

TRAILRUN

Thanks for entering this trail run. Please find enclosed everything you need for the day, including bib numbers with your timing chip attached. Please make sure you read through this information sheet thoroughly before the event.

EVENT ASSISTANCE CONTACT NUMBER

Tel: 020 33 717 156

We would recommend you save this number in your phone prior to the start.

PARKING & CAR SHARING

Parking is limited at the venue so we would ask runners to car share where possible.

REGISTRATION & START

Your bib number is included in this pack. **There is no need for you to register on the day.** Bib numbers should be worn on the front of your running top at all times.

All Runners **MUST** write their Emergency Contact details on their bibs prior to the event.

Please make your way to the start area no more than 5 minutes before your start time. Listen out for further announcements from our starting marshals. You must ensure you wait for your start at the pre-marked socially distanced markers.

RACE MARKERS / SIGNS

The route will be clearly signed using PINK arrows & PINK tape.

We will also mark hazards and road junctions with 'Caution' Signs. Please take extra care at these points.

Please do not simply follow the runner in front of you as they may not be paying attention or may be on a different route to you.

ROUTES

There are several different routes. Please look out for the 'Course Split Ahead' Signs and then the route directional arrows. You simply follow the arrow for your chosen route at this point.

If your chosen route is too much, you are more than welcome to opt for a shorter route at this point. You must, however, advise a member of staff when you cross the finish line. We will then adjust your race time accordingly.

PLASTIC FREE

We want to reduce our plastic footprint. We will therefore not be providing bottled water/ plastic cups during the race. Instead we would ask you to bring a reusable bottle/ cup with you. These can be purchased on the day at registration for £5.00 (cashless payment).

AID STATIONS

We ask that you bring and run with your own water / nutrition. There will be up to 3 Aid Stations dependant on your route. There will be emergency water available for runners who need to refill their own bottle/supply. Bananas will be available.

ON COURSE SUPPORT

There will be First Aid support during the event, which will be located at the Aid Stations and event HQ.

For additional event assistance please call 020 33 717 156

EVENT MERCHANDISE

You can pre-order your Trail Series T-shirt, hoodie and reusable cup online and collect them on the day of the event! We will have some additional stock available to buy on the day of the event should you require it.

RECOMMENDED ITEMS

Pocket hand sanitiser, trail running shoes, mobile phone (fully charged), reusable cup / bottle, food / drink are required for the race. Bring a rain jacket if wet weather is forecast.

PRIZE GIVING & RESULTS

Prizes for the top finishers in each distance will be posted to winners after the event. There will be no prize giving on event day.

A full list of results will be emailed out later in the day and posted on our website and Facebook.

The results are provisional for 48 hours to allow us to work through any timing queries.

EVENT PHOTOS

Photographers will be out on course & at the finish line. Photos can be viewed & ordered from the link provided in the photo email sent a few days after the event.

EVENT UPDATES

Make sure you check our website and Facebook pages for all the latest event information.

<https://www.ukrunningevents.co.uk>
<https://www.facebook.com/ukrunningevents/>

