

The **WINTER BASH** Trail Race: 9th Feb 2020 at 10:00

RACE INFORMATION



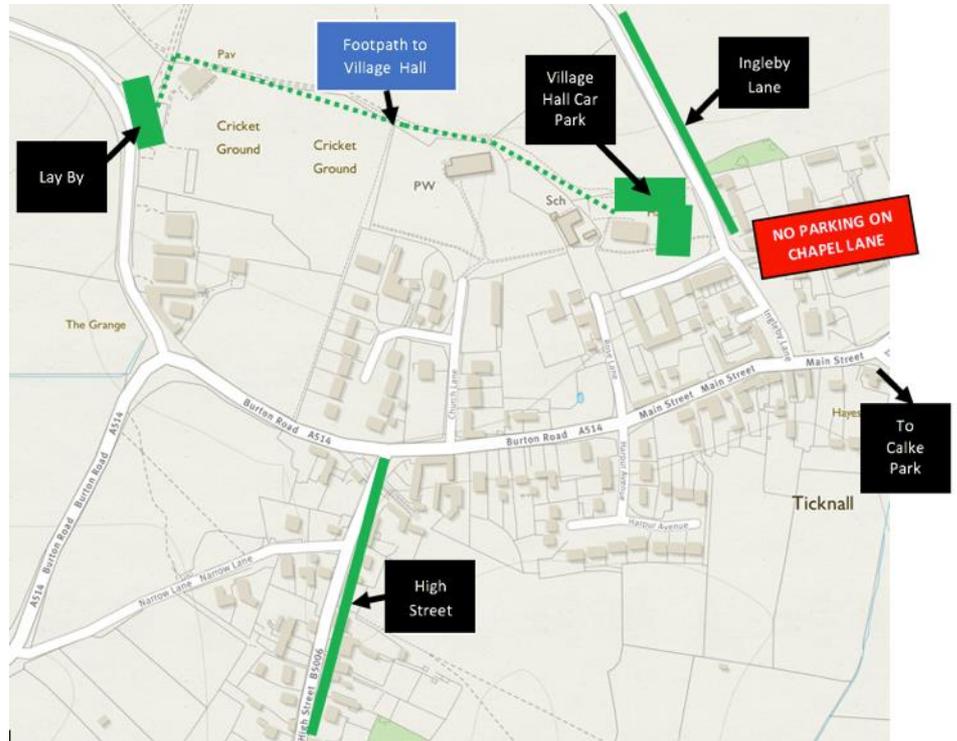
A very warm welcome to the second edition of The **Winter Bash**. Below is essential information to help ensure a smooth and enjoyable event for all. **Please take a few minutes to read it before race day.**

Venue & Parking

The venue for the event is Ticknall Village Hall, Ingleby Lane, Ticknall, South Derbyshire **DE73 7JW**.

Parking in the village hall car park and streets within the village is free but **EXTREMELY LIMITED**. Therefore, to help us maintain good relationships within the community and hold future events in the area, we ask that you **car-share** with friends/club mates that are also taking part if at all possible, come on foot/by bike if you live close enough, or (if you are National Trust member) park within the Calke Park estate.

If you are driving, please park efficiently at the village hall as directed by marshals or in one of the locations shown.



Please **give yourself plenty of time** to walk to the start if necessary, and **DO NOT PARK** in Chapel Lane which is a private road or obstruct any driveways/entrances elsewhere.

Registration and Numbers

Registration will be located inside the village hall and will be open from 08:30. **Please remove your shoes before entering the hall** unless they are spotlessly clean.

All competitors will need to register on the day and collect their race number. We ask that you do this as soon as possible on arrival, and be at registration **no later than 09:30** to avoid delays if there is a queue.

The race is **SOLD OUT** and there will be **NO ENTRIES OR TRANSFERS ON THE DAY**.

Please ensure that the registration team have your up-to-date mobile phone number, emergency contact details, and please let them have details of any medical conditions we should be aware of.

Please wear your number on your front and ensure it is visible to all marshals around the course and officials at the finish line.

Toilets & Changing

Toilets are available both within the hall and (subject to the current refurbishment working being completed) outside on the north side of the building. Please do not use the adjacent fields and hedges. There are no specific changing facilities. You may change within the hall but please be respectful of the facilities and other people.

