



**SANDALL BEAT TRAIL 10k - 12TH JUNE 2019**  
**Race licence 2019/35994 Run Under UKA Rules**

Thank-you for entering our Race and please find enclosed your race number. This year we are posting out the numbers to ease congestion on the night, for entries made up to midnight 29th May 2019.

Once again we are using the tremendous facilities of Castle park, the home of the Championship Rugby Club the Doncaster Knights. They will be providing us with changing and showering facilities and a licensed bar.

Sandall Beat Wood is the most popular woodland in Doncaster, it was established in the early 1800's and is recognised as a site of special scientific interest and local nature reserve. The woodland covers 140 acres and is well served by many woodland trails making it the ideal venue for this 10K race. Doncaster Athletic Club makes good use of the woodland and surrounding area on their training nights. **The start and finish areas have changed following site developments but remain within the Doncaster Knights grounds.**

In the middle of the wood is an adventure playground so the kids will have plenty to do. The race passes this area twice making it an ideal area for spectators.

The surface conditions are in general, well made trails, grass, stone and a few hundred meters of tarmac towards the finish. Depending on the amount of rainfall some areas can be wet and muddy underfoot.

Medals and water to all fun run finishers and a trophy for the first male/female.

Prizes of £100, £75 and £50 to the 1st, 2nd, 3rd male and female finishers, this year we have added trophies to the first male and female. All finishers will receive a complimentary tea shirt, chocolate bar and bottle of water. In 2019 we will present the first three cash prizes on the night and the remaining results a couple of days after the race.

**FUN RUN STARTS 7PM AND 10K 7.30PM/MANUALLY TIMED.**