



THE LONGHORN 2019 FINAL RACE INFORMATION

THORESBY PARK, OLLERTON, NOTTINGHAMSHIRE, NG22 9EP
SUNDAY 28th April 2019

Welcome to The Longhorn 2019

We would like to welcome everyone to The Longhorn 2019 organised by SBR Events Limited, with the assistance of Thoresby Park.

Confirmation of Entry

Please check on the list of participants online that all of your data is correct. Race entries may be included on the list even if you have withdrawn recently. Click here; [The Longhorn 2019 Participant List](#)
Please inform us of any issues with your entry ASAP.

Age Restrictions

We do insist on specific age restrictions on certain race distances. 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 looks changeable – the forecasters can't quite decide yet! Bring sun cream & a range of sporting garments in case the weather changes unexpectedly on the day. If it is going to be warmer (forecasts say 9 to 19 degrees) please ensure you dress for it & bring some dry clothes (for post run) if showers are forecast! Remember your re-fillable cups & bottles of water or isotonic drinks, snacks & gels for the run.

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!

We provide water stations for ALL in cups as an option but we want to reduce our use of single plastics (the cups are a dreadful waste) so please refill your own water bottles around the course. We also sell re-useable bottles (£2) & a re-useable squashable 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 give a bottle of water to all athletes at the end of the race but please re-fill your own water bottle if possible as this is another single use plastic which could be avoided.

POLITE NOTICE - The feed stations are for those on half marathon, marathon & 60k ultra ONLY.

Although this is a trail run the ground is currently very firm. There are a couple of very dried up muddy areas due to which are hard but may become stickier with rainfall next week. Please remember that the majority of this race is on hard ground – there is only a small part of the run on grass.

Accommodation

For local information including accommodation please look here: [Nottinghamshire Tourist Info](#)

Directions - Thoresby Park, Nottinghamshire. – FOLLOW postcode to Netherfield Lane - NG22 9EP PLEASE DO NOT GO TO HOTEL OR COURTYARD ENTRANCE - Look for car parking event signs nearby

Thoresby Park is to be found south of Clumber Park off the A614 near Ollerton, Nottinghamshire.

Car Parking

Please Note: There is free EVENTS parking at Netherfield Rd Thoresby Park NG22 9EP

The car park is free to everyone & is open from 7.45am for athletes (registration opens 7.55am) –just a 5min walk to Race Village & Start.

Please **DO NOT** use Thoresby Hall Spa Hotel or The Courtyard entrances.

Follow the standard highway brown signs off the A616 and the A614 which will direct you to Thoresby on Netherfield Lane & to the entrance to the car park entrance 500 metres from the hotel entrance. You will see yellow '**EVENT PARKING**' signs turning you onto the roads leading to the parking area. Where possible please car share to minimise the environmental impact. Please do not leave any belongings on show in your vehicles.

Race Registration - OPEN 07:55-11:45 & 13:00-13:40 Registration closes 20mins before each race start

On the day entries- 5k: £10 Child /£15 Adult 10k: £30 HM:£40 MARATHON:£50 60k ULTRA:£60 (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).

Please **remember your race number** from checking that you are on the online participant list.

Each race starts with the number distance so 5k runners = 5001-5300, 10k runners = 10001- 10999 & half marathon = 13001-13600 & marathon = 26001-26300 & 60k runners = 60001-60300

COURSE MAPS

There will be maps of the route available for you to review (they are currently on the website/ The Longhorn 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 – MINIMUM £1 per bag for charity – 2 bags = £2 please SEPARATE TO REGISTRATION MARQUEE on the opposite side of the field

Our chosen charities – Lincs & Notts Air Ambulance are kindly assisting with the baggage drop this year. We are specifically raising funds for the 24/7 Appeal. Please remember to bring some loose change as each bag costs minimum £1.

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

Bags will ONLY be returned to the 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.

Results

Times will be available from JC Race Solutions tent next to the finish line. At the end of the race you can grab a print-out of your time & once the results are online (within hours), you can sort 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 after a few days.

Provisional results will be available on [The Longhorn 2019 Provisional Results](#) later on race day.

