



SBR Events

THORESBY LEAF KICK 2023 FINAL RACE INFORMATION

THORESBY ESTATE, OLLERTON, NOTTINGHAMSHIRE, NG22 9EP
SUNDAY 15th OCTOBER 2023

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.

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 Race entries may be included on the list even if you have withdrawn recently. [Thoresby Leaf Kick 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 & 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 7.20am – 4pm

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.

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 collect at Race Registration Marquee on Race Day

On the day entries; AVAILABLE in 2023 - but if possible please email in advance amanda@sbrevents.co.uk

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

On Race Day, if MEDALS are sold out the reward will be a SNOOD of your choice

Transfer Distance CANNOT be actioned on Race Day

Email amanda@sbrevents.co.uk in advance up to Wednesday Eve to request transfer but this may not be possible.

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 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 start 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 6:30min/mile 10k - 40mins 10m - 1hr 05 1/2 - 1hr 25	APPROX PACE 7min/mile 10k - 44mins 10m - 1hr 10 1/2 - 1hr 30	APPROX PACE 7:30min/mile 10k - 46mins 10m - 1hr 15 1/2 - 1hr 40	APPROX PACE 8min/mile 10k - 50mins 10m - 1hr 20 1/2 - 1hr 45	APPROX PACE 8:30min/mile 10k - 53mins 10m - 1hr 25 1/2 - 1hr 50	APPROX PACE 9min/mile 10k - 55mins 10m - 1hr 30 1/2 - 2hours
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APPROX PACE 9:30 min/mile 10k -1hr 10m - 1hr 35 1/2 - 2hrs 05	APPROX PACE 10min/mile 10k - 1hr 02 10m - 1hr 40 1/2 - 2hr 10	APPROX PACE 10:30 min/mile 10k - 1hr 05 10m - 1hr 45 1/2 - 2hr 17	APPROX PACE 11min/mile 10k - 1hr 08 10m - 1hr 50 1/2 - 2hrs 25	APPROX PACE 11:30min/mile 10k - 1hr 11 10m - 1hr 55 1/2 - 2hrs 30	APPROX PACE 12min/mile 10k - 1hr 15 10m - 2hrs 1/2 - 2hrs 37
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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

- **8.40am - Canicross ONLY (dogs only); 10k & 10miles & half mara & 30k & marathon**
- **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 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.

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;

Thoresby Leaf Kick: 10k
01:10 - Peter

Thoresby Leaf Kick: 10miles
01:30 – Ian

Thoresby Leaf Kick: Half marathon
02:00 - Mark
02:10 – 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;

- cash / card zipped into a pocket for food/ drink / retail
- warm layers to tie round your waist before & after running
- your water / snack essentials / re-useable bottle or hydration vest
- there is a bag drop for half marathon, 30k & marathon runners only on the course (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

Thoresby Leaf Kick Clothing – Look out for new designs this year!

T-shirts & vests (£15), long sleeve tops (£20) & hoodies (£30 & £40)

Thoresby Leaf Kick

The Longhorn 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

CLEARANCE – we will be selling all Thoresby Leaf Kick merchandise - come & grab a bargain!

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 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;

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 & 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).

You can find his pictures on a new album Thoresby Leaf Kick 2023 on

<https://mickhallphotos.photohawk.com/galleries/thoresby-leaf-kick-2023>

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 cobs with salad, hot breakfasts, sausage rolls, vegan rolls, pasties, cappuccino & americano coffee, GF options.

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. Hot & cold drinks.GF 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.

TEAMS – BONUS RACE

If you are running in a team (3 members in 10k or 10m) the you run your own separate race & we add up your total finish times & announce prizes. We have had over 15 TEAMS participate in previous years. We usually offer rewards for 1st, 5th & 10th TEAM plus SPOT prizes so it's not always about being the fastest!

Results – Thank to our race partners JC Race Solutions

Please check Results Tables online AFTER the event for Winners Information & all results.

