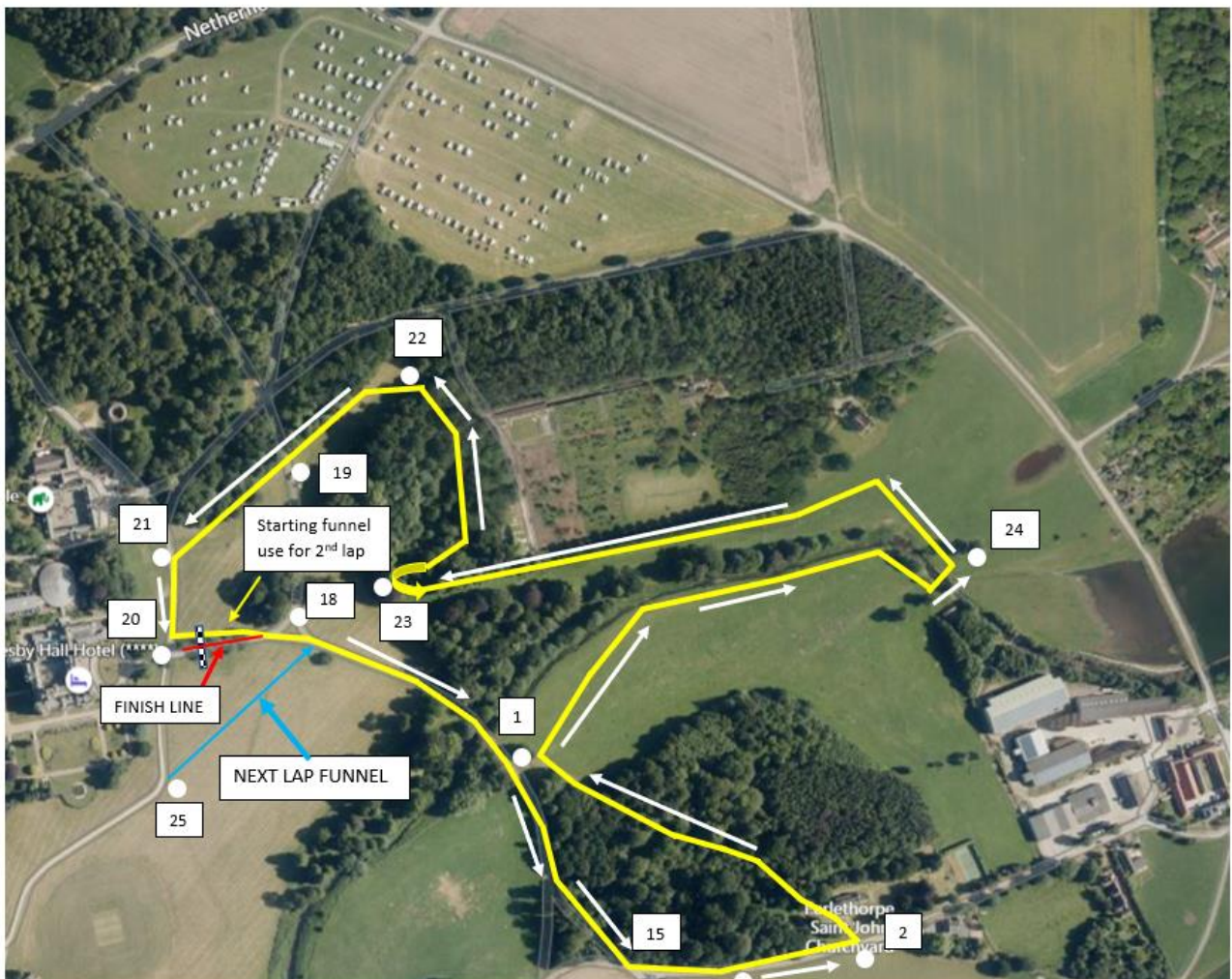
Course maps can be found on the website

There is also a printable PDF document with FINAL RACE INFO which includes maps of each course. Please note that you DO NOT NEED to know the course on map - the route is fully sign posted & has many marshals to guide you on the course.