Race Briefings – A few mins before each wave 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. This will be repeated as waves pass by the start point. Please look out & **READ the RACE BRIEFING BOARDS** which summarise this information. 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 (8.40am for 10k & half marathon CX in centre of race village) & (12.10pm 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 95 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 enter race funnel according to your pace ie fastest runners at the front Start will be near the FINISH GANTRY in race village

08:30 - 60k

09:00 - 10k **Canicross** & Half Marathon **Canicross** only (**WITH DOGS**)

09:30 - Marathon

11:00 - 11:30 10k (you will be directed to your start line a few metres away).

11:30 - 10k & Half Marathon Nordic Walkers

11:50 - 12:05 Half Marathon

12:15 - 5k Canicross & then 5k

14:00 - 10k

When you line up for race start please speak to other runners to find out what pace you run out & place yourself at the right point in the starting line up (fastest runners first). We then let runners off in groups of around 50-75 & wait a few minutes between each wave. This simple solution allows a natural flow of runners around the course, avoids congestion and overtaking and makes for a great race for everyone.

Give yourself plenty of space between you & the runner in front. Timing starts when you cross the start mat so there is no hurry.

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 hearing the wildlife & 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);

Longhorn: 10k

45 mins – Russell

50 mins – Bart

55 mins – Gabi

60 mins – Studney

Longhorn: Half marathon

01:45 - Daniel

02:00 – Mark

02:15 - John

02:30 - Ash

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. 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.

5KM – 2 lap course on a different route

From the start 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 left. Follow this road round a left bend and past the cottages and the lake, turning left into the woodland when directed by a marshal. Follow this path through the trees – BEWARE OF ANY TREE ROOTS ALONG THIS PATH – until you emerge into a field on the other side, with a beautiful view of Thoresby Hall. Follow the channel across the road past a water station & over the field, turn left towards the hall where a marshal will be based & make a left turn to run down a funnel which is parallel with the finish straight (end of lap 1). Then re-join the main circuit at the 'Y' junction. At this point complete a 2nd lap and then follow the signs onto the finish straight under the trees – breathe and collect your medal!

There is 1 water station on the 5k course which you pass twice near race village. Please bring re-fillable cups (£3) or bottles (£2) (available to purchase at our retail stand) to reduce the amount of single use plastics 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 2nd 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.**

60KM (6 laps)

You will mainly follow the 10k route.

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 re-join the main 10k route. (see full route above)

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, isotonic drinks, energy bars /gels, pork pie & Oreos, flapjack, crisps & sweets.

At 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 2nd 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 5 more times! Upon emerging from the lake section after your 6th 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.

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

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 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).

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 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 2nd 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 2nd 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.

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 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 plus a cycle responder, a 4x4

ambulance & an all-terrain vehicle 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.

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 refill their own plastic water bottles, changing from plastic to paper bags & recycling wherever possible.

We are now selling re-useable cups (£3) & bottles (£2) for you to use at the water stations & take home with you. Please spend a few extra seconds filling up or bringing a hydration pack rather than use a plastic cup every time you need a drink. Thank you.

We will also be providing a PAPER bag (please re-use & recycle) for you to pop in one of each;

Banana, packet of crisps & bottle of water – please re-fill rather than take the bottle of water.

We don't want anyone dehydrated & there will be water available for everyone but we'd like to move towards 90% REFILLABLE WATER METHODS by 2021.

Race leaflets, What's On Guide at Thoresby & check out info Lincs Notts Air Ambulance

Remember you also get...

FREE RACE WARM UP / COOL DOWN & STRETCH

FREE POST RACE SPORTS MASSAGE

FREE RACE PHOTOGRAPHS

FREE NEW ADVENTURE PLAYGROUND NEXT TO RACE VILLAGE

At the Race Village you will find toilets, marquees for registration, baggage holding area, sports therapists from Sports Massage Academy, Warm up & Cool down area from DW Fitness in Mansfield, Canicross & Nordic Walking groups, Thoresby Park stand with staff, local running clubs, JC Race Solutions chip timing for your results, first aiders/ambulance from Jola Medical, food stands & our charity partners for The Longhorn; Notts & Lincs Air Ambulance.

Race Clothing – Motivational Range

There will be a chance to buy race t-shirts & vests (£10 & £15 & £25), long sleeve tops (£20) & hoodies (£30 & £40) at race village.

