

Relish Running Races

Eastnor Castle Mud Bath Event Information 13th October 2019, from 10:00am

On the Day Registrations - Please see the Schedule document on the website for start times for on the day sign ups.

10km - £30

6km - £25

3km - £14

1.5km - £14

We can only accept cash or cheques for on the day sign ups. There is no cash machine on site so please come prepared.

Important Notices

- Parking is £1 per car, payable at the entrance into the park (rather than when you have parked up, if you could have this ready that would be much appreciated)
- There are two road crossing points for the 6km and 10km runners. This is on a very quiet country lane which remains open to traffic. There will be marshals, but the marshals DO NOT have the power to stop the traffic. They are there to be a visible presence for the traffic, to interact with the runners, but the final decision as to when it is safe to cross a road is yours and yours alone.
- The Swamp section of the course has various routes, for the various races on their various laps. Please familiarise yourself with one of the maps below ahead of time.
- Your race number is also your meal ticket for those who have pre-ordered their hog roast! **The Gold or Silver stars are important as they tell us what food you ordered - please don't remove them!** So please hang on to this after the run so we can check you off our list.
- We will have a list of spectators by name, or name of linked runner, which is how these hog roasts will be collected..

Safety

Please remember, you can pick your own line on the muddy and watery sections of the course. We want everyone to enjoy themselves, and take running lines you feel comfortable with is key to doing this. There is no pressure to run down the middle of a steep slope, sit and shuffle down, or once you have got sufficient mud up your shorts, to consider taking the firmer ground around the outside.

Having run all of these obstacles, I can assure you that unless you have climbing gear and crampons, that eventually everyone will have to put at least one foot on the firmer ground to climb out of some of these obstacles. There is no shame, there is no cheating, we want everyone to have a fun, safe and enjoyable time above all else.

Car Parking

Please use the postcode for the Eastnor Deer Castle Deer Park, HR8 1EN. Please do not google Eastnor Castle as you will get the wrong postcode and probably end up driving up right to the castle doors....!

The postcode will get you onto the correct approach. When you see the large Relish Running signs (white background, red text) please follow these to the event car park and disregard your SAT NAVs instructions.



We have one entrance/exit into the field for participants, one for staff and emergency access. Please do not sneak in or out of this extra gate should you spy it open :-)

Parking is £1 per car, please follow the parking attendant's instructions to park up swiftly. Please do not chat to them about the race, we have a lot of cars to park so we need to keep things moving and ensure we don't clog up the main road. The Event Information desk at Registration will be well placed to answer any questions.

Spectators

As this is a relatively narrow course that disappears into the distance we recommend that spectators stay at the Race Village site and cheer their runners in over the finish line. There is plenty of hog roast, refreshments and the beautiful view of the castle and estate ground to enjoy to enjoy in the meantime!

Race Registration

We are not posting out any numbers for this event, all numbers will be available to collect on the day. Number Collection and On the Day Registrations will open from 09:00. Number Collection will be according to your EVENT WAVE, with signs hanging from the gazebos above the relevant desk. For example, 10km wave 1 runners may be the 4th wave to start, so their number will be collected from the desk labelled WAVE 4. Please see below for full breakdown of waves and start times.