On the course there are public toilets at Staunton Harold reservoir, located about 100 metres from the off the course – see route description for more info.

Baggage

You may leave baggage/spare kit in the hall during the race. However, any items are left at your own risk as we cannot guarantee security of your belongings.

Kit Requirements

It is important that you are dressed and equipped appropriately for a mid-winter race, and give consideration to your own safety in the event that you have to stop or significantly slow down during the event. Minimum requirements that we would expect are listed below. We reserve the right to withdraw you from the race if we feel you are not suitably equipped for the conditions on the day.

Item	Status	Notes
Waterproof jacket	Mandatory	
Hat	Mandatory	
Gloves	Mandatory	
Long sleeve top	Mandatory	
Map	Mandatory	Provided by us
Compass	Mandatory to carry at least one of these. We recommended you carry both.	
Route description		Available for download from website
Check-point clip card	Mandatory	Provided by us
Mobile phone	Mandatory	
Plastic or fabric carrier bag	Mandatory	Suitable to hold a pair of shoes
Emergency food	Mandatory	
Additional warm layer	Mandatory if conditions extreme / otherwise recommended	Decision on status will be made on the morning of the race
Full length leggings	Mandatory if conditions extreme / otherwise recommended	Decision on status will be made on the morning of the race
Waterproof trousers	Mandatory if conditions extreme / otherwise recommended	Decision on status will be made on the morning of the race
Trail or fell shoes	Highly recommended	
Waterproof phone cover / zip lock bag	Recommended	
Waterproof map cover / zip lock bag	Recommended	
Back pack or bum bag	Recommended	
Drink	Recommended	

The Race & Route

The race will start and finish at the village hall. Please ensure you are assembled inside the hall with your running shoes in a plastic/fabric carrier bag by **09:50** for the **race briefing**. This will include details of how the start and finish process will work, as well as important safety information about the race itself.

The route is a single clockwise loop via Foremarke Hall, Robin Wood and Staunton Harold Reservoir, before arriving back into Ticknall through Calke park. The vast majority of the route is on unsurfaced footpaths and bridleways. However, there are some short sections of road (about half a mile in total) and a small number of other road crossings. **All roads are open to traffic** as normal and you are **responsible for your own safety**. Please use pavements where available and take note of any advice provided by marshals.

There are a few narrow sections of path where it may be difficult to overtake. Please apply common sense on these sections, and be courteous to other runners and members of the public. Do not climb fences or gates, or jump the queue if there is one at any stiles or self-check points.

The distance is 10.2 miles, which has been measured by GPS enabled watch, so can only be considered approximate. Due to the off-road nature of the route it is not practical to have an officially measured and certified distance.

There are no specific cut-off times or a time limit to complete the race. However, we do reserve the right to retire you from the race if you are unable to make reasonable progress or stop for a prolonged period.

Navigation & Check Points

Part of the challenge of the event is to self-navigate your way around the course. Therefore, other than permanent signs demarking rights of way, it is completely unmarked.

To assist with route finding you will be provided with a map of the course at registration, and copies of the route description are available for download from the race website. You are permitted to use GPS enabled devices to help navigate but you **MUST** also **be in possession of a physical route map**.

All runners must follow the designated route shown on the race map. Alternative routes or short-cuts are not permitted and will lead to disqualification or time penalties being applied. If you inadvertently stray from the route, you should return to the last point that you were on the official course, and continue from there.

In addition to roaming event staff monitoring that runners follow the correct route, there will be a number of **self-check points** around the route that you must visit. The process for this will be explained during the race briefing.

If you are particularly nervous about getting lost, it is okay to team up with other runners and work together to follow the route. However, it is not considered sporting to try and out-sprint another runner if you have relied on their navigation throughout the race.

Refreshments

Tea and coffee will be available in the village hall before and after the race. Drinking water will also be available but, in line with our policy of reducing plastic waste, we ask that you bring your own reusable bottle for water.

After the race hot food will also be available which is included in the race entry fee for participants.

No refreshments will be provided on the course. Part of the philosophy of trail running is to be self-sufficient. It is therefore important that you carry any food or drinks you may need during the race with you.

