



# THORESBY 10 2019 FINAL RACE INFORMATION

THORESBY ESTATE, OLLERTON, NOTTINGHAMSHIRE, NG22 9EP  
SUNDAY 20th OCTOBER 2019

## Welcome to Thoresby 10

We would like to welcome everyone to Thoresby 10 organised by SBR Events Limited, with the assistance of Thoresby Park & Thoresby Estate.

## Confirmation of Entry

Please check on the list of participants posted on the website & online that all of your data is correct. Race entries may be included on the list even if you have withdrawn recently. [Thoresby 10 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?

It's Autumn so normal running clothes should suffice.

The weather feels very changeable this week. We advise that you bring a range of sporting garments in case the weather changes unexpectedly on the day. If it is going to be cooler or wet (forecasts look like a cool 8-12 degrees with sunny spells & light winds) please bring lots of layers of dry warm clothes (for during & post run). Remember your re-fillable cups & bottles of water or isotonic drinks, snacks & gels for the run.

Although this is a trail run the ground is currently very wet. Please remember that majority of this race is on hard ground – there is only a small part of the run on grass but there are areas with large puddles & mud which may not dry out before Sunday.

## 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 on the course 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 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 have decided this year NOT to give a bottle of water to all athletes at the END of the race as this produces more single use plastic waste so please re-fill your own water into your own cups / bottles OR we will provide a compostable paper cup (until we try to phase these out too!).

We will be selling hydration vests & refillable bladders at events in 2020 to encourage alternative

## 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 8.05am for athletes (registration opens 8.15am) –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 – SUNDAY; OPEN 08:30 –12:00 Registration closes 20mins before each race start**

On the day entries; 10miles: £35 10k: £30 5k: £10 Child /£15 Adult (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.

## **COURSE MAPS**

There will be maps of the route available for you to review (they are currently on the website/ Thoresby10 page). The course is fully signed & marshalled so it will be easy to follow. Maps included at the end of this document. Please note that on a trail run the GPS often reads long due to the trees on the course. We have measured these routes on multiple occasions & used official measuring techniques to ensure the course is at least the advertised distance. The GPS can vary according to trees & cloud cover on the day.

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

Our chosen charity – Lincs & Notts Air Ambulance are kindly assisting with the baggage drop this year. We are specifically helping the charity to raise £4million per year to fund their 24 hours operations & they can only do this with your support! We are politely asking for a minimum donation of £2 per bag. Write your race number on the baggage labels on the tables in the centre of race village.

Bags will ONLY be returned to person with a matching race number. You must drop your baggage at the corresponding desk to your race number.

If you do not drop your bag at the correct desk your bag will be harder to find among the 1000+ participants so please drop it at the correct desk. We know it will get very busy at times so please be patient with the volunteer marshals.

## **Race Numbers – Race timing chip is attached on the back**

- Please do not bend your race number as the race timing chip may not work
- Please do not tamper or try to remove the race timing chip
- Race Numbers must be worn on the front during the run.
- Numbers must be pinned at all four corners. Number belts/ bands are allowed but it is recommended that two be worn. One number band for the top of the number & one number band for the bottom to stop your number creasing up and becoming unreadable.
- Complete the medical info & emergency contact info on the back with MC on bottom left at front if you have a medical condition. Pens can be found on tables in the centre of Race Village.

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

## **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 [Thoresby 10 2019 Preliminary Results](#) later on race day.

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!

## **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 summarises 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 (9.40am for 10k & 10miles CX in centre of race village) & (11.15am 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 125 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**

10:00 - 10k **Canicross** & 10 miles **Canicross** only **(WITH DOGS)**  
10:30 - 10:40 10k (you will be directed to your start line a few metres away)  
11:00 - 11:10 10miles  
11:20 - 5k Canicross  
12:20 - 5k (with some dogs allowed as a family friendly race / walk) Please make chip timing tent know if you are registered as CX but want to change into this start time.

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.