The land is private & the course cannot be checked before Race Day.

### 5k route (same as 2022) – yellow route only

THE LONGHORN – 5K ROUTE





## The Longhorn - Map of 10k & 30k (3laps), 50k (5 laps) 60k Ultra (6 laps) route



Distance: 10k over 1 lap distances in km

Starting on the road adjacent to Thoresby, athletes run a short distance downhill towards Cherry Tree Avenue, turning left to join the main route.

The first 2k are on tarmac through open countryside.

2k-3.3k is through open woodland.

3.3k-5.5k is through ancient woodland

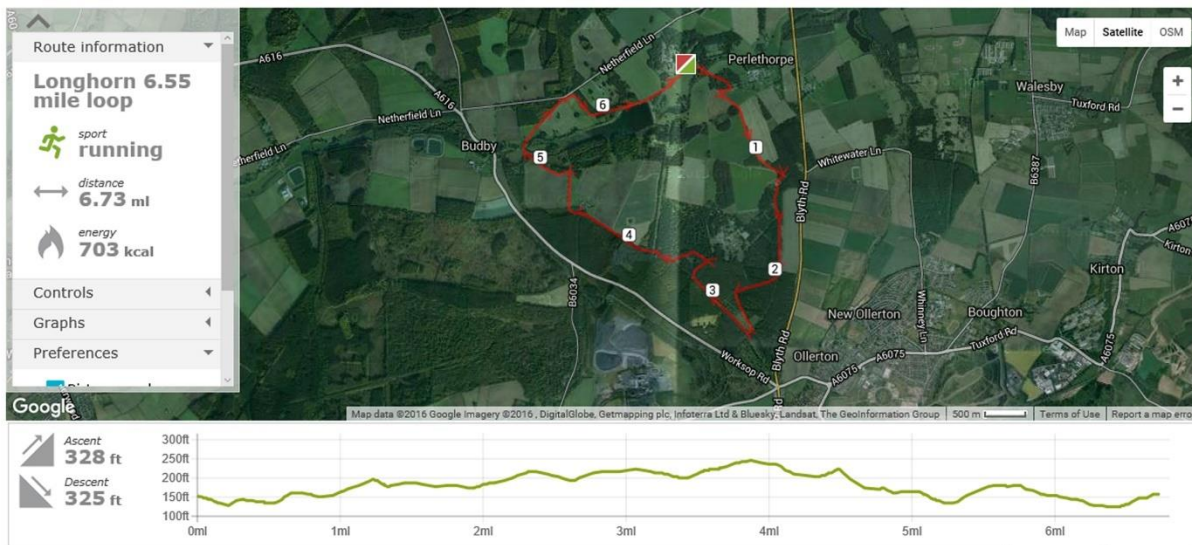
5.5k-8.5k is a mixture of open woodland and farmland

8.5k-9.5k takes a route past the lake

9.5k-10k is across paths close to Thoresby Hall

The finish line will be along the same road facing the trees. Here it is marked on the grassed field to show it on the map.

## The Longhorn - Map of Half Marathon (2 laps) & Marathon (4 laps) route



Distance: 26.2miles over 4 laps - showing miles every 2 miles

Starting on the tree lined road facing away from Thoresby Hall, athletes will run towards Stonebridge and following the main route.

- The first 1.5 miles are on tarmac through open countryside.
- 1.5m-2.0m is through open woodland.
- 2.0m-3.5m is through ancient woodland
- 3.5m-5.25m is a mixture of open woodland and farmland
- 5.25m-5.75m takes a route past the lake
- 5.75m-6.1m is across paths close to Thoresby Hall

After lap 1 is completed, athletes turn down the Marathon funnel to follow the exact same route completing 13.1 miles.

The Marathon is a total of 4 complete laps of the course.

The finish line will be along the Cherry Tree Avenue where you started in front of Thoresby Hall.