

WELCOME ALL RUNNERS – WE LOOK FORWARD TO SEEING YOU ON SUNDAY 14<sup>th</sup> APRIL 2024 FOR THE HOODED HORSE 10K TRAIL RACE IN MEMORY OF BEN CAMPBELL

The following contains IMPORTANT Trail Race Info... PLEASE READ CAREFULLY and READ IT ALL!

We will be holding a pre-race safety brief, however, all the information about the race and your safety, is contained right here. This is a trail race – therefore you will cover varied terrain. Please be mindful of tree branches, roots, rocks, uneven ground, steep ascents and descents, long grass and nettles.

It is a little bit technical in places – if you are unsure please take your time. It is a race but we'd rather you finished in one piece. Please also be mindful of other people using the woods – horse riders, mountain bikers and walkers, etc. – we/you (runners) do not have any right of way.

#### 1. REGISTRATION and NUMBER COLLECTION

Registration will be open from 8.30am. All numbers to be collected on the day. Safety pins can be provided but please bring your own if you can.

You can enter on the day, but you may not be guaranteed a t-shirt in your size.

Registration will close at 9.45am with NO EXCEPTIONS. We will be incredibly strict on this point this year – if you're late, you don't race. Simple. This is to ensure safety of all participants on the course - we need to have a final headcount before you set off.

**YOUR NUMBER MUST BE VISIBLE AT ALL TIMES DURING THE RACE**

#### 2. WAIVER – NO FORMS REQUIRED THIS YEAR BUT PLEASE READ THIS VERY CAREFULLY;

We do our utmost to make this event run as smoothly and as safely as possible, however it is a trail race, and there are therefore risks involved. Essentially, as is the philosophy behind most trail and fell races, runners must accept responsibility for themselves. By entering and taking part in the race you have confirmed that you understand the risks of trail running and you have recognised that it is a potentially hazardous activity and that you accept your own personal risk.

By entering and subsequently taking part in the race, you automatically waive and release any and all rights and claims for damages you may have against the race, race sponsors and their representatives, for any

and all injuries suffered in said event. You attest that you will participate in this event as a footrace, that you are physically fit and sufficiently trained for the completion of this event. Furthermore, we accept that you grant full permission to use your name and likeness, as well as any photographs and any record of this event in which you may appear for any legitimate purpose, including advertising and promotion. We accept that your appearance on the start line of our race, means you have agreed to all of the above.

### 3. PARKING

**PLEASE DO NOT PARK AT THE WHITE HORSE CAR PARK!!!**

All participants are encouraged to CAR SHARE wherever possible. There is parking at the Visitor Centre at the top of Sutton bank. The cost of parking will be around £4 and there are toilet facilities and a coffee shop.

It is then about 1.5 miles (walk or warm up jog to the start line at the White horse car park – at the bottom of the steps).

If you are parking anywhere else (but not the White Horse Car Park), please be sensible about it.

### 4. BAG DROP

There will be an unsecure bag drop area/van at the start/finish for participants. We will not be responsible for any valuables so please plan ahead.

### 5. TOILETS

There are NO toilet facilities at the start/finish, the trees and bushes are all you've got.

### 6. WATER IS AVAILABLE – BRING YOUR OWN DRINKING VESSEL

There are NO water stops on route. We will be supplying water at the finish should you require any, however in our effort to go plastic free, this will be from 2 water butts this year. Please bring your own drink or something you can fill up from the water butts with. You can run with your own water on the course should you feel the need - advisable if it's warm and you think you may be out for a while. The hills might make you thirsty.

### 7. THE ROUTES & THE RACE

The route is fully way marked and well marshalled. Follow the large arrows. Don't ignore the arrows or run in the opposite direction to the arrows.

There is also red and white tape dotted about (mostly on tree branches and bushes) so you know you're on the right path.

All competitors must follow the designated route. Anyone not following the designated route will be disqualified. The route has changed slightly over the years – make sure you run the new route.

Some of you sensible people have reced the route -

Please, if you spot someone going the wrong way (even if they are ahead of you), give them a shout and point them in the right direction!!

The beginning of the race is quite a narrow downhill path and can get a little congested. We would suggest that the faster runners get to the front at the start line. It is a race but please be mindful of each other, and give each other as much space as you can. You will all spread out very quickly after the first downhill when you then start going uphill!

The route is challenging with steep descents and ascents, a mix of mud (maybe), paths, bridleway and a little bit through the undergrowth. The route takes a rough 'figure of 8' shape, and will finish with an uphill climb back to the White Horse car park.

PLEASE ALSO NOTE – YOU CANNOT RUN WITH YOUR DOG. We do get asked a lot, but this is a race for humans only.

#### 8. RACE START, TIMINGS

Race start - 10.00AM.

There will be NO timing chips but a standard timing system will be in place (a good old-fashioned stopwatch). PLEASE ENSURE YOUR NUMBER IS VISIBLE AT ALL TIMES.

Results will be posted to the JDW Fitness website/Facebook as soon as possible after the race finish.

#### 9. PRIZES AND FUN STUFF

There will be medals for the 1<sup>st</sup> 3 males and females, and all competitors will receive a free T-shirt.

T-shirts can be collected at the start, or after you've finished the race – we don't mind which. We do have a list of what you've ordered though and there will be no option to change this.

#### 10. RUBBISH/LITTER

Please do not drop litter anywhere on the course or at the Start/Finish area – there will be bin bags provided for rubbish.

11. COFFEE WAGON – TBC – there will be one – we just need to confirm it.

## 12. GENERAL ETHOS

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.

Just a reminder also that we do this all for charity.

It is a non-profit making event.

And we are incredibly grateful for all of your support each year.

Any questions then please ring, email or message us – just make sure your question isn't covered in the above!!

In Fitness & In Health

John Withinshaw & Nicky Jenkins

JDW FITNESS