Click here; [Thoresby Leaf Kick 2023 Provisional 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 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;**
-1st, 2nd, 3rd Male & Female
-Fastest Man & Fastest Woman Veteran (Man 40+, Woman 35+)

- **Canicross races:**
-Fastest Canicross Winner – 10miles, half marathon, 30k, marathon
-1st, 2nd, 3rd Canicross Male & Female – 5k & 10k
(These trophies depend on number of entries)

- **Nordic Walking races:**
-Fastest Male & Fastest Female – 5k & 10k
(FREE SNOOD & WATER BOTTLE)

- **Additional PRIZES include:**
-TEAMS 1st place & spot prize - 10k
-TEAMS 1st place & spot prize - 10miles

- **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 150 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).

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.

If your bitch is in season please email me to inform me amanda@sbrevents.co.uk. Please keep your dog away from main Race Village area near other dogs. Please start at the back away from other dogs. This is to protect your dog & other dogs. Unwanted attention can lead to biting & aggression & we don't want any unplanned Leaf Kick puppies!

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 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!

YOUR UNIQUE HAND CRAFTED MEDAL - We are so pleased to welcome Kate to our event at Thoresby to present you with your individual piece of art!

The medals at this event have been hand crafted from sustainable wood, sourced from arborists, with proceeds benefiting homeless projects. Cotton ribbons and a hand stamped metal tag finish your medal which we hope is a tiny piece of art in your hand to represent the uniqueness of every runner or walker.

Every medal is unique whether in the leaf type or the colour and pattern.

The medals are made by collecting individual leaves and I use these to HAND PRINT EVERY MEDAL, with each leaf only usually completing a few medals. This gives me a base to work into and I use different leaf types and shapes. I mix it up with different inks and colours and mono. No laser cutting is used. Every single medal is drawn into by hand using pyrography and all done free hand. That adds the drawn texture, then the holes are drilled by hand, and every medal tag is hand stamped with the distance.

Every single medal is absolutely different, which over 500 medals is incredible!

They can be added to a Xmas tree by shortening the thick cotton using a knot or even restrung with a short piece of twine to hang on the tree.

The trophies at today's events have also been made using reclaimed wood, which otherwise would have been waste. With a touch of sanding and shaping, decorating and work, each one is unique.

More about the ARTIST

Kate is a LGBT artist with focus on eco conscious materials. Their creative focuses include the use of wood, paper and flowers/foilage. Having a world record for running the most marathons in consecutive days (106 marathons), Kate is very aware of the eco footprint of the running world, from polyester clothing to imported medals, trophies to plastic bottles. Focusing on sustainable materials and upcycling their commissions have included huge variety from running trophies, framing race bibs (numbers) using origami, creating pyrography honesty boxes, upcycled lego jewellery, map themed crafts, wreath making and sustainer floristry and venue dressing.

Are you a member of a club that needs race products or you have LOTS of running memories tucked away in a drawer? Kate can turn your running shirts into wall art, or your race number into framed origami or garlands, or maybe even a wreath! If you're stuck for ideas as to how you want to immortalise your achievements drop by and have a chat; just look out for a pink haired person in dungarees! Ask for Kate at the registration tent.

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 13th 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 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 – 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/ Thoresby Leaf Kick page).

<https://www.sbrevents.co.uk/events/thoresby-leaf-kick-2023>

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.

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 3rd lap **continue straight** to FINISH FUNNEL.

Marathon = 4 laps of half marathon route – (the half is 2 laps)

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 4th 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 2nd time follow signs 'TO THE FINISH'

10mile runners - On the 2nd 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.

