



# THORESBY LEAF KICK 2022 FINAL RACE INFORMATION

THORESBY ESTATE, OLLERTON, NOTTINGHAMSHIRE, NG22 9EP  
SUNDAY 16th OCTOBER 2022

## Welcome to Thoresby Leaf Kick

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

## Confirmation of Entry; Participant List & Wave Times

Please check on this online list of participants that all of your data is correct. Race entries may be included on the list even if you have withdrawn recently. [Thoresby Leaf Kick 2022 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](mailto:amanda@sbrevents.co.uk) & [david@sbrevents.co.uk](mailto:david@sbrevents.co.uk)

## **COVID-19 Safety Measures – please LFT test before you come if possible**

**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.**

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

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

## Car Parking 7.20am – 4.30pm

**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 cash.**

100% of £3 will go to registered charity no 506970; The Stonebridge Trust

Aims and Objectives; *The acquisition and preservation and improvement for the benefit of the public of places of historical or archaeological or architectural interest or of natural or cultivated beauty in Nottinghamshire and the provision of ready access to them by the public.*

There will be marshals there to assist with parking. Where possible please car share to minimise the environmental impact. If the event finishes earlier the gates will be closed & locked so please do not leave your car unattended.

**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** collect at Race Registration Marquee on Race Day

**On the day entries;** AVAILABLE in 2022 - but if possible please email in advance [amanda@sbrevents.co.uk](mailto:amanda@sbrevents.co.uk)

Mara: £52 30k: £46 half: £41 10miles: £35 10k: £30 5k: £15 Child /£20 Adult (CASH ONLY PLEASE)

**Transfer Distance** 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. (Email ahead if possible please)

If you want to change distance, please email [amanda@sbrevents.co.uk](mailto: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. New participants will enter as a new entry 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

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

**PLEASE arrange to arrive at Thoresby Park approx 45mins before your wave 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.

**You'll want to keep warm so please arrive close to your wave time!**

**WAVE 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 wave. 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	APPROX PACE	APPROX PACE	APPROX PACE	APPROX PACE	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.**

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 remain 1-2m APART at ALL times except overtaking.**

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

- **8.45am - Canicross ONLY (dogs only); 10k & 10miles & half mara & 30k**
- **9.00am - 30k & Marathon**
- **9.05am - Nordic Walkers/ Walkers ONLY; 10miles & Half Marathon (behind Marathon runners)**
- **9.45am - 10k (Runners & Nordic Walkers / Walkers)**
- **10.15am- Half Marathon**
- **10.40am- 10 Miles**
- **11.30am - 5k Canicross**
- **12.15pm - 5k**
- **1.30pm - Runners start their LAST LAP & tail runners go onto course – course closed & marshals are stood down by tail runners**

We have moved the start time for ALL 30k runners who will now start with marathon runners at 9am. I hope this change is not too inconvenient for anyone travelling to the venue.

We advertised that the tail runners would enter the course at 3pm but based on the entries next week all runners should finish approx 2pm/2.30pm so we have amended their start time to 1.30pm. We want to be inclusive and in future years will continue to allow runners to complete their race by approx 3.30pm.

### SBR Events Official PACER Team

We could not offer this service over the past 2 years but we can offer a limited PACER TEAM this year! Unfortunately, we had some injuries recently that affected those PACERS booked in. We hope to have more PACERS at future events so if you are interested, please contact us. We cannot cover ALL pace times for everyone;

**Thoresby Leaf Kick: 10k**  
**unavailable – recently injured**

**Thoresby Leaf Kick: Half marathon**  
**02:00 - Mark**  
**02:15 – Katherine**

**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 this year & the car park is a short walk away (3-4mins) so please bring;

- warm layers to tie round your waist before & after running
- your water / snack essentials / re-useable bottle or hydration vest
- cash / card zipped into a pocket for food/ drink / retail
- there is a bag drop for half marathon, 30k & marathon runners only (BAGS left at own risk). Here you can leave change of clothes/ shoes/ food & snacks etc. You pass through this area on each lap.

### **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.**

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.

**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**

**\*NEW Thoresby Leaf Kick Race Clothing – Look out for new designs this year!**

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

**REDUCED Thoresby 10 Race Clothing – huge reductions as we changed the race name**

Pick up a bargain on race day – bring cash or card!

**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 - £20 / £25

### **SBR EVENTS SNOODS**

**\*NEW FOR 2022 – We have 9 new designs - come & take a look. Perfect for Xmas gifts**

**New designs include The LONGHORN in pink or black, pawprints, dogs, bike cogs, pastel oil slick, Thoresby Leaf Kick in orange or black & 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**

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

Mick & his 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).

