



FINAL RACE INFORMATION
NOTTINGHAM DIRTY DASH 10K
SATURDAY 29TH NOVEMBER 2014 – START 12:00 NOON
NATIONAL WATER SPORTS CENTRE, NOTTINGHAM, NG12 2LU

Welcome

Welcome to the 1st Annual Nottingham Dirty Dash 10k, the final event in the Midlands 10k Trail Run Series.

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.

Free Santa Suits

We have 50 free Santa suits available for anyone wishing to take part in the Dirty Dash for a bit of festive fun. A small donation to Cancer Research UK is requested please. Suits are available on a first come, first served basis so please arrive early if you know you want to run in a suit. The first male and female Santas will receive a small prize.

What Will You Need?

Very simple clothes and trainers which you feel comfortable running in. As the name suggests there is the distinct possibility that you may get dirty while doing this event (weather dependent). Fear not there are changing and shower facilities available to all athletes in the Water Sports Centre.

Car Parking

Competitors' parking is 100 metres past the main entrance. It is vital that you do not use the car park at the main entrance, this area is only possible with an officials parking permit. Overspill parking is also available on the Slalom Course, but please be aware this is a 10 minute walk from the Race HQ.

Directions to the National Water Sports Centre

From the South: Turn off at junction 24 of the M1 take the A453 to Nottingham and then the A52 to Grantham. Follow signs to the National Water Sports Centre.

From the North: Turn off at junction 26 of the M1 take the A610 and then the A52 to Grantham. Follow signs to the National Water Sports Centre.

The National Water Sports Centre is 5 minutes from Nottingham train station.

Sat-Nav users are advised to use the name National Water Sports Centre rather than the postcode as some Sat-Nav's will direct you to Colwick Race Course as opposed to the Centre.

Race Packs – Collection available between 10:00 – 11:45

Competitor race packs will be available for collection prior to the event from the registration tent which will be close to the start / finish area. Your race pack will contain your race number and your ankle chip – you will need these to enable you to race and get a time. Please remember to bring along safety pins or alternatively these can be obtained from the Registration Desk after making a small donation to Cancer Research UK.

Late / On the Day Entries are Available: 10:00 – 11:45

Please go to the Registration Tent where you will need to complete the relevant registration forms to enable you to get a place to race.

Late Entry Fee: £19 cash – UKA Affiliated / £21 cash - Non UKA Affiliated. Please allow extra time to register. You can speed up this process by downloading and filling out a paper entry form from the event web page and bring it with you.

Littering the Course – *This is not acceptable*

If you can carry it full, you can carry it empty!!

We are lucky enough to organise events that take in some stunning scenery on the courses for you to enjoy. Let's leave them as we find them!! If you use gels or other nutrition supplements during your race please either bring it back to a drinks station and make use of the bins provided. If you can take it out on the course with you full, you can bring it back empty.

Let's set an example and keep our courses clean and leave them as we find them.

Race Briefing

There will be a race briefing approximately 15 minutes before the event start time. This will take place inside the start pen. The race briefing 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.

Event Start Time – 12:00 noon

Electronic Timing

Providing fast and accurate results is the most critical part of any race. At **Jaguar Timing** we use a RFID based timing system. Each athlete is given a "chip" that generates a unique signal when it crosses through an antenna field. By using a database to assign each participant's personal information to each chip, timing software can easily calculate each participant's time and finish place.

To maximise the success of getting your time there are a few things required:

Wear the chip!

When attached to the strap wear it just above your LEFT ankle with the chip arrow pointing upwards. Our antenna fields will be positioned about this height, if you wear it anywhere else it may not be read.



When fitting your chip some people find it useful to smear a small amount of lubricant around that area to prevent any chaffing. We don't need you to run over bulky mats anymore and don't worry if you don't hear it make a noise. If you have run between the antenna and worn your chip correctly we will have a time for you.





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Electronically capturing each finishers time allows us to continuously post preliminary provisional results on-site during the race in a number of ways. Finish Times will be available as soon as you have finished the event, with full split times being available in the results posted on the website on the Monday after the event.

At the moment these triathlon chips are re-usable and as such need to be handed back at the finish of the race or before if you have to retire early. If you forget, return your chip to our office within a week & there will be no repercussions. If not, then you will be charged £10 for losing the timing chip.

The Course – will be finalised after the Duathlon in the morning

The course takes in the trails and paths and short sections of perimeter road within the grounds of Holme Pierrepont Country Park. Please note that the event is an off road event. That means that there will be additional obstacles, such as branches, roots, stones so please be careful.

The course will be signed with a combination of **ORANGE** and **YELLOW** arrows.

Medical Cover

The safety of our competitors is paramount. On the day there will be a team of first-aiders, nurses, state registered Paramedics plus Accident and Emergency ambulances equipped to NHS standard, with manual defibrillator / cardiac monitors, ventilators, and pulse oximetry. If before, during or after the event you feel that you require any type of medical care, please do not hesitate to contact an event marshal.

Medical Conditions

We request that all competitors write their next of kin & contact details on the back of their race numbers 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 a medical accident.

Prizes

There will be prizes in the following categories:

| | |
|--------------------------|---|
| Female Senior (Under 40) | 1 st , 2 nd & 3 rd |
| Female Vet (40+) | 1 st , 2 nd & 3 rd |
| Male Senior (Under 40) | 1 st , 2 nd & 3 rd |
| Male Vet (40+) | 1 st , 2 nd & 3 rd |

Presentation will take place within 30 minutes of the last competitor finishing the event. You must be in attendance to collect your prize. Prizes will not be sent out after the event.

Series Winners

After the event winner prize presentation we will also be holding a prize presentation for the Series Winners.

Results

The results will be available to download on www.onestepbeyond.org.uk from the Monday following the event.

Facilities

You will be able to find toilets and changing facilities, with showers within the main building of the Water Sports Centre for your use during your time at the event.

Withdrawals

The Closing Date has now passed and unfortunately any withdrawing competitor will not be eligible for a race credit. Please note that you are not allowed to give your entry away, if you do this the person will not be insured and runs entirely at their own risk.

Race Office Closure

The One Step Beyond race office will be closed from Thursday 27th November at 5pm. Please do not leave messages or send emails regarding this event, as we will be on site setting up for the event.

Race Volunteers – Please Help

No event like this can run smoothly without the help of many marshals. If you have friends or family that will be supporting you at the event, why not ask them if they would be willing to give up a couple of hours to help marshal. All marshals will receive an event shirt, food & drink. If you would like further information about becoming a race marshal please contact info@onestepbeyond.org.uk You do not require any previous experience or knowledge to become a race marshal; any training required will be given on race day.

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.

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