

# MUDDY BOOTS 10K



## RACE INFORMATION

**SUNDAY 9<sup>TH</sup> FEBRUARY 2020**

**FUN RUN - 10AM START**

**10K RACE - 11AM START**

**St Wilfrid's RC Primary School**  
Church Lane, Ripon, HG4 2ES



# THANK YOU FOR ENTERING MUDDY BOOTS 2020

This is an important fundraiser for our school, with all profits going towards valuable resources for our children - we really appreciate your support!

This booklet has been prepared to provide you with important information ahead of the race, please take the time to read this carefully prior to the day.

## PRE-RACE INFORMATION

### **Parking**

Limited roadside parking is available on Church Lane. There is further roadside parking on Studley Road towards the cricket club. Booths & Sainsburys Supermarkets offer Pay & Display Car Parks, a short walk away. Please be respectful wherever you park.

### **Registration / Race Numbers & Chips**

All numbers and chips are to be collected on the day so please arrive in good time. Please ensure all contact details and medical information requested is completed on the reverse of race numbers. Race numbers should not be folded, cut or mutilated and must be worn on the front of running tops. Chips must be attached firmly to your shoe with the zip tie provided and handed back at the end of the race. Instructions will be provided on collection. All under 18s must have parental signed permission to race and have a guardian present on race day.

### **Timings**

The Fun Run will start at 10am. On the day entries are available for £4 from 9am. Entries will close at 9.45am. The awards presentation for the Fun Run will be at 11.15am (after the 10K race has started) this will ensure we can give the winners the congratulations they deserve!

The 10K race starts at 11am. There are no on the day entries and this year's race has sold out. Runners are expressly forbidden from running under someone else's name. The 10K awards presentation will be at 12.30pm.

### **Facilities**

WC's are available in & around the school grounds.

A designated covered area outside will be provided for baggage. Please note these are left entirely at your own risk and the school do not accept any responsibility for loss/damage of items.

### **Photography**

A photographer will be taking photos on the day, which we reserve the right to use in any future promotion and advertising. If there are any issues regarding this, please email [muddyboots10k@outlook.com](mailto:muddyboots10k@outlook.com) ahead of the race.

### **Severe Weather**

As previous runners will know, we plan to hold the race whatever the weather, although should severe weather prevail & put the race in jeopardy then you will be notified by email & on the Facebook page.

# THE RACE

## Water

Two water stations are provided - at approx 5k at Low Lindrick Farm and at the 10k finish line. Please note that in a bid to start reducing our plastic waste (please bear with us while we use up old supplies!) we will not be providing bottled water at the end of the race, instead cups of water will be available or you can fill your new aluminium race water bottle provided for each 10K finisher! Children entering the fun run should bring their own water bottles.

## First Aid

St John's Ambulance will be on site for any medical assistance. If any runner needs assistance on route then please speak to the nearest marshal who will co-ordinate any medical assistance required.

## Headphones

Please refrain from using headphones during the race so that any instructions given by the marshals can be heard.

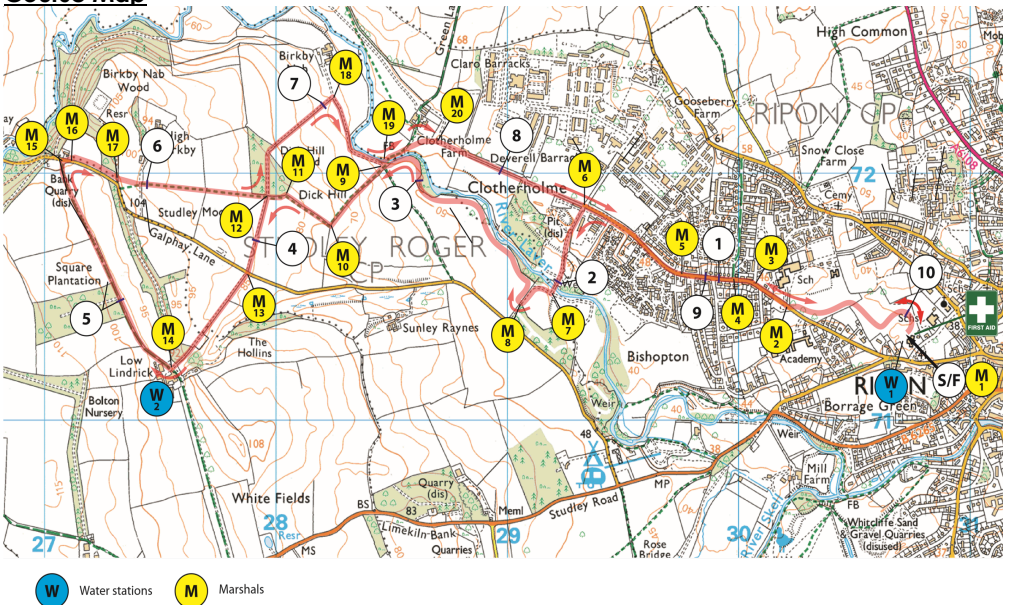
## Race / Route

The race starts & finishes on the school playing fields. It's a multi-terrain course, encompassing road, trail & field, please wear suitable footwear.

## Runner Safety

As an entrant you have a responsibility to ensure you are properly prepared, adequately trained and fit. If you are unsure how to do this there is excellent advice and help on this website: <https://www.runnersmedicalresource.com/en/>

## Course Map



## POST RACE INFORMATION

### **Refreshments**

Bacon sandwiches, home baking & hot drinks are available throughout & post-race. Please join us in the school hall for the prize giving & some light refreshments after your race.

### **Prizes**

Each finisher will receive a race memento. For the Fun Run this will be a Muddy Boots medal and for the 10K it will be a Muddy Boots aluminium water bottle. Please note these water bottles are not dishwasher safe and should be handwashed to ensure their longevity.

There are also fantastic prizes for 1<sup>st</sup> to 3<sup>rd</sup> Male & Female, Age category, School Parent and Team Prizes (1st 3 Men & Women in club vests). There is also a spot prize, so please do stay around to see if you have won!

### **Results**

These will be posted to <http://my.raceresult.com/147009/?lang=en> & [www.ukresults.net](http://www.ukresults.net)

### **Race Feedback**

Feedback is always welcome. If you have anything you wish to share about your race day with us or have any questions, please email us at [muddyboots10k@outlook.com](mailto:muddyboots10k@outlook.com)

You can also keep up to date with the latest information on our website <https://muddyboots10krun.wixsite.com/home> & Facebook page, where you can also complete a race review [www.facebook.com/MUDDYBOOTS10k](http://www.facebook.com/MUDDYBOOTS10k)



We hope you enjoy your race!

Special thanks to our 2020 race sponsors for their support & kind donations



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