All pictures from Thoresby Leaf Kick 2022 <https://mickhallphotos.theseachfactory.com/galleries/thoresby-leaf-kick-2022>

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**

Hot food & drinks available; please note there will NO hot potatoes this year - we have hot breakfasts, delicious burgers & pasta dishes from **Chuck Wagon**, coffee & amazing cakes from **The Sunshine Van. 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. 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.

**Click here; [Thoresby Leaf kick 2022 Provisional 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.

### **Trophies & Prizes –**

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

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The Presentations will start at approx;

09.55 for Canicross 10k	10.45 for Canicross 10miles	11:00 for 10k
11.15 for Canicross Half marathon & 30k & 10k TEAMS	12.25 for Canicross 5k, 10miles & half marathon	
12.40 for 30k & half marathon TEAMS	13:00 5k	13:10 Marathon

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, 10mile, half marathon, 30k & marathon 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 & 10 miles & half marathon)

- **Canicross races:**

-Fastest Canicross Winner – 10miles, half marathon, 30k

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

(These trophies depend on number of entries)

- **Nordic Walking races:**

-Fastest NW Winner – 10miles, half marathon

-Fastest Male & Fastest Female – 5k & 10k

(These trophies depend on number of entries)

- **Additional PRIZES include:**

-TEAMS 5<sup>th</sup> or 10<sup>th</sup> place – Souvenir prize or discount code (if enough teams)

-TEAMS SPOT PRIZE – Free entry into Thoresby LEAF KICK 2023 (if more than 10 teams)

- **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

## **Canicross - over 150 runners with dogs expected to run on this event!**

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 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 – 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) 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!



## Withdrawals

If you wish to withdraw from the event, then please refer to our Terms and Conditions as displayed on the website at the bottom of every page.

## Race Office Closure

The SBR Events Limited office will be closed from Friday 14<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 £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 & Course Maps

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/ Thoresby Leaf Kick page).

<https://www.sbrevents.co.uk/events/thoresby-leaf-kick-2022>

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.

## COURSE INSTRUCTIONS FOR 30k & MARATHON RUNNERS

Welcome to the Thoresby Leaf Kick! We are really pleased to welcome you & hope you enjoy running longer distances on this beautiful course

**The instructions are simple! There is no NO specific signage for you!**

30k = 3 laps of 10k route –

please follow 10k signage until you return to race village & **turn left** at the NEXT LAP SIGNS which takes you past your baggage area & a water / feed station. After your 3<sup>rd</sup> lap **continue straight** to FINISH FUNNEL.

Marathon = 4 laps of half marathon route -

please follow half marathon signage until you return to race village & **turn left** at the NEXT LAP SIGNS which takes you past your baggage area & a water / feed station. After your 4<sup>th</sup> lap **continue straight** to FINISH FUNNEL.

## The Course – 10k & 10 mile & half marathon

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 & half marathon athletes** will split off from the 10km course just after mile 4 on an extended zig-zag track.

Complete this ZIG-ZAG on both laps.

After mile 5 - **10mile athletes ONLY** will turn left on the **10 MILE LOOP (ONCE ONLY)** & at approx. mile 6.2 (approx. 10k) athletes re-join the main course to run the last 4 miles.

**10mile runners ONLY – PLEASE RUN THE 10mile INNER LOOP ONLY ONCE!!!!**

**Signage says 'See this once – keep running' & 'See me twice – STOP & go back to last marshal point' to avoid you running the INNER LOOP twice (or more!) When you return to this junction 2<sup>nd</sup> time follow signs 'TO THE FINISH'**

**10mile runners - On the 2<sup>nd</sup> time you hit this junction – turn right & follow signs – TO THE FINISH**

After the 6mile point - **half marathon/marathon athletes ONLY** turn right & then left into a scenic wooded glade & re-join ALL runners to travel over Stone Bridge into Race Village

In Race Village before the Finish Straight – there is a sign for NEXT LAP. ONLY **half marathon, 30k & marathon athletes** turn left for NEXT LAPS.

There are 2 water stations on the 10k/10mile course plus one on the NEXT LAP funnel for longer distance runners & walkers. The 10mile & half marathon course will pass three in total. There is water at the finish line (but please bring your own cups & refillable bottles or buy at our RETAIL STAND.

TOILETS – every 2 miles (approx)

There are 2 toilets on course & 1 at race village which you pass on each lap. The 2nd toilet is on course for athlete use at 4.5miles. Runners on the 10mile course pass this again at 8miles.

