



PROVISIONAL RACE INFORMATION
ROBIN HOOD ADVENTURE CHALLENGE 2011
SHERWOOD PINES FOREST PARK - OLD CLIPSTONE MANSFIELD NOTTINGHAMSHIRE NG21 9JL
SUNDAY 16TH OCTOBER 2011
EVIL SHERIFF OFF ROAD DUATHLON 5KM RUN / 16KM BIKE / 3.6KM RUN
ROBIN HOOD 10KM / MAID MARIAN 5KM TRAIL RUNS
LITTLE JOHN 2KM FUN RUN

Welcome

Welcome to the 5TH Robin Hood Adventure Challenge. This event has something for everyone whether you are an adrenaline-junkie wanting to challenge yourself on the off road duathlon course or simply enjoy exercise and want to take part in one of the 3 running disciplines, this is the event for you! This is an ideal family and corporate event set within the 1,200 hectares of woodland and open heath of Sherwood Pines Forest Park. This is your chance to become an 'Adventure Challenger' - one of Robin Hood's Merry Men or Women.

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.

Race Rules

Duathlon - The event will be held under the rules of The British Triathlon Federation. Under these rules it is mandatory that all competitors must wear an approved helmet, that all cycles must be in a road worthy condition and that all competitors are insured by third party civil liability insurance - BTF Members are insured as part of their membership package, and all other competitors will be required to purchase a Day Licence from the BTF. If you require further information about Race Rules, please visit www.britishtriathlon.org or telephone the British Triathlon Federation on 01509 226161.

Running events - the 5K & 10K will be held under the rules of UK Athletics. Under these rules it is mandatory that all competitors are insured by third party civil liability insurance - Members are insured as part of their affiliation package, and all other competitors will be required to pay a £2 non-affiliation fee to ensure that they have the relevant civil liability insurance. If you require further information about affiliation please email info@englandathletics.org or telephone UK Athletics on 0870 9986700.

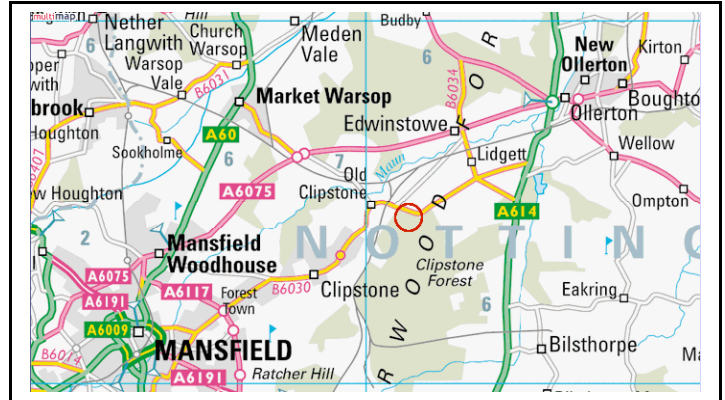
What Will You Need?

Duathlon - For the run sections, it is advisable to use a pair of trail running shoes. For the bike section, either a mountain or cyclo cross bike are recommended. All competitors will be required to wear an approved cycle helmet.

Running Events - Very simple clothes and trainers which you feel comfortable running in.

Directions to Sherwood Pines Forest Park (See map)

Sherwood Pines Forest Park is located off the B6030, near to Old Clipstone. It is equally easy to navigate from either the A60 or A614. Sherwood Pines Forest Park is approximated 30 minutes drive from Nottingham & Sheffield, being only 3 miles from the A1.



Public Transport

Nottinghamshire Public Transport - 0871 2002233 / www.travelline.info

Car Parking

Please display the enclosed car parking pass when you enter Sherwood Pines.

Race Day Registration will be open at:

Off Road Duathlon: 07:00 - 08:30
 Running Events 10:00 - 11:30

Competitors not registered by these times will not be allowed to race.

Race Day Registration

Duathlon: competitors will need to collect their racing pack, including timing chip, on the morning of the race. Please ensure that before registering on the day you know your race number. This can be found by downloading a list of competitors on the race website on the week of the event.

Please note that all athletes will be required to show some form of photographic identification - photocopies are fine. This is to stop people exchanging entries & ensures that all competitors are insured to compete in the event. On arrival go directly to the race day registration tent, this is where you will collect your racing pack, race numbers & timing chip. Please keep these safe, as they are required to allow entry into the starting & transition areas.

Running Events: 5K & 10K competitor's Race packs will be sent out in advance of the event, it will contain:

- ☒ Final race information
- ☒ Race number
- ☒ Electronic timing chip
- ☒ Car parking pass

If you get sent your pack in the post you won't need to attend registration.



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Late entrants and 2K entrants will be required to collect their packs during the times stated above.

All Competitors in the running events will receive their event t-shirts at the finish.

Transition Area (Duathlon Only)

This is a fully secured area for competitors only, where you will keep your bike during the run sections. To get into the Transition Area you must show your race number at ALL times. You will also be asked to show both your race number & bike number when taking your bike out. This is for your security. Please understand this will cause queues during peak times, but it is for your benefit. The Transition Area will not close during the event, so please understand that if you are not racing that you will be asked to make a clear way for racing competitors.