**Race Start Times - – please head toward the toilets using the Spectator Crossing Point to enter the race funnel according to your pace ie fastest runners at the front  
Start will be near the FINISH GANTRY in race village but not in the finish funnel – on the opposite side of the FINISH FUNNEL on the grass within the crowd barriers**

**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. 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);

<b>10k</b>	<b>10Miles</b>
<b>50 mins – Mark</b>	<b>01:20 - Si</b>
<b>55 mins – Denney</b>	<b>01:25 - Ash</b>
<b>60 mins – Ian</b>	<b>01:30 - Studney</b>
<b>65 mins - Diane</b>	<b>01:40 – Russell</b>
	<b>01:45 – John</b>
	<b>01:50 - Gabi</b>

**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.

## The Run – 10k & 10 mile

The run starts on tarmac then progresses onto hard packed stone then onto a grass path. From here you venture out towards open farmland past the main lake and into open woodland. The course is fully marked with directional signage.

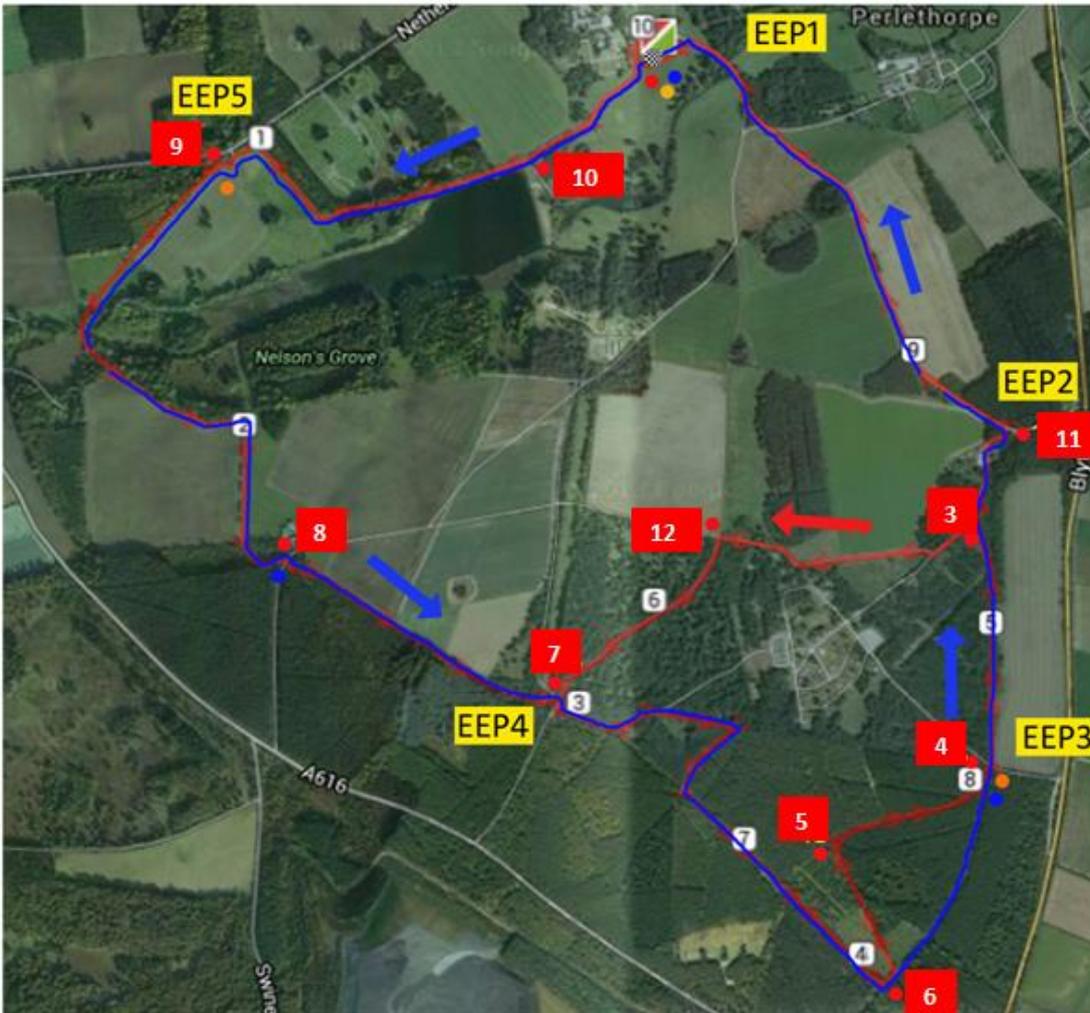
The 10mile race will split off from the 10km course just after mile 4 on an extended track. After mile 5 athletes will turn left on the 10 MILE LOOP & at approx. mile 6.2 (approx. 10k) athletes re-join the main course.