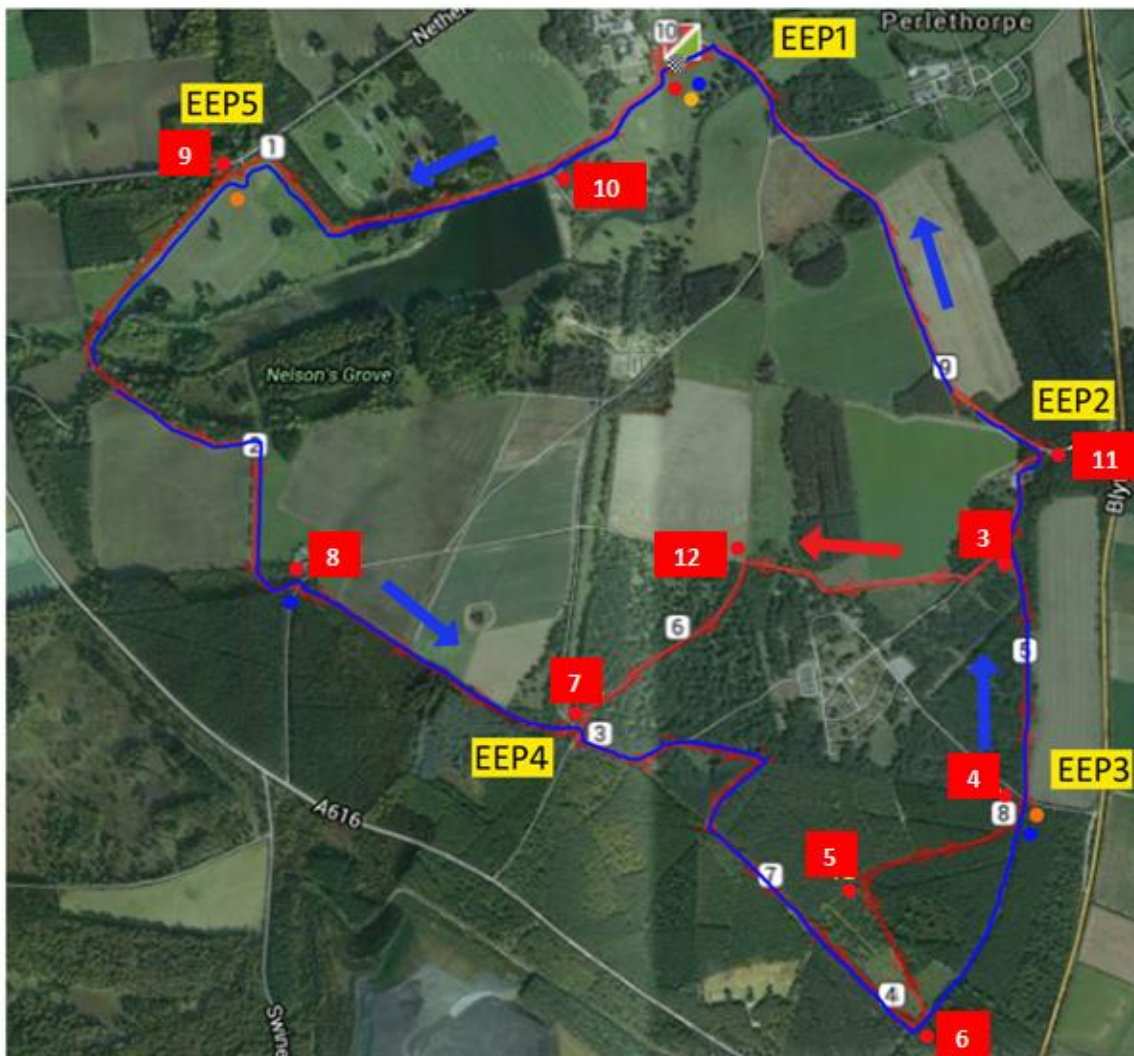
There is 1 toilet on course for athlete use at 4.5miles. Runners on the 10mile course pass this again at 8miles. Half marathon runners will pass this twice.

Half marathon, 30k & marathon runners ONLY - you have secure space to put bags with your own food/drinks/clothing etc at Race Village.

**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.**

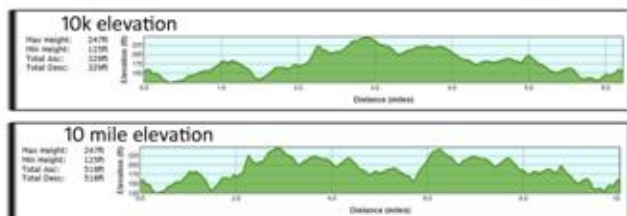
There will be bins on course of course!

