

# The Ben Campbell 5K & 10K Trail Race

## Trail Race Info...

The races will be held at Sutton Bank, Kilburn woods and Hood Hill on the 7<sup>th</sup> April 2018.

The 5K race will start from the White Horse car park at 10am with the 10K race following 15 minutes later.

All participants are encouraged to park at the visitor centre at the top of Sutton bank, (Forestry commission requests). The cost of parking will be £4 so we encourage you to car share where possible.

It is then a 20 minute walk or 15 minute warm up jog to the start line at the White horse car park.

There will be a bag drop area at the start/finish for participants to leave a change of clothes for when they finish. Entries are restricted to 250 in total, 50 for the 5k and 200 for the 10k races.

Registration opens at 0900 at the White Horse Car park.

You can also enter on the day should it be a last minute decision to get muddy.

Upon registration you will be able to collect your number and pins.

There are **NO** facilities at the start finish although there is at the visitor centre so be sure to use them before you arrive at the start.

There are **NO** water stops on route (although there will be bottled water supplied at the finish should you require any). There are no restrictions on carrying your own water should you feel the need, energy gels are also permitted but please **DO NOT** throw the empty wrappers on the floor, gels or food/drink wrappers.

The routes are fully way marked and marshalled with Mountain Rescue on hand should any mishaps occur.

There will be **NO** timing chips but a standard timing system will be in place. Results will be posted to the JDW Fitness website/Facebook shortly after the race finish.

Entries will close Friday 6<sup>th</sup> April at midnight or when both races are full, whichever happens first.

Medals will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> male and female of each race with a trophy going to the overall winner of each race. These will be presented after the race.



## **Brief Course Description.**

The 5k course includes 1 descent and 1 ascent with undulating pathways in between. Be prepared for a little mud here and there although it's a 50:50 split of bridleway/fire road and smaller pathways. You will encounter the 10k runners coming from the opposite direction but there will be plenty of passing space as long as you keep to the left. The route is a simple loop and will be clearly marked.

The 10k course follows much of the 5k course but in reverse. As mentioned above you will encounter the 5k runners coming the opposite way, there is plenty of room if you keep to the left. The 10k route is much more challenging with steep descents and ascents, mixed with mud to really sap that strength. The route takes a rough figure 8 shape and will finish with a stepped climb back to the White Horse car park, not for the faint hearted.

As with all events of this type, camaraderie is part and parcel. If you see someone injured or in any kind of trouble, take their number and alert the first marshal you come across so they can take the necessary action, and get them to safety and medical help should they need it.

Yours Sincerely

**In Fitness & In Health**

**John Withinshaw**

**(JDW Fitness)**