There are 2 water stations on the 10k/10mile course (the 10mile course will pass three in total) plus water at the finish line.

There is 1 toilet on course for athlete use at 4.5miles. Runners on the 10mile course pass this again at 8miles.

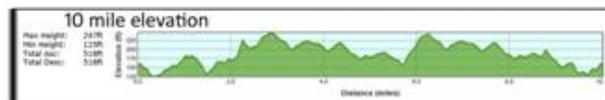
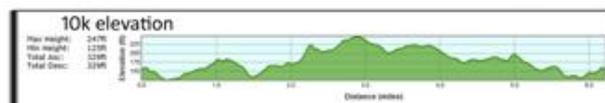
**Please ensure you don't drop any litter & take your rubbish home with you to preserve the environment & the wildlife on this course. We are very lucky to be able to run in such a beautiful environment.**

There will be bins on course of course!



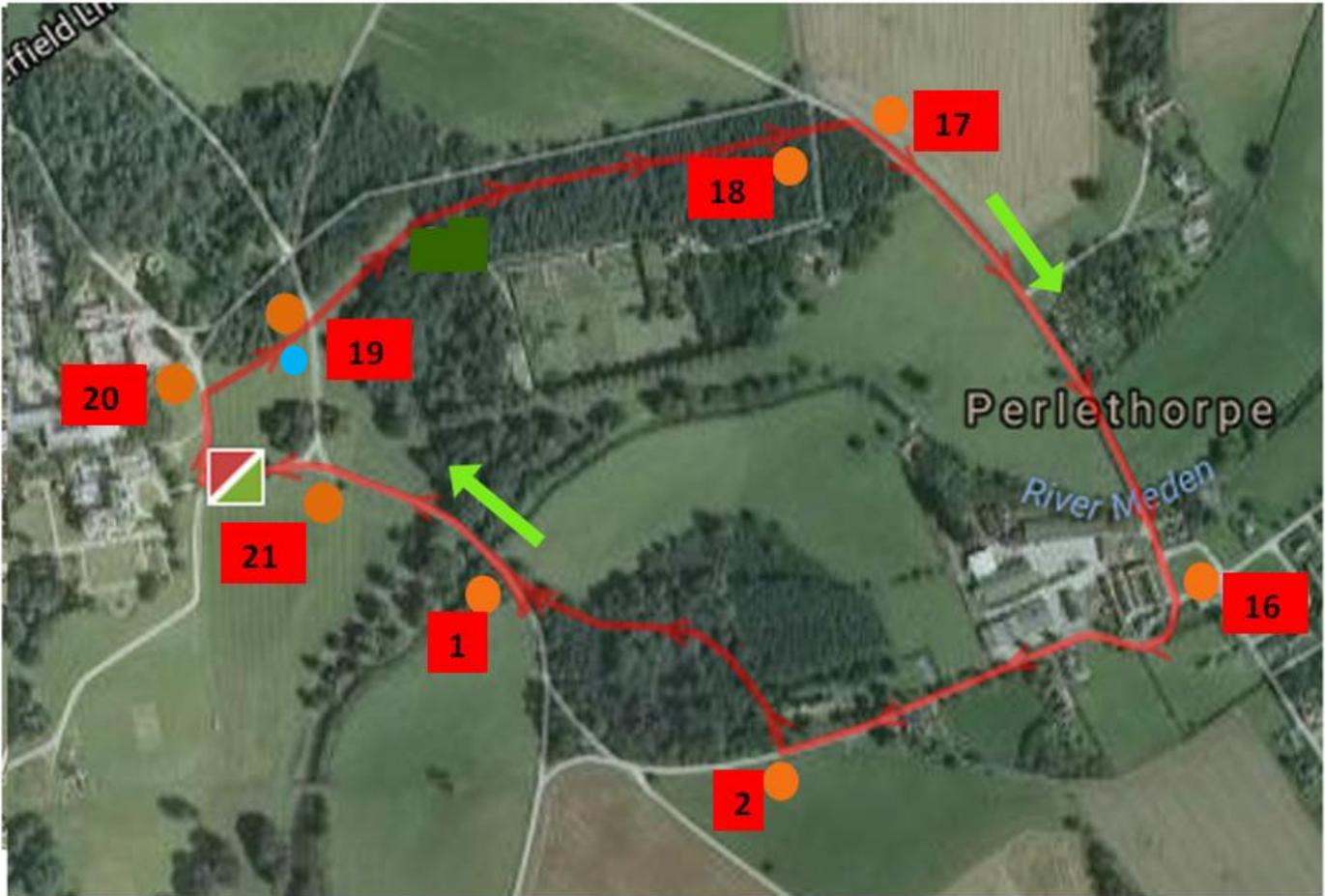
CHEQUERED DOT - START/FINISH/RACE HQ  
 RED DOT - MARSHAL  
 BLUE DOT - WATER STATION  
 ORANGE DOT - MEDICAL POINT  
 BLUE ARROW - 10k DIRECTION OF TRAVEL  
 RED ARROW - 10 MILE DIRECTION OF TRAVEL