The Longhorn Race Clothing – Look out for The Longhorn!

We have gone all out with the theme for this year being The Longhorn!

There will be a chance to buy a range of race clothing: t-shirts for £10 / £15 / £25, long sleeve tops (£20) or a hoody for £25 / £40 – cash or card payments.

BIG BOBBLE HATS

Although Spring is finally here - we need to be prepared! Come & buy your beautiful Big bobble Hat - Special Spring Events Price is £15 per hat (£5 off website price) & we have more Smarty Party hats in stock! #rainbow

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.

Mick Hall Photos - Free photos at The Longhorn!

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 LONGHORN & you click on your race number or 'ALL' to see your photos. It will take approx 48hrs to get the photos searchable by number.

Canicross

We would love for this venue to become a firm favorite for canicross runners - & want both man & beast to enjoy their day.

We offer a separate Canicross Race Briefing away from the excitement of the start line. PLEASE JOIN US – details listed earlier.

To avoid trips & falls we'd like to spread the Canicross out so will structure 2 long rows of dogs to set off together. When you line up for race start please speak to other runners to find out what pace you run out & place yourself at the right point in the starting line up (fastest runners first). Give yourself plenty of space between you & the runner in front. Timing starts when you cross the mat so there is no hurry.

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!

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 26th April at 10am. 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 water bottle, hot food & drink and either a £20 discount code towards a future SBR Events race or a SBR Events t-shirt or neckwarmer. 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

Skegness Triathlon 12th May -

Tallington Lakes Triathlon 2nd June - (including Sprint, Super Sprint, Olympic, Aquathlon & Aquabike)

Grimsthorpe Gallop 23rd June - 5k, 10k, 10miles or half marathon!

...a beautiful rural trail run on private land in Lincolnshire at Grimsthorpe Castle off the A1 between Stamford & Grantham

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 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.

COURSE MAPS

The Longhorn - Map of 10k & 60k Ultra (6 laps) route



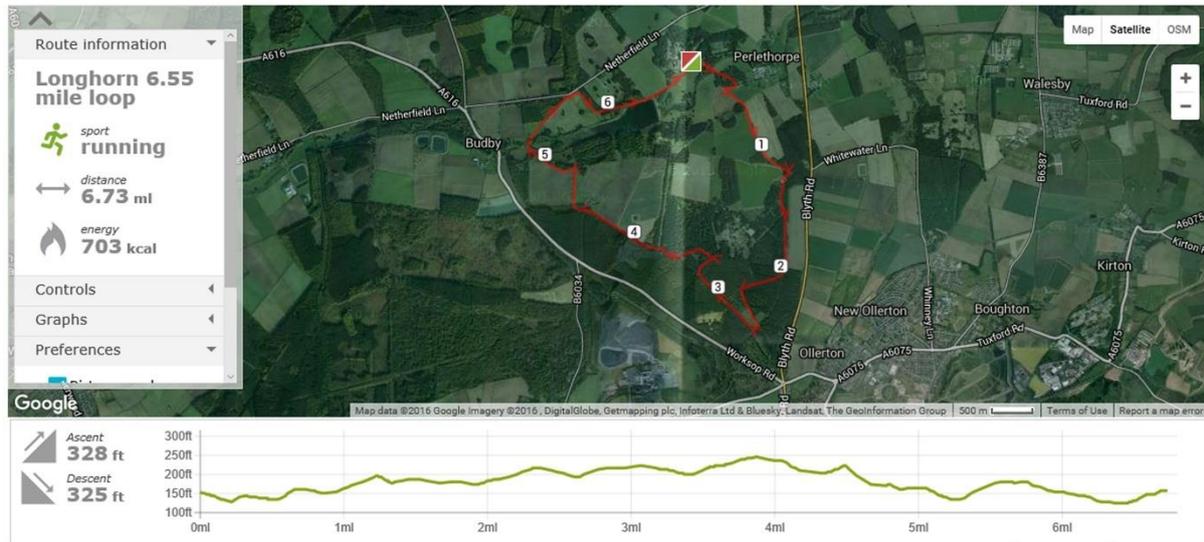
Distance: 10k over 1 lap distances in km

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.