



**Lightwater Valley Challenge**  
**Saturday March 24<sup>th</sup> 2018**  
**IMPORTANT - RACE BRIEFING**



Location

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

Tree Tops/Lightwater Valley Park  
 North Stainley  
 Ripon North Yorkshire  
 HG4 3HT  
 Race Hub Area at TREETOPS

**ATTENTION!** The entrance into Lightwater Valley will be diverted from 10.30am to 12 midday. A diversion will be in place to take you to the LWV car park via the trade entrance a few 100 mtrs up the main road

*NOTE: WC facilities are BEFORE you enter the Tree Tops Race hub grounds, the toilet block is located at the bottom of the car park, we suggest you use these prior to collecting your numbered envelope.*

Weather <https://www.metoffice.gov.uk/public/weather/forecast/gcwgvr0fn#?date=2018-03-24>  
 The forecast is suggesting a dry day with reasonable temperatures.

**Timings:**

- 3k race starts at 10.45am, it will be manually timed
- 10k race starts at 11.30am, it will be electronically timed, time tickets available post-race
- Fun run under 9's race starts at 11.45am, this is not timed
- Prize giving in the hub approx. 12.45-1.00pm

For the second year we will have the popular What's My Time Electronic Chip system, each 10k runner will receive a numbered envelope, within it will be a set of electronic chips to fit to your shoes. A bib upon which to write on your personal details, pins to attach the bib to your vest.

Continued.....

If you are a member of a club, you need to have evidence of your number.

**On the day registration and number allocation will be located in the race hub:**

3K - Over 9 yrs - 09.45am to 10.30am. £4.00

10K - Over 15 yrs - 10.00 am to 11.10am. £15.00

Children's fun run - 9.45am to 11.30am. £2.00

Payment: Cash or Cheques made payable to Friends of North Stainley School. (No Card facilities)

**Prizes. we have lots of them SEE BELOW**

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

- **Identify and collect your numbered bib** and electronic shoe chip.
- You will **not** be able to collect after 11.10am.
- Progress to marquee in the field 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.
- **Running shoes:** Most of this route is off road and some cross country, select your footwear wisely and prepare for mud and tarmac.
- **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 are voluntary, they cannot stop traffic; they are there purely to indicate the route. (traffic is minimal)
- **Bags** can be left under the tables in the marquee at your own discretion. We cannot guarantee security.
- **Safety Pins** and pens provided.
- 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 chips will be collected at the marquee adjacent to the finish line where you will collect your well-deserved medal, water and snack.

**FACILITIES**

- **Toilets:** located near the Car park.
- **Marshals** will remain the course until the last runner and last mountain biker have past them.
- **Water:** is available on 10K route at the 5K point. Water is also available at the end of the race.
- **Medics:** will be positioned at the start and finish point and at the water station
- **Refreshments and homemade cake:** Available in the Hub.
- **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.
- **Presentation of trophies** in the Hub at approx. 12.45 – 1.00pm. See below lists & prizes.
- **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), with links in FB



PLATINUM MEDICAL

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

Contact: Daniel 07825 069323

**Huge thanks you to our prize donators who have been totally fabulous this year**

Prizes and Trophies for all.

**Fun Run Male:** Tree Tops voucher and Ouseburn book prize

**Fun Run Female:** Tree Tops voucher and Ouseburn book prize

**3k Female:** Tree Tops voucher and personalised cushion by Nicole Metcalf

**3k Male:** Tree Tops voucher and online safety course for chosen school

**10k 1<sup>st</sup> veteran female ( 40+)** Afternoon Tea at Café Tempo Ripon and Gel Manicure by Amanda Pickagill

**10k 1<sup>st</sup> veteran male ( 40+)** Hays Travel £50 voucher

**10k 3<sup>rd</sup> Female** Pedicure by Masham Beauty

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**10k 2<sup>nd</sup> Female** Personal training session by Sarah Meghan

**10k 2<sup>nd</sup> Male** Screwfix £50 Voucher

**10k 1<sup>st</sup> Female** Holistic Therapy Massage by Carol Hilton worth £60 and Gel Sheallaec Manicure by Vicki Stephenson

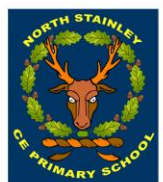
**10k 1<sup>st</sup> Male** Sports massage by Leisel Hamnett- Laomi Therapy

**Overall winning Club:** Personalised large celebration Cake baked by Judith Cockerill and Appleton Pork Pie Shop Hamper to share.

**Special Thanks to our local and village sponsors:**



**LIGHTWATER VALLEY RACE SAYS A MASSIVE "THANK-YOU" TO ALL OUR SPONSORS AND VOLUNTEERS WHO HAVE MADE THIS EVENT POSSIBLE!**



**Extra special thanks to my incredible helpers and volunteers**

Most importantly THANK YOU FOR JOINING US, have a fantastic race.

2019 Provisional date Sunday 10<sup>th</sup> March

Sharron Cooney

Race Director.

Mob: 07753 255325