BOTH DISTANCES ARE 1 LAP OF EACH COURSE  
 THE 10 MILE HAS AN INNER LOOP WHICH IS TRAVERSED ONCE BEFORE REJOINING THE COURSE AT POINT 3 ON THIS MAP



## 5k run – 2 lap course

This is marked out with smaller arrows and is 2 laps of the course so you travel past the finish line in a separate funnel before finishing through the finish funnel.



**GREEN & RED SQUARE - START & FINISH POINT**

**GREEN ARROWS – DIRECTION OF TRAVEL**

**BLUE DOT – WATER STATION**

**ORANGE DOT – MARSHAL POINTS**

**NUMBER OF LAPS – 2**

**DIRECTION OF TRAVEL –CLOCKWISE**

### **Medical Cover**

The safety of our competitors is paramount. Onsite during the event will be Jola Medics, on the day there will be a team of 1<sup>st</sup> 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/paper 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 – please re-fill your bottle / cup at the end of the race  
We don't want anyone dehydrated & there will be water available for everyone but we'd like to move towards 95% REFILLABLE WATER METHODS by 2021.  
Race leaflets, What's On Guide at Thoresby & check out info for 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.

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

We have gone all out with a lovely new range of coloured designs this year.

There will be a chance to buy a range of race clothing: t-shirts for £10 / £15 / £25 or a hoody for £25 / £40 – cash only or BACS payment after the race please. Just give your race number on the day & we can arrange BACS payment by email.

### **SBR EVENTS SNOODS**

We have launched our new range of 17 designs – perfect for Christmas presents & designs arrange from footprints / gin & tonic / bicycles / pawprints / flamingos / Xmas holly / cake & more so have a look!

Introductory Launch Price; (usually £10 each)

£7 each

£6 for 2

£5 for 3 or more

### **NOTCH – YOUR ACHIEVEMENTS... AROUND YOUR WRIST**

We are thrilled to be a partner of NOTCH ([mynotch.co.uk](http://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.

### **BIG BOBBLE HATS**

Autumn is finally here & we need to be prepared! Come & buy your beautiful Big Bobble Hat – Special Events Price is £20 per hat or 2 for £30 (£5 off website price)

### **Sports Therapist post-race massage.**

To help loosen your muscles after your race, you can book in for a free post-race massage. The team from Sports Massage Academy will be in place to stretch you out & mend those tired legs or stiff backs! This is a completely free 10 minute massage.

