



SBR Events

THORESBY 10 2020 FINAL RACE INFORMATION

THORESBY ESTATE, OLLERTON, NOTTINGHAMSHIRE, NG22 9EP
SUNDAY 18th OCTOBER 2020

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; Participant List & Wave 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 Race entries may be included on the list even if you have withdrawn recently.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 10 2020 Participant List & Start Times](#)

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 & calsie@sbrevents.co.uk

COVID-19 Safety Measures

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.

Please remember a face cover. Everyone will be required to wear a face mask (from leaving the car park), around Race Village and in the start funnels. Take them off just before the start line & replace them after you cross the finish line to walk back to the car park.

PLEASE STAY 2M APART FROM EACH OTHER AT ALL TIMES.

Please scan the QR code with your NHS COVID-19 App to check-in to our event – on posters near carpark
Toilets will be wiped/sprayed by professional cleaners.

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

- As you enter the venue from the car park & again as you leave.
- before & after using toilets / water stations.
- before & after visiting our Retail Stands / collection of your pre-paid merchandise / t-shirts etc.

Car Parking

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).

IMPORTANT: To gain entry to the car park, each car will need to show a race number to the marshal. This is to minimise spectators at the event. You can still attend to support if you are providing a lift to a participant.

Race Registration – SUNDAY; OPEN 08:30 – race finish

Pre-paid t-shirts & merchandise – Collect from Race Registration Marquee before or after the race

Race Bibs have been posted to you. If you forget yours on RACE DAY a replacement fee of £5 will be payable

On the day entries; Not available for 2020

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.

If you want to change distance please email 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.

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

You will be sent a link via email to the online participant list Friday 9th October. This will include a guided wave time based on the pace / finish time you gave us when you entered.

PLEASE arrange to arrive at Thoresby Park no more than 40mins before your wave time. You only need to walk from car park to Race Village, use toilet facilities, 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. You gave us your pace time in whole numbers (ie 9mins). Your predicted finish time will depend where you start WITHIN that wave. 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. Please remain 2m APART at ALL times except overtaking. Respect each other. You can run with friends if you are same pace but please do NOT hold hands! 😊

Start will be in the START FUNNELS but not in the finish straight – on the opposite side of the FINISH STRAIGHT on the grass within the crowd barriers.

- 9.30am - Canicross 10k & Canicross 10miles & Canicross Half Marathon
- 9.40am - Nordic Walkers 10miles & Half Marathon - at back of Canicross runners
- 10am - 10.20am 10k
- 10.45am - 11am Half Marathon
- 11.15am - 11.30am 10miles
- 11.40am - 5k Canicross
- 12.15pm - 5k

What You Need To Bring

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

- Your face cover / mask (snoods are available to pre-order & can be collected in car park)
- cash / card zipped into a pocket
- warm layers to tie round your waist before & after running
- your water / snack essentials

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 & SADLY WE CANNOT OFFER RE-USEABLE WATER STATIONS DUE TO COVID-19 GUIDELINES.

For safety reasons, you MUST bring your own water with you. Marshals (in full PPE) will fill water into compostable cups & leave on tables for you to collect on course & at Race Finish but we'd be thrilled if you can bring re-useable water bottles or hydration vests with enough water you will need for this event.

Half marathon ONLY - you have a secure area to leave a bag with food & water / race snacks / spare clothing accessible to you between 1st & 2nd lap at RACE VILLAGE

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. 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!

Medical Cover

The safety of our competitors is paramount. Jola Medics 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 10 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)

Thoresby 10 Race

Motivational Range

Footprints Range

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

SBR EVENTS SNOODS

We have over 20 designs – perfect for Christmas presents & designs arrange from footprints / gin & tonic / bicycles / pawprints / flamingos / Xmas holly / cake & more so have a look!

Special OFFER £5; usually £7 each

BIG BOBBLE HATS

Autumn is finally here & Winter is coming! Come & buy your beautiful Big Bobble Hat – Special RACE DAY Price is £12 per hat or 2 for £20 (£8 OFF website price)

WATER BOTTLES & SCRUNCHY CUPS

We sell re-useable bottles (£2) & a re-useable squashable Scrunchy Cup made of recycled material (£3) which (in a non COVID-19 world) 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 & 2m distancing will be required at the retail area

NOTCH – YOUR ACHIEVEMENTS... AROUND YOUR WRIST

We are thrilled to be a partner of NOTCH (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. Special discount applies on RACE DAY only!