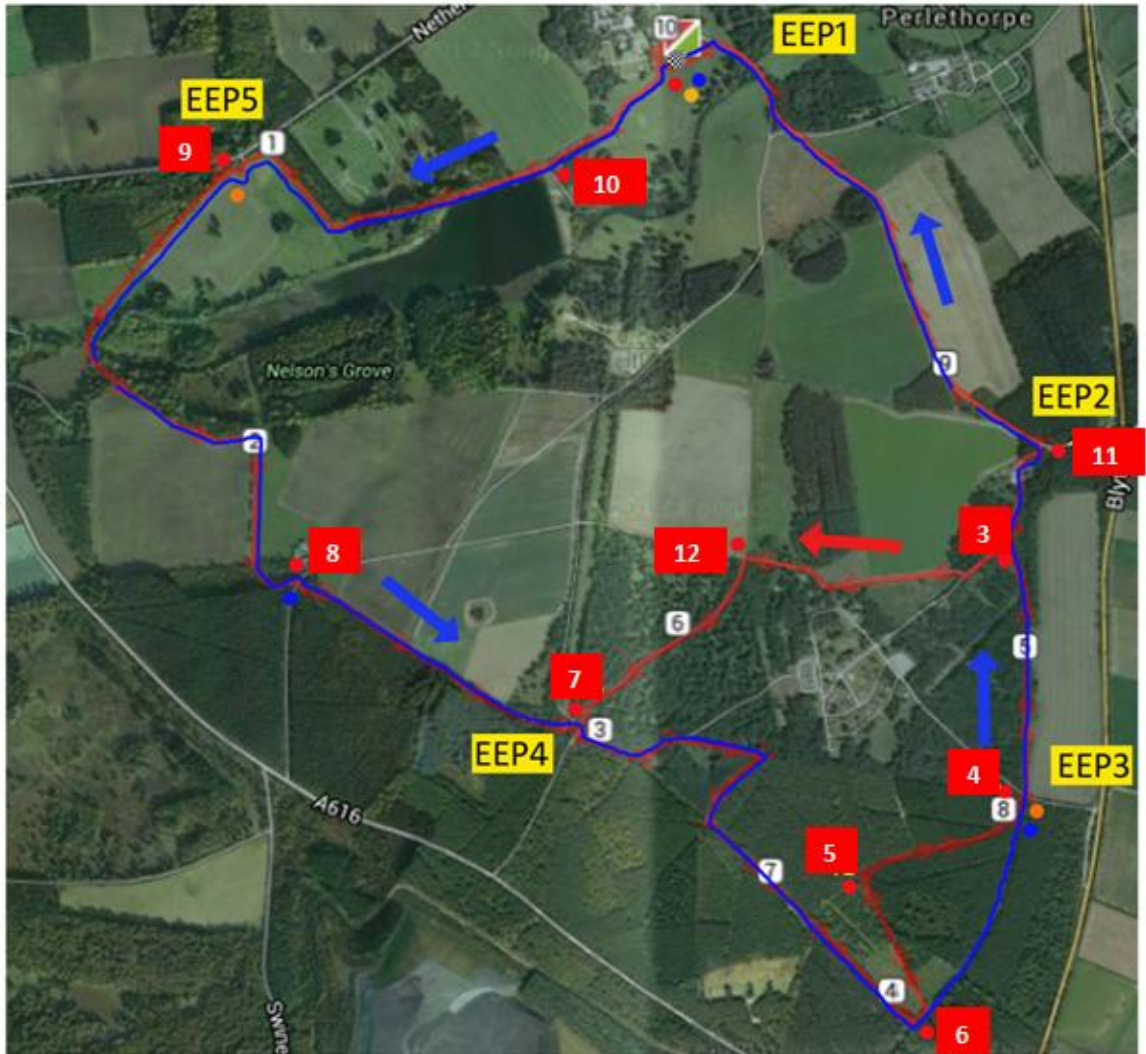
Half marathon runners will pass this twice.

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.

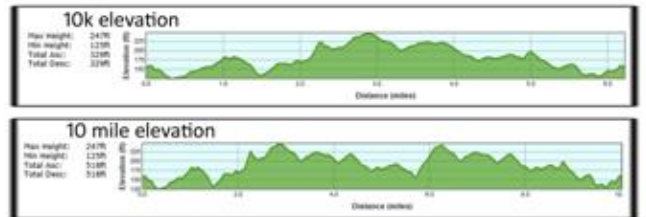
There will be bins on course of course!