### **Marc Dewhurst Photos - Free photos at Thoresby 10!**

Marc & his team will be out on the course to take photos of you which can be downloaded & shared FREE OF CHARGE after the event! (you can also buy prints if you choose to).

Images from the event can be downloaded free of charge by following this link:

<https://www.marcdewhurst.co.uk/thoresby2019>

All images will be uploaded on the evening of October the 20<sup>th</sup> - It will take approx 48hrs to get the photos searchable by number.

Type in the race number into the search box, click on the image you want to download and hit the download button, if you are doing this from a mobile device then tap the download arrow (no need to create an account or log in). If you don't get any results using the race number then please try again later or try searching the colour of the top worn for the run. To see all images shot at the event then simply type 'all' into the search box. To assure the best chance of being tagged in images please pin the race number clearly on the front of your running top.

**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 from 5 sellers; hot potatoes with delicious fillings from **Good Spuds**, coffee & amazing cakes from **The Sunshine Van**, plus new food sellers this year including fresh homemade hot soups, protein shakes and cool fruit smoothies from **Lean on Liddle Mobile Food Bar** & delicious vegan food from **The Vegan Box Diner. Bring cash & card with you.**

### **Toilets**

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

### **BRING YOUR CLUB FLAGS!**

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

### **PRIZES: These will be determined by chip time - not gun time.**

The Presentation will take place within 30 minutes of the first competitor finishing. Please be in attendance to collect your trophy.

### **The Team Event – 10k & 10mile races only**

To participate a team must consist of 3 people. The total time of all 3 runners will be calculated to decide places.

### **Trophies**

#### **There will be trophies in the following categories on the 5k, 10k & 10mile race;**

- 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Male & Female
- Fastest Man & Fastest Woman Veteran (Man 40+, Woman 35+)
- Fastest Teams (10k & 10miles)

#### **There will be trophies in the following categories on the Canicross races:**

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

#### **Additional PRIZES include:**

- Fastest Man & Woman - all distances: SBR re-useable cup & buff
- 2<sup>nd</sup> & 3<sup>rd</sup> finisher (M&F) - all distances: SBR re-useable cup
- Fastest Veteran (M&F) - all distances: SBR re-useable cup
- Canicross Winners (M&F): - all distances: SBR Events re-useable cup & buff & K9 Trail Time MUG
- Nordic Walking Winner: - all distances: SBR Events Buff & Sherwood Nordic Walking Baseball Cap
- TEAMS 10th place - Bottle of Champagne
- TEAMS SPOT PRIZE – Free entry into Thoresby 10 2020

The Presentations will start at approx.

- 11.30am- Canicross
- 11.40am- 10k
- 12pm- 10k TEAMS
- 12.30pm- 10 Mile
- 12.40pm- 5k Canicross
- 1pm- 5k
- 1.10pm- 10 Mile TEAMS

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 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, V60-65, 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

**Notts Lincs Air Ambulance**

Our partnered charity has a stand & is asking for a donation (suggested £2 per bag) for baggage drop

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

As a charity we will need £4m a year to fund our 24-hour operations and can only do so with your support!

**Canicross - over 125 runners with dogs expected to run on this event!**

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!

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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 18<sup>th</sup> October at 12pm. You can leave messages or send emails regarding this event, but we will not be able to respond as we will be on site setting up for the event. If you desperately want to chat about anything race wise, we can be reached on 07850 572838.

**Race Volunteers – Please Help**

No event like this can run smoothly without the help of many marshals. If you have friends or family that will be supporting you at the event, please ask them if they would be willing to give up a few hours to help out. We try to buddy everyone up & make it fun. All marshals will receive a free 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](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.

**We also have more run events planned for 2020!**

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

**Thank You!**

It takes a great amount of work to organise an event such as this. Special thanks go to the volunteer marshals, everyone who helps make the event successful, Thoresby Park staff for their support, our race partners who make up race village plus all of our athletes for entering.

**Further Information**

Any questions related to the event can be answered by emailing [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.