NOT AVAILABLE IN 2020 – due to COVID-19 PANDEMIC

We hope you understand that we have to offer a trimmed back event this year - we hope to offer these services again in the future.

'On the Day' entries

INFO DESK with maps etc.

Food station for half marathon runners

Charity bag drop – car park is 5mins walk away

Sports Therapist post-race massage

DW Fitness staff offering motivational warm ups & post-race stretching

Pacers

Finish times on print outs at race

Banana, packet of crisps – sorry but all frills are taken out to reduce risk
We've been moving towards 95% REFILLABLE WATER METHODS by 2021 but in 2020 we can't all touch the same equipment to re-fill your bottle / cup - so PLEASE bring enough water for the event or use water we provide in compostable cups & use the correct bins provided.

Marc Dewhurst Photos - Free photos at Thoresby 10 from Marc & his team!

Images from the event can be downloaded FREE OF CHARGE by following this link (you can also buy prints if you choose to): <https://www.marcdewhurst.co.uk/thoresby2020>

All images will be uploaded on the evening of October 18th which you will be able to view - It takes approx 48hrs to get the photos searchable by number.

Type your race number into the search box, click on the image you want & hit the download button.

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 & hot breakfasts from **Good Spuds**, coffee & amazing cakes from **The Sunshine Van. 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. Please use hand sanitiser before & after use. Cleaners will spray these down.

Results – Thank to our race partners JC Race Solutions

Please check Results Tables online after the event for Winners Information.

Click here; [Thoresby 10 2020 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 –

Due to COVID-19, we will not be holding presentations at Race Village. Due to chip timing & to avoid people gathering, we will not be able to confirm results at the event.

Trophies or an alternative prize such as High Street Vouchers will be sent to winners.

- **5k, 10k, 10mile & half marathon race;**

- 1st, 2nd, 3rd Male & Female

- Fastest Man & Fastest Woman Veteran (Man 40+, Woman 35+)

- Fastest Teams (10k & 10miles)

- **Canicross races:**

- Fastest Canicross Winner Male & Female 5k & 10miles & half marathon

- 1st, 2nd, 3rd Canicross Male & Female - 10k

- **Additional PRIZES include:**

- Nordic Walking Winner: - all distances: snood

- TEAMS 5th or 10th place – Souvenir prize

- TEAMS SPOT PRIZE – Free entry into Thoresby 10 2021

- **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 160 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.

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.

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.

Race Office Closure

The SBR Events Limited office will be closed from Friday 16th 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. 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/ Thoresby10 page).

<https://www.sbrevents.co.uk/events/thoresby10-2020>

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.

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

After the 6mile point - **ONLY half marathon athletes** 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 – **ONLY half marathon athletes** turn left for 2nd lap.