Important Safety Information

Underfoot conditions:	As is the nature of an off-road race, you can expect to encounter a variety of underfoot conditions and hazards such as uneven surfaces, tree roots, rocks, mud and wooden surfaces on stiles and footbridges. While negotiating these hazards is very much part of the fun, please take care not to trip or slip, particularly if surfaces are wet or icy, and adjust your speed accordingly.
Roads:	All roads are open to traffic as normal and you are responsible for your own safety when crossing or running along them, in the same way as any other pedestrian. Marshals will be situated at some locations to provide guidance at road crossings, including the safest place to cross. Please follow their instructions but be aware that they have no authority to stop or direct road traffic.
Ear phones / music players:	We very much encourage you to enjoy the sights and sounds of the countryside, rather than using a music player during the race. If it is something that you just cannot do without, please note that EAR PHONES MUST BE REMOVED for all road sections and crossings, or at other times if requested by a race marshal. Failure to do so is a breach of UK Athletics rules and will lead to disqualification.
Other trail users:	Be aware of, and be courteous to, other trail users. If you approach them from behind it is advisable to warn them of your presence and your intention to pass. This is particularly important for horse riders and dog walkers.
Gates:	Please ensure any gates are closed behind you in line with the country code. The exceptions to this are if the gate is manned by a marshal or another runner is immediately behind you. Also, be careful not to allow gates to swing back and hurt someone.
Cold / wet conditions:	Being in February, there is a possibility of extreme weather. Please be aware of the risks of hypothermia and use common sense, e.g. wear sufficient layers, carry spare clothing.
Retiring:	If for any reason you are not able to complete the race after registering on the morning, please inform a marshal on the route or an official at the Ticknall Village Hall. If necessary, we will arrange for transport to pick you up from the nearest road access point to return you to Ticknall. DO NOT leave the event without personally informing a race official. Failure to do this would lead to an unnecessary search party being mobilised.
Assisting Others:	If you encounter another competitor who is injured, ill or in distress, please find out the nature of the problem, make a note of their race number and ensure the matter is reported as quickly as possible to a marshal or race official, either by yourself or another runner, or contact us using the emergency numbers at the end of this document. This will enable us to arrange first aid treatment or other assistance as quickly as possible.

First Aid

Trained first aiders will be situated at Ticknall near the start/finish area. If you or anyone else requires their assistance, approach them directly, or request assistance from a marshal /race official. Use the emergency contact numbers at the end of this document if necessary.

Litter

The race takes part in a beautiful rural area and we are sure you will join us in wanting to keep it that way. We therefore have a strict 'no litter' policy throughout the course. Please place any litter in a bin or take it home to dispose of it.

Race Finish

To finish you must enter the village hall and pass over the timing mat. Shoes (and socks if wet/muddy) must be removed and placed in a bag **BEFORE** entering the hall.

Once inside the hall and over the mat you must report to the registration desk immediately and hand in your check-point clip card. This is so that we can check you have completed the course correctly and log that you have returned safely.

Refreshments will be available as above.

The prize giving will take place in the hall area as soon as possible once all the category winners have finished the race.

Results

Results will be published on the event website www.peakrunning.co.uk/winterbash. We hope to have these published within 24 hours.

Photographs

There will be one or more photographers at the event. Although we cannot guarantee to get an official photograph of all participants, those that are taken will be made available for download for free and may also be shared via our website and/or social media. If you do not wish to appear in any published photographs, please let us know.

Questions & Feedback

If you have any questions prior to race day, please get in touch. We are also keen to get your feedback after the event so we know which things worked well and anything that we can improve upon in future. You can do this verbally on the day or by dropping us an email afterwards.

Email: info@peakrunning.co.uk Tel: 07802 835475

And Finally

Like many other races, our event is only possible because of the volunteers who have given up their time for free to help organise things, and to be there on the day marshalling and carrying out many other tasks. They are all really keen that you have a great experience and we're sure they would really appreciate your smiles and words of appreciation as you pass. Remember....smiles eat miles!!

We look forward to seeing you on 9th February and hope you have a great race.

Chris & Andy, Event Directors

Emergency Contact Numbers: 07802 835475 or 07739 037890
To be used on the day only if not in the vicinity of a race marshal.