**COURSE
MAPS
10k &
10mile
Course**

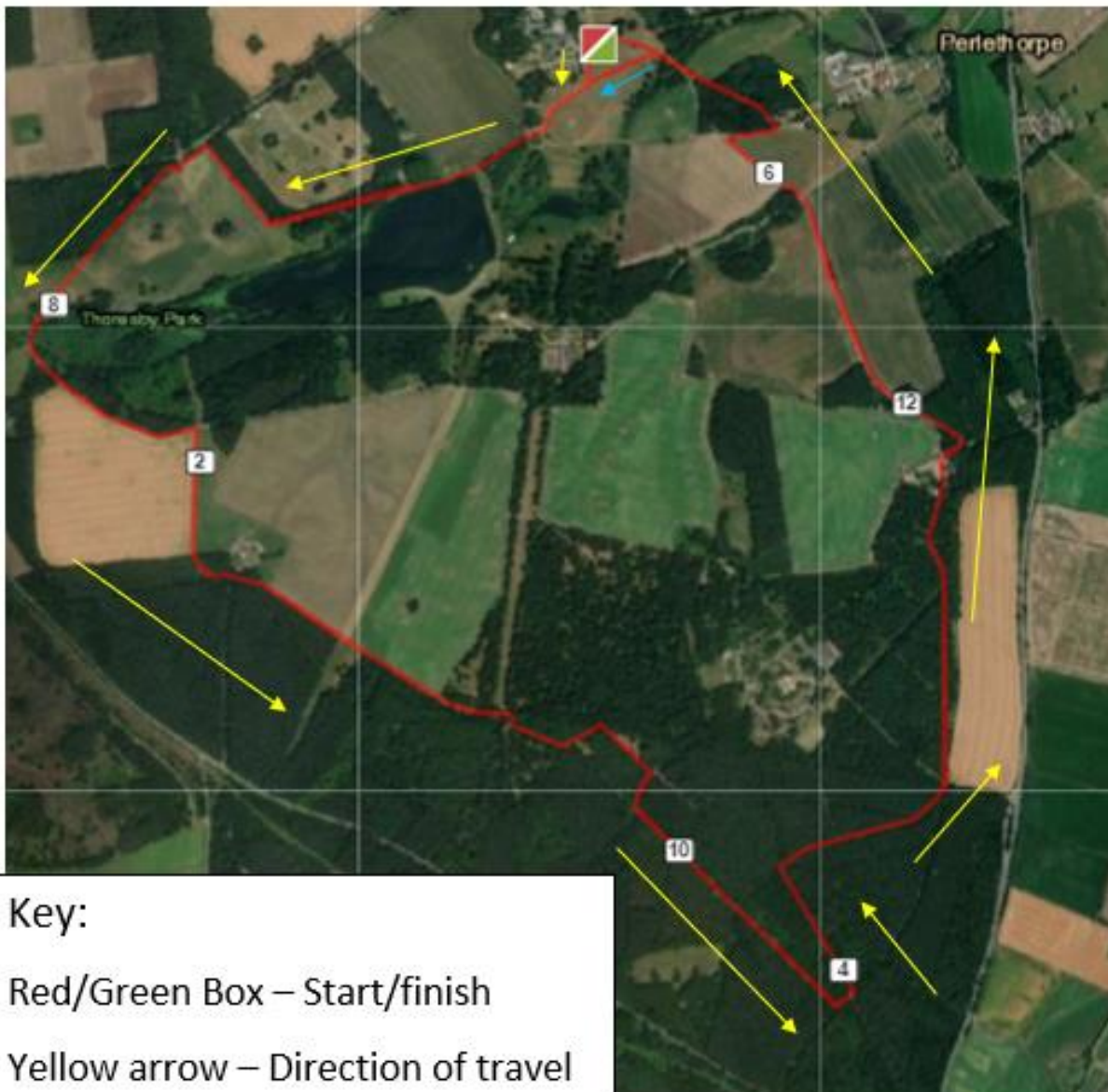


CHEQUERED DOT - START/FINISH/RACE HQ
 RED DOT - MARSHAL
 BLUE DOT - WATER STATION
 ORANGE DOT - MEDICAL POINT
 BLUE ARROW - 10k DIRECTION OF TRAVEL
 RED ARROW - 10 MILE DIRECTION OF TRAVEL

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 – 2nd lap across field

5k route (same as 2022)

5k run – 2 lap course

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

