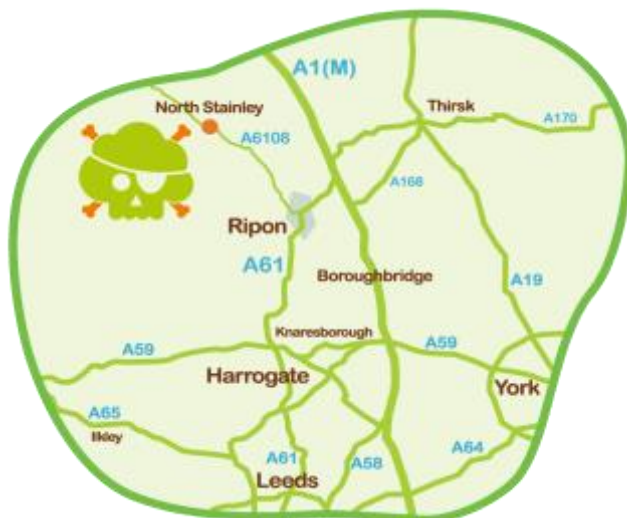




**Lightwater Valley Challenge**  
**Sunday March 5<sup>th</sup> 2017**  
**IMPORTANT - RACE BRIEFING**



Location

<https://www.google.co.uk/maps/@54.1781418,-1.5670534,12z>

Lightwater Valley Park  
 North Stainley  
 Ripon North Yorkshire  
 HG4 3HT

Tel: 01765

**Race Hub Area at TREETOPS**

adjacent to the car park.

**NEW:** Entertain your family with a 15% discount off TREETOPS entry on the day, quote **PRORUNNER**

**NEW** This year sees the introduction of What's My Time. With this each 10k runner will have 2 electronic tags to fit to their shoes. The race will also be videoed, we expect to give you exact precise times within minutes of completing your race! **Please ensure you study the Timings below**

10k Runners you **must** allow yourself sufficient time to:

- Identify your name, number and table on the posters displayed outside the Race Hub.
- Collect your envelope containing: numbered bib, 2 shoe tags, 4 twist ties and 4 safety pins.
- Progress to marquee location to write your name and emergency contact mob tel: number on the reverse of your bib number.
- If you have any medical conditions relevant to the race please write these on the back of your bib number.
- Pin your bib to your top, secure tags to your shoes
- Your shoe tags have to be checked.
- Progress to start line to start warming up no later than 11.15am for the 10k runners.

The proximity of the car park, to the race hub, to the start line are within a few minutes of each other. Please respect we have a lot of runners to progress through this process in a very short space of time. Allow plenty of time and have patience.

After you have completed your race, the shoe tags will be collected at the marquee adjacent to the finish line where you will collect your well deserved medal, water and snack.

## Timings:

### On the day registration in Treetops grounds:

3K - Over 9's - limited numbers 9.30am to 10.15am. RACE STARTS: 10.30am  
10K - limited numbers, 9.30 am to 11.00am. RACE STARTS: 11.30am  
under 9's Children's fun run, 9.30am to 11.30am. RACE STARTS: 11.45am  
Payment: Cash or Cheques cheque made payable to Friends of North Stainley School. (No Card facilities)

### Prepaid Number /shoe chip collection in Treetops building;:

10K Number Collection – Tree Tops Race Hub from 9.30 am closes PROMPT at 11.00 am  
3K Number Collection – Tree Tops Race Hub from 9.30 am closes PROMPT at 10.15 am  
If you are a member of a club, you need to have evidence of your membership.

## Facilities:

**Toilets:** located near the Car park, in the Hub and near Granary restaurant.

- **Running shoes:** Most of this route IS off road and some cross country, select your footwear wisely.
- **Safety:** You are responsible for your own safety. The roads will not be closed and there are no exceptions to normal road traffic regulations. Marshals cannot stop traffic; they are there purely to indicate the route.
- **Marshals** will remain the course for 1.30 hours, there will be last runner and a mountain biker at the head and rear of the runners.
- **Water:** Will be available on 10K route at the 5K point.
- **Refreshments:** Available in the Hub and The Granary Restaurant.
- **Presentations** This will be as soon as possible after the race has finished. We anticipate this will be at 1.00pm latest, location Race Hub.
- **Awards** presented for the fastest 10k male and female, Awards for the fastest 10k male 40+ and female 40+, awards for the fastest 3k male and female and Superstar Runner award, Plus trophies for the children's fun run.
- **Results** will be posted on the run Britain's website and on [www.Northstainley.n-yorks.sch.uk](http://www.Northstainley.n-yorks.sch.uk)
- **Lost Children-** Go to Tree Top Race Hub for assistance
- **Contingency:** There are countless scenarios which may cause a change to the planned arrangements for any race, we will endeavour to communicate any changes as soon as possible.



Event Medical Services Limited will have a medical team available on the day and are fully included in all risk assessments and set up of this race.

Contact: **Andy Johnston: 07710 143953**

**Most importantly THANK YOU for joining us, enjoy a fantastic race.**

2018 Provisional date Sunday 8<sup>th</sup> March

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