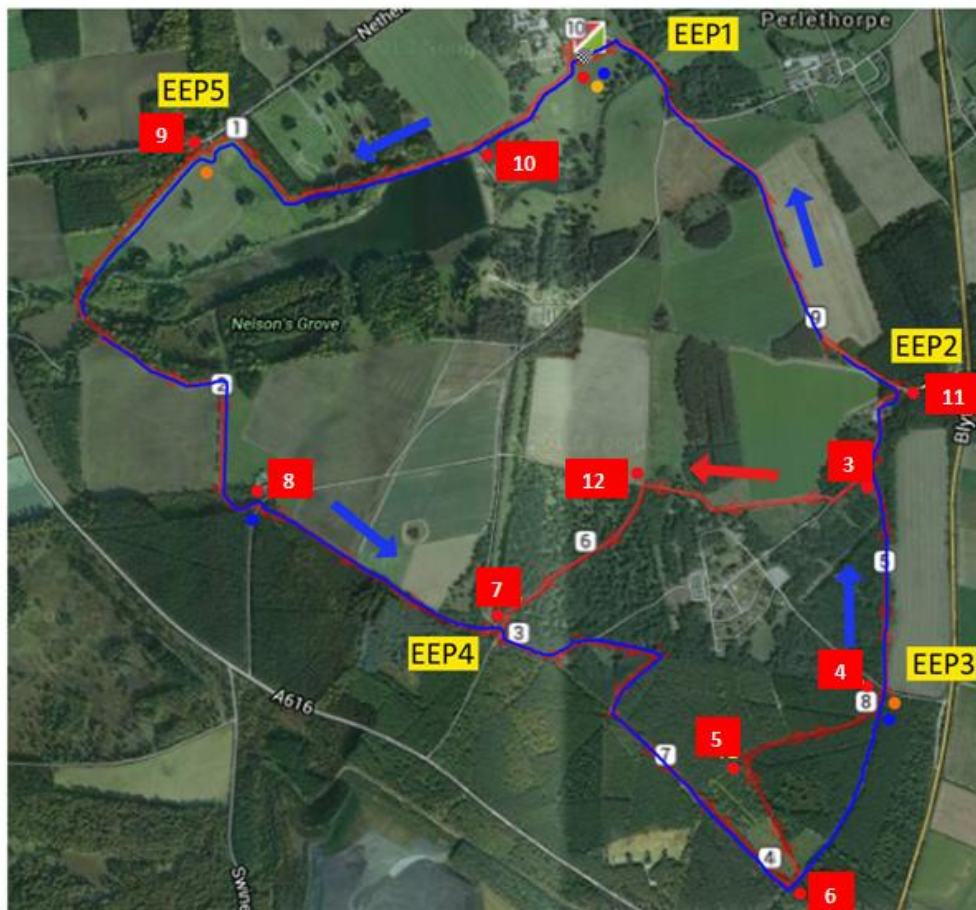
There are 2 water stations on the 10k/10mile course (the 10mile & half marathon course will pass three in total) plus water at the finish line (but please bring your own supplies to minimise risk to yourself & marshals).

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 only - you have secure space to put bags with your own food/drinks/clothing etc at Race Village.

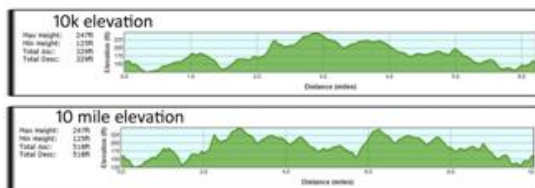
Please ensure you don't drop any litter & take your rubbish home with you to preserve the environment & the wildlife on this course. We are very lucky to be able to run in such a beautiful environment.

There will be bins on course of course!