## 10k & 10mile Course

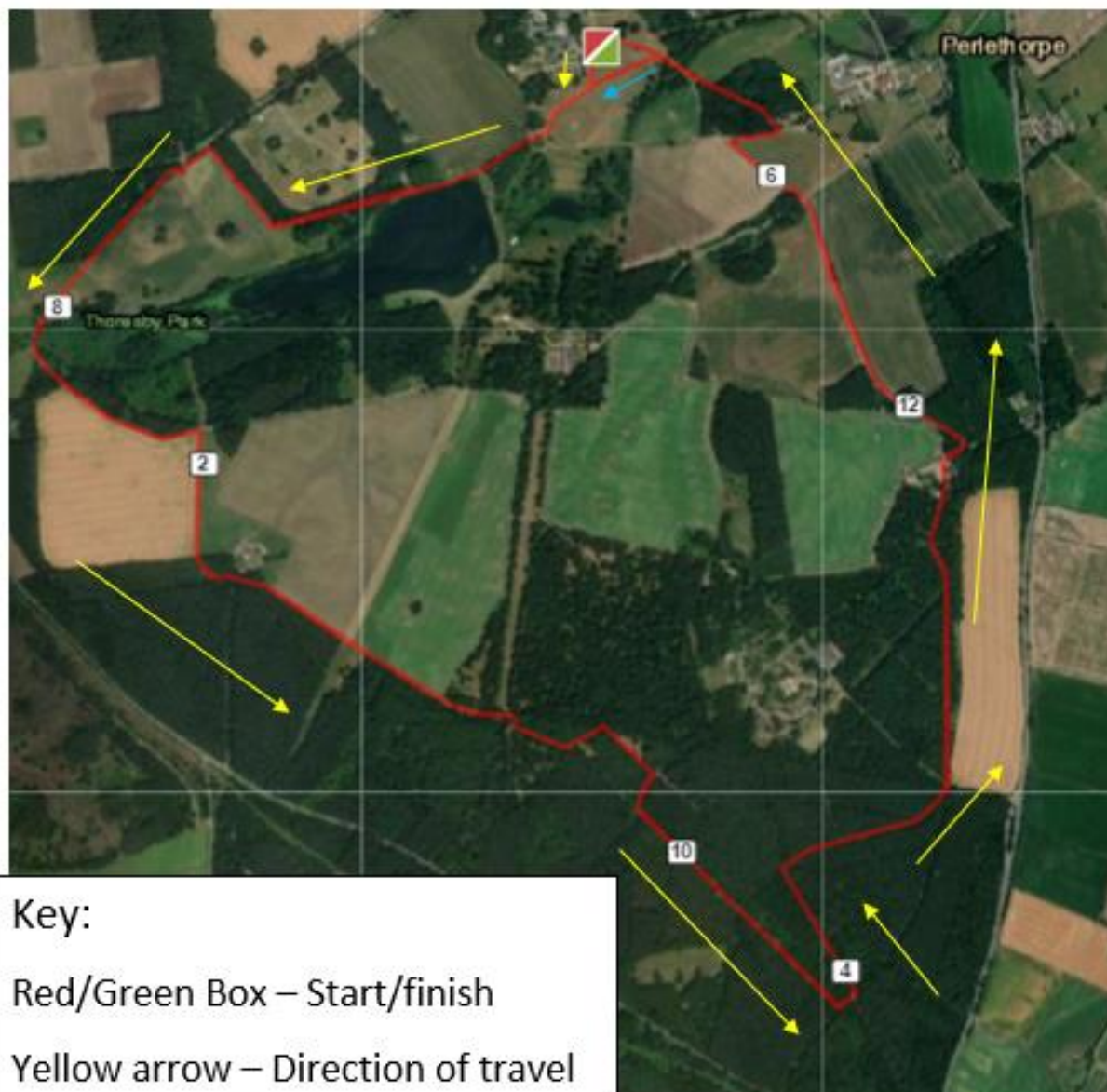


CHEQUERED DOT - START/FINISH/RACE HQ  
 RED DOT - MARSHAL  
 BLUE DOT - WATER STATION  
 ORANGE DOT - MEDICAL POINT  
 BLUE ARROW - 10k DIRECTION OF TRAVEL  
 RED ARROW - 10 MILE DIRECTION OF TRAVEL

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



## Half Marathon Route Map – 13.1 Miles (2 laps)



Key:

Red/Green Box – Start/finish

Yellow arrow – Direction of travel

Blue arrow – 2<sup>nd</sup> lap across field



## 5k route for 2022

### **5k run – 2 lap course**

It's always been a 2 lap course here but the private village of Perlethorpe has not re-opened for public access since 2020 so here is your new route!

We will have one water station for 2 legs which you pass twice (2 water stops for 4 legs also passed twice - plus a river stop if they need one). Marshals will guide you around the course, into a funnel for 2<sup>nd</sup> lap & then finish running through the finish straight.

