



**FINAL RACE INFORMATION**  
**CLUMBER 10K TRAIL RUN**  
**SATURDAY 17<sup>th</sup> OCTOBER 2015**  
**CLUMBER PARK – WORKSOP – NOTTINGHAMSHIRE – S80 3AZ**  
**UK ATHLETICS LICENCE NUMBER: 2015-13638**

#### Welcome

Welcome to the Clumber 10k Trail Run. **Following the success of the event in 2014 we will be sticking with the same course as in 2014, with registration, start and finish staying close to the car parks.** The event will be chip timed to ensure accurate and immediate results. This event offers something for everybody whether it being chasing a fast time or enjoying the picturesque scenery Clumber Park has to offer.

In addition to this we have also now had the course measured and certified by the Association of Certified Course Measures as an accurate 10k course.

#### Confirmation of Entry

Competitors are requested to check on the list of entries posted on the web site to confirm that they have been successful in their application. One Step Beyond cannot be held responsible for loss of entries in the post and strongly advises competitors to enter on line if possible as this is a more secure entry system.

#### What Will You Need?

Very simple clothes and trainers which you feel comfortable running in. All of the surfaces you will be running on are in good condition and firm under foot.

#### Public Transport

Nottinghamshire Public Transport – 0871 2002233 / [www.travelline.info](http://www.travelline.info)

#### Car Parking

Once you have found Clumber Park site please enter the park through the main entrance off the A614 through the Lime Tree Avenue entrance, continue down this road for approximately 2km and take the left turning into the main car park on your left.

There will be No parking charge for competitors. Car sharing is recommended, please help to save the environment. All vehicles are left in all respects at owners' risk.

#### Directions to Clumber Park

Clumber Park is easily found from either the north or south. The Park is only 2 miles south from the junction of the A1, A614 and A57 (Worksop). SAT NAV: S80 3AZ

#### Race Packs

Competitor Race numbers need to be collected on the day of the race from the Registration Tent, which will be located close to the Start / Finish area. Your Race Number will have your timing chip attached to the back.

#### Race Day Enquiries Desk / Late Entries will be open at: 10:00 til 11:45

On the day entries will be available and will cost £20 (CASH ONLY)

#### Electronic Timing

When you collect your race pack you will find your race number(s) inside. We are using the latest RFID chip timing system to time the race and your 'chip' is already attached to the back of your race number.

The chip that we are using does not contain a battery and is fully biodegradable and as such does NOT need to be handed in at the end of the race.

**To help ensure that we capture your time there are 3 things you need to do:**

1. Wear your race number visible to the front at all times
2. Do NOT tamper with the chip in any way
3. Attach with two pins or one Number Band your race number at the top corners only – DO NOT ATTACH THE BOTTOM

Using this cutting edge technology will mean results and category positions will be updated live as competitors cross the finish line. There will be a plasma screen providing live results to all competitors and spectators at the finish area. Please ensure that you only cross the timing points, which register your times, when you are competing. To avoid this problem do not climb over barriers as they are put in place to prevent access from these areas prior to the event. Failure to comply with this request will trigger the chip and will potentially invalidate your result.

#### Race Briefing

There will be a race briefing approximately 15 minutes the start of the event. This will take place in the start. If you are unsure about anything please attend. The race briefings will inform you of any last minute route changes and safety points. If you have any questions or queries on race day, please ask them after the race briefings.

#### Race Numbers

Please do not cut, fold or tare your race numbers. Your race number must be worn on your front during the event at all times.

Please do not tamper with your race number and do not forget to bring your own safety pins. Safety pins will be available on the event day, but we ask for a donation in return.

#### The Course – will be marked from the afternoon of Friday 16<sup>th</sup> October

The course will remain the same as in 2014 with a better start / finish area and then uses the majority of the course that has been so popular last year making use of the internal roads and trails within Clumber Park. The course is undulating and takes in some of the most picturesque scenery Clumber Park has to offer. Please note that some of the course makes use of some of the parks trails. That means that there may be additional obstacles, such as branches, roots and stones so please be careful.

The key piece of information that you need to know is that you will be following **ORANGE** arrows round the course.

#### Medical Cover

The safety of our competitors is paramount. Onsite during the event will be a specialist medical company set up to supply the highest calibre of comprehensive medical cover to sporting events such as this. On the day there will be a team of first-aiders, nurses and state registered Paramedics. If before,





**FINAL RACE INFORMATION**  
**CLUMBER 10K TRAIL RUN**  
**SATURDAY 17<sup>th</sup> OCTOBER 2015**  
**CLUMBER PARK – WORKSOP – NOTTINGHAMSHIRE – S80 3AZ**  
**UK ATHLETICS LICENCE NUMBER: 2015-13638**

during or after the event you feel that you require any type of medical care, please do not hesitate to contact an event marshal. If you feel un-well, do not race!

**Medical Conditions**

We request that all competitors write their next of kin & contact details on the back of their race number using a waterproof pen. If you have any type of medical condition or are taking any type of medication please write a large 'MC' on the bottom left of your race number. Please write your medical condition fully on the back of your number also. This will only be used in the event of you being involved in an accident.

**Prizes**

There will be prizes in the following age categories for both male and female competitors:

Female Senior (Under 40)	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>
Female Vet (40 +)	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>
Male Senior (Under 40)	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>
Male Vet (40 +)	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>

Presentation will take place within a few minutes of the last competitor finishing each event. You must be in attendance to collect your prize. Prizes will not be sent out after the event.

**Results**

The results will be available to download on [www.onestepbeyond.org.uk](http://www.onestepbeyond.org.uk) from the Monday following the event.

**Refreshments**

The venue has a lovely cafe on site which serves warm and cold food & drink.

**Withdrawals**

It is now too late to withdraw from the event. No race credits will be issued to those withdrawing after the withdrawal date of 2<sup>nd</sup> October. Please note that you are not allowed to give your entry away, if you are not going to take part, please follow the guidelines to withdraw from the event. All competitors will be asked to show some form of photographic identification before they are allowed to register.

**Race Office Closure**

The One Step Beyond race office will be closed from Thursday 15<sup>th</sup> October at 5pm. Please do not leave messages or send emails regarding this event, as we will be on site setting up for the event.

**Thanks**

Thanks to the National Trust for allowing us to use Clumber Park – a fantastic venue.

Final thanks to all the individuals who have agreed to give up their time to help set up and marshal at the event. It takes a great amount of work to organise an

event such as this.

**Further Information**

Any questions related to the event can be answered by emailing [info@onestepbeyond.org.uk](mailto:info@onestepbeyond.org.uk).

*All the information here is believed to be true at the time of going to press. Changes maybe required ensuring that the event is organised safely and within the law, these changes will be made without notification. The organiser has the final decision. This information is Copyright to One Step Beyond Promotions, reproduction of this text or style is forbidden.*

**CAR PARK PASS**

**FREE PARKING**

**SATURDAY 17 OCTOBER**

**ENTRY INTO THE PARK**

**BEFORE 11:30AM**

**YOU MUST SHOW THIS PASS**

**TO GAIN FREE ENTRY**