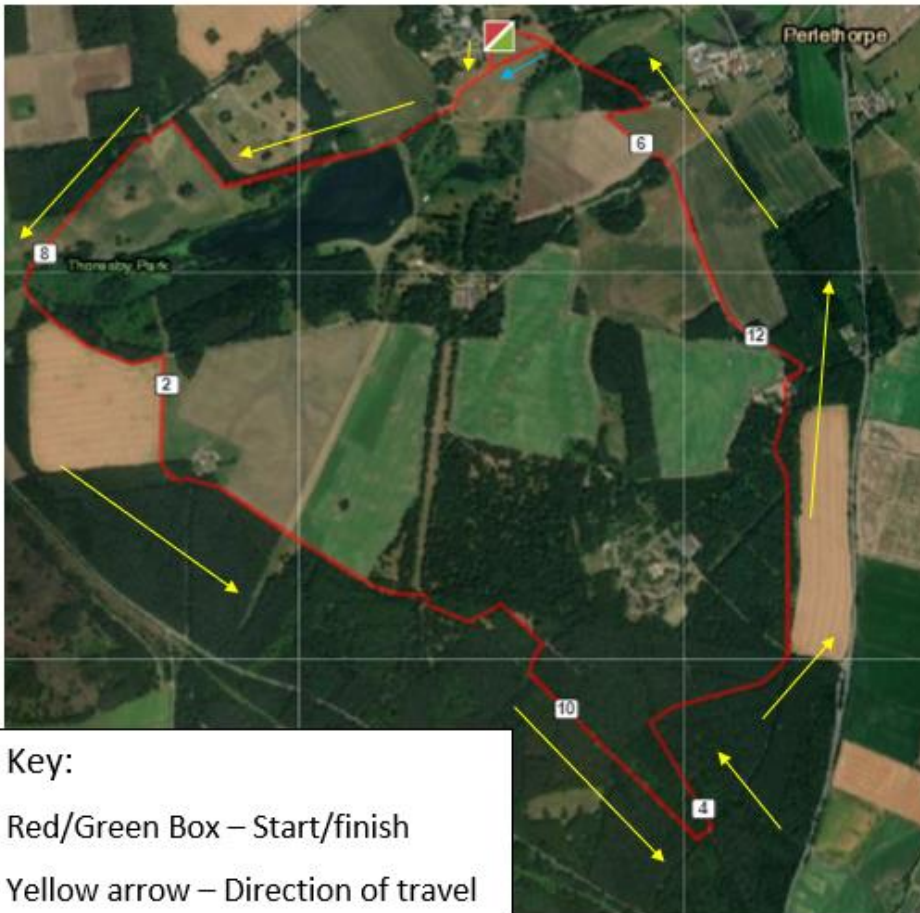


CHEQUERED DOT - START/FINISH/RACE HQ
 RED DOT - MARSHAL
 BLUE DOT - WATER STATION
 ORANGE DOT - MEDICAL POINT
 BLUE ARROW - 10k DIRECTION OF TRAVEL
 RED ARROW - 10 MILE DIRECTION OF TRAVEL

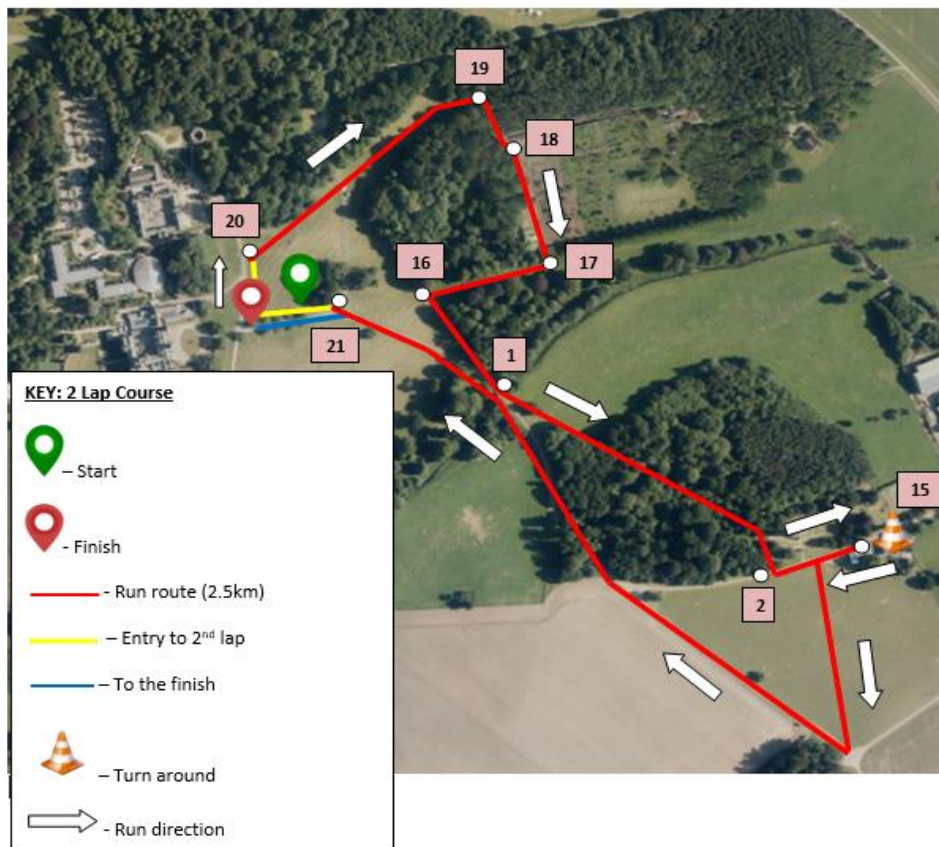
BOTH DISTANCES ARE 1 LAP OF EACH COURSE
 THE 10 MILE HAS AN INNER LOOP WHICH IS TRAVERSED ONCE BEFORE REJOINING THE COURSE AT POINT 3 ON THIS MAP



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



KEY: 2 Lap Course

- Start
- Finish
- Run route (2.5km)
- Entry to 2nd lap
- To the finish
- Turn around
- Run direction

5k run – 2 lap course

It's always been a 2 lap course here but due to COVID-19 restrictions we are not allowed to run through the private village of Perlethorpe so here's your new route marked out with smaller arrows. It's still a really pretty route & has some stunning photo opportunities on it. There are 2 laps so you travel past the finish line in a separate funnel for lap 2 (Marshals will guide you) & then finish through the finish straight.