

Information on the fun run and trail run

Sunday 17th September 2017

Information relating to both runs

Safety

Please do not start either the fun run or the trail run if you are not sure that you are fit and well. We will have first aiders at the start and finish and marshals on the course. We will call an ambulance in an emergency but we are located in a rural area and the nearest A&E is at least 30 minutes away. Ask a marshal for help if you need assistance. There will be a race safety briefing before each run so please ensure you are at the start line 10 mins before the start to listen to this. No headphones to be worn during either run. You will need to be aware of instructions from the marshals, other runners and there is a small section of the trail run which will be on the road.

Bib numbers

Fun runners and trail runners must wear a bib number on their fronts. Bib numbers will be allocated at registration. Without a visible bib number we will not be able to allocate you a time. If possible please return the safety pins after your run.

Facilities

There are no bag drop facilities so any valuables are left entirely at owners risk.

Results

We will endeavour to publish results on our website www.st-andrewsschool.co.uk within a week of the race.

Parking

Parking is available at the Cricket Club.

Refreshments

Tea, coffee, soft drinks, BBQ food and cakes will be available to purchase.

Sponsors

We are pleased to have the following sponsors for the fun run and trail run:

Gigaclear

Chedworth Oil Club

Wiggin LLP

A big thank you to our sponsors.

We are very grateful to Manor Farm for allowing us to run this event on their land.

Fun Run - start time 12 noon

Please ensure you allow enough time to register for the fun run before the start. **All entries are on the day so please arrive in enough time before the start.** There will be a warm up about 20 mins before the start of the run.

Age

Runners under 7 years old to be accompanied by an adult.

Route

The fun run is an all terrain 2.5km (approx) circular course starting at the Chedworth Cricket Club GL54 4AD. The course starts and finishes at Chedworth Cricket Club and runs through Manor Farm land following farm tracks. The route is fairly flat with a steady incline towards the end. The route follows farm tracks which can be rough, uneven in parts and - depending on the weather - may also be muddy. It is **not** suitable for spikes as some of the course is over hard ground and to avoid damage to the astro turf covering on some of tracks. The route will be marshalled and there will be a hare who will lead the runners round the route. We are pleased to have Matt Shone again as our hare. Matt has run a sub 4 minute mile and competed at the Commonwealth Games and run for Great Britain including at the Europa Cup.

Prizes

There will be medals for all fun run finishers and prizes for the 1st girl and boy overall and the first in each age group for boys and girls. The age groups are under 5 years, under 7 years, under 9 years, under 11 years and under 13 years - in each case age is as at the date of the race. Prizes have been generously donated by our Sponsors, Gigaclear plc and Chedworth Oil Club. There will also be a prize for the first St Andrew's girl and boy - which has been generously donated by Wiggin LLP

Trail Run - start time 12.45pm

All entries are on the day. so please ensure you arrive in sufficient time to register for the trail run. Runners will be walked down to the start for a prompt start at 12.45pm

Age

Runners need to be 11 years or older to run the trail run. Please ensure you are able to run 5km before entering the trail run.

Route

The trail run is an all terrain circular course which takes you along farm tracks through Manor Farm land and woodland. The route will take you across private land and allows you to run through a beautiful setting which is not usually accessible. Please note however that this is a trail run and the terrain is a mix of farm tracks, grassland and can be rough and uneven and - depending on the weather - may also be muddy in parts. The route is undulating with a steady incline at the start and a long steady incline towards the end of the run. Please note there is a small portion of road before turning into the woodland section of the route. The route will be marked by marshals and signs.

Please look at the route on the link below in advance.

https://www.mapometer.com/running/route_4575145

Prizes

There will be a prize for the 1st, 2nd and 3rd lady and man home, generously donated by our sponsors Gigaclear plc and Chedworth Oil Club.

Any queries please contact jenniferglass@btinternet.com