



PROVISIONAL RACE INFORMATION ROBIN HOOD ADVENTURE CHALLENGE SATURDAY 8TH NOVEMBER 2014

SHERWOOD PINES FOREST PARK – MANSFIELD – NOTTINGHAMSHIRE – NG21 9JL

Welcome

Welcome to the 7th 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

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 are 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?

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

Public Transport

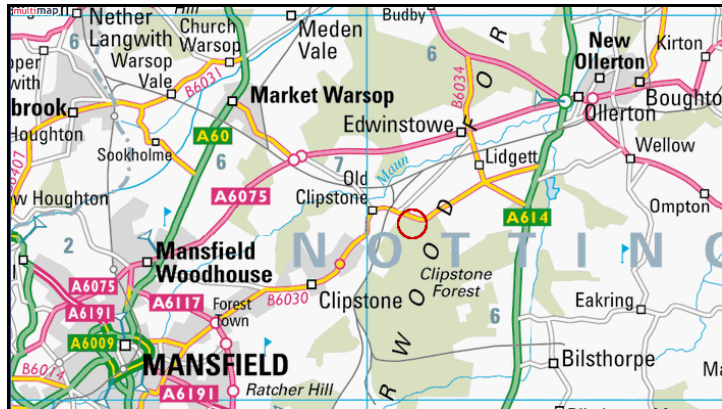
Nottinghamshire Public Transport – 0871 2002233 / www.travelline.info

Car Parking

All competitors will be required to pay for parking; the daily charge is £4 per car.

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 approximately 30 minutes drive from Nottingham & Sheffield, being only 3 miles from the A1.



Race Packs

The 2K, 5K & 10K competitor's will need to collect race packs from the Registration marquee on the morning of the event. Please ensure you know your race number prior to going to the registration marquee as this will speed up collection of your race pack. Nothing will be sent out prior to the event. Your race pack will contain:

- Race Number
- Electronic Timing Chip (attached to back of number)
- Bag Tag

Please ensure you have collected your Race pack to enable you time to get to the race briefing 15 mins before your race start time.

Race Day Enquiries Desk / Late Entries will be open at:

Running Events 10:00 – 11:30

Bag Storage

There will be a small bag storage area available, please ensure you write your race number on the bag tag in your race pack before handing in your bag.

Race Briefings

There will be a race briefing approximately 15 minutes before each event. This will take place in the start area. 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

When you receive 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.

**Robin Hood 10K
Maid Marian 5K
Little John 2K**

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Race Numbers

Please do not cut, fold or tare your race numbers. Race numbers must be worn on your front throughout the event. Please do not forget to bring your own safety pins or number bands.

The Courses – will be marked from the afternoon of Friday 8th November

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 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, 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 an accident.

Prizes

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

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.

Results

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

Marathon Photos

Marathon-Photos.com is the official photography partner for capturing your exciting moments at The Robin Hood Adventure Challenge. Every competitor will find their photos within 24 to 48 hours after completion of the event, and will be able to search by entering either their race number or family name. Each photo is available either with their finishing time or as a photo certificate for download, or a printed copy. A picture album "Digital Super Pack" will be on offer at a special price. For one fixed price Marathon-Photos will supply all the identified photos of each runner in these ready-to-print formats either to download onto their computer or on a CD. This includes: Photo Certificate, Race

Time Photo, Commemorative photo original camera file and web ready images.

Marathon-photos.com will email all competitors with a direct link to their personal photos.

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 visitor's centre, toilets, mountain bike hire shop, children's play ground & picnic area.

Refreshments

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

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 26th 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. Competitors will be asked to show photographic identification before they are allowed into transition to stop the swapping of entries.

Race Office Closure

The One Step Beyond race office will be closed from Thursday 7th 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.

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 info@onestepbeyond.org.uk.

All the information here is believed to be true at the time of going to press. Changes may be 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

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