Team Event (Duathlon Only)

Only one person is required to register for the whole team. All relay team tags will take place by the team's bike racking position, inside the transition area. To compete in the Team Category, you will need 2 or 3 team members, one / two to complete the two run sections & one to complete the cycle course. To complete a 'tag' competitors are required to exchange their timing chip.

Race Briefings

There will be a race briefing approximately 15 minutes before each event. This will take place inside the transition area for the duathlon and the start area for the running events. 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.

Provisional Event Start Times

Off Road Duathlon	09:00
2km Fun Run (Up to 15yrs old)	11:00
5km Trail Run	12:00
10km Trail Run	12:00

Electronic Timing

To ensure accurate times and results, every competitor will receive a timing chip to use whilst racing (excluding 2K Fun Run). Using this cutting edge technology will mean results, splits and category positions will be updated live as competitors pass the finish line. There will also be a large plasma screen providing live results to all competitors and spectators at the finish area. For the Duathlon the timing chip will be worn on your leg, around the ankle. Full details regarding this will be issued at registration. For the Running events the chip will be attached to your laces. When you have finished, please remember to drop your timing chip at the collection point provided. If your timing chip is not returned after the race, you will be charged £25 for the chip. Also please ensure that you only cross the mats, which register your times, when you are competing. To avoid this problem do not climb over barriers as they are out in place to prevent access from these areas prior to the event. Failure to comply with this request will trigger your timing chip and will invalidate your result.

Race Numbers

Duathlon - Race Numbers must be worn front and back throughout the event.

Duathlon Team Event - Runner front / Cyclist back.

Running Events - Race Numbers must be worn on your front during all events at all times. Numbers must be pinned at all four corners. Number bands are allowed but it is recommended that two be worn. One number band for the top of the number & one number band for the bottom to stop your number creasing up and becoming unreadable. NB. Please do not forget to bring safety pins.

The Courses - will be marked from the afternoon of Saturday 9th

Duathlon (Run 1 x Long Lap - Cycle 3 x Long Laps - Run 1 x Short Lap). The course for both the run & cycle sections will be marked from the day before. Sherwood Pines Forest Park offers both adrenaline pumping uphill & downhill's as well as peaceful relaxing woodland paths. We are not giving too much away, but expect for your heart to be racing. Please note that the event is an off road event. That means that there will be additional obstacles, such as branches, roots, fallen trees, stones, sand, mud, holes, plus anything else that you might be lucky or unlucky enough to find, these form the course, add to the excitement, but also add to the danger so please be careful.

Running Events

Little John 2km Fun Run - This will be a simple out and back course offering lots of spectator points to watch the kids take part in their event.

The Maid Marian 5km Trail Run (1 lap) - The course will follow the internal roads and trails within the park providing competitors with a safe enjoyable event.

The Robin Hood 10km Trail Run (2 laps) - The course will be two 5km loops following the Maid Marian course along the internal roads and trails of Sherwood Pines, perfect whether you are chasing down a fast time or simply enjoying the scenery.

Medical Cover

The safety of our competitors is paramount. Onsite during the event will be ReAction Medical Services, a specialist 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 medics and paramedics plus Accident and Emergency ambulances equipped to NHS standard, with manual defibrillator / cardiac monitors, ventilators, and pulse oximetry. There will also be British Triathlon motorbike marshals on the cycle section. 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



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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 various age categories for both male and female competitors and for the winning team. Presentation will take place within 30 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.

Penalties & Appeals (Duathlon Only)

ALL penalties issued by the British Triathlon Race Referee will be displayed on a Penalty Board at the entrance to Registration. Appeals against these penalties must be made in writing to the race referee within one hour of a penalty being notified and be accompanied by a fee of £15.00 refundable if the appeal is upheld. It is your responsibility to check this Penalty Board.

Results

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

Revolution Images

Revolution Images will be photographing this event. All images will be uploaded to the Revolution Images website the following day. Visit it at www.revolutionimages.co.uk

Refreshments

A superb café conceals itself nicely into the Forest surroundings, serving an excellent mixture of fresh hot & cold food & drinks.

Sherwood Pines Cycles

If you require any last minute equipment, need to purchase energy products or simply fancy hiring a bike Sherwood Pines Cycles is a permanent cycle store on site within the grounds of the venue.

Facilities

It is difficult to believe that you are in the centre of major woodland when you arrive, nestled into the Forest you will find a large selection of facilities including a visitors centre, toilets, mountain bike hire shop, children's play ground & picnic area.

Withdrawals

If you wish to withdraw from the event, then please follow the guidelines contained within our 'Terms & Conditions Of Entry'. Please note that under no circumstances will any race credits be issued without following these guidelines. No race credits will be issued to those withdrawing after the withdrawal date of 6TH 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 7th 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.

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 robinhood@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.

Thanks

Thanks to the Forestry Commission for allowing us to use Sherwood Pines - 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 robinhood@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.
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