## Southwell Running Club

## Southwell swine

## RACE DAY INFORMATION

Race HQ will be situated at Brackenhurst College Southwell, Notts. NG25 0QF

DATE: Sunday 9 August 2015

**START TIME** 10:30am

START/FINISH: Southwell Cricket Ground, Brackenhurst College

**Race numbers:** Race numbers should be collected from Race HQ (start area) - we will be available from 8.30am on the day of the race. No I.D. required. Please bring your own safety pins and fill in the emergency details on the reverse of your number. YOUR RACE NUMBER IS YOUR FOOD VOUCHER – Hog Roast and drink available at finish after your race.

**Toilets/Changing:** There are changing facilities and toilets located next to the start/finish area.

A GENTLE REQUEST - Please don't pee in public!.

**Car Parking:** The race site is Brackenhurst College off the A612 Nottingham to Southwell road (half a mile from Southwell) and will be clearly signed. (NG25 0QF) There is ample parking close to the facilities and start. Please follow the marshal's directions. SERIOUS NOTE: Please, please park responsibly and in the designated area only. DO NOT PARK ANYWHERE ON A612.

**On Course Facilities:** Feed Stations - 1 on the course at about 3/6 miles. Water and bananas will be available. There will be a table for individuals to leave their own drinks/gels/food etc. at the feed station - <u>THIS MUST BE CLEARLY LABELLED</u> and the organisers cannot be responsible for this. Please use the bins to dispose of cups/skins/wrappers etc. Water will be given at the finish

**First Aid – will be present on the day.** The first aid point is Race HQ. Please make us aware of any medical issues you may have and fill in the emergency details on the reverse of your number.

**The Course:** Attached is a map of the route. The route map will also be on display near Race HQ. The route will be clearly marked and marshals to help you. There will be mile markers. The 11 mile route is a 2 lap course of the 5½ mile route. Race Clock - provided at the start/finish area. Please note – the course is not measured.

**PLEASE NOTE:** <u>SOME FOOTPATHS ARE OPEN</u> and as such you should be aware of other foot traffic.

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**Race Results:** Your time will be recorded – please make sure we can see your number! These will be posted on our website within a few days.

**Prizes:** 1st, 2nd, 3rd male and female for both races. Presentation will be made at the race HQ

<u>DUTY OF CARE - to yourself</u>. The route may be wet and uneven. The stiles, bridges and gates are a hazard – please slow down before these and take your time over and through them.

<u>DUTY OF CARE - to others</u>. There may be other people using the roads and footpaths and have just as much right to be there as you do. Please act respectfully.

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Pete Best Sports will be present on the day

Southwell Running Club would like to thank Turtle Plumbing, Gascoines Estate Agents and Paul Best Sports for being our Official Race Sponsors.

Special thanks go to Brackenhurst Estate for all their hard work and enthusiasm in helping stage the event.

**Finally...** thank you to all of you for entering this event. Your entry fee will be greatly appreciated by our chosen charity and you should run with your head held high knowing you could be making a difference to someone else.

Any queries – email <u>southwellswine@hotmail.co.uk</u>