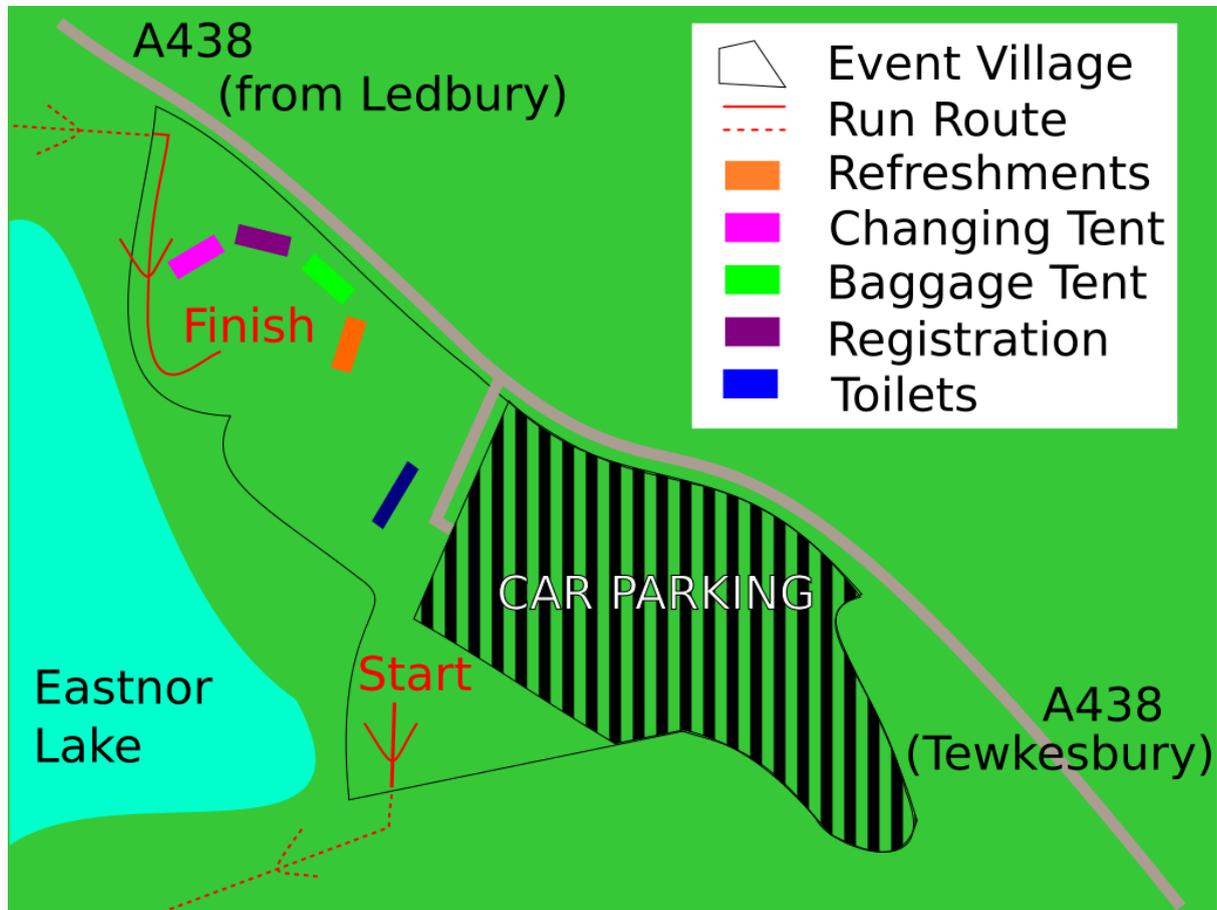
If you registered your runners as part of a group entry, your group's number will be available to collect from the Event Information desk. Please nominate someone to collect the numbers from this desk and ensure everyone in your group receives their assigned number with the laminated group start list within your envelope.

Runners who register on the day will be assigned a wave according to the first available wave. Waves are not organised by predicted finish time, each wave is open to everyone to allow runners to spread out over the course.

Registration will remain open so long as there are still waves to start.

Please note it will not be possible to swap waves or to fit any runners into a wave once it is full or under any other circumstances on the day. If you start in the incorrect wave your time will not appear on the results.

Site Map



Bag Storage

There is a bag storage gazebo. Please either fill out a luggage label or most race numbers have a tear off section at the bottom which can be removed and looped through your bag.

Toilets and Changing Tents

There will be portaloos by the start area. There will be a small changing tent, partitioned into male and female sections towards the finish area. We recommend you come changed, with warm clothes on top, and then get changed into them again after the event. We have a swamp near the end of the course to help wash the mud off. There are no showers, just the swamp.

Race Start Times

To allow the runners spread out we are splitting up the events into the following waves. This is important for safety, to ensure runners are well spread out on the tricky sections of the course. It is also very important for our results, which are recorded and posted live to our website by magic, but you do need to start in the correct wave for this to work.

Below are suggested times to register, the race briefing and start times. Registration/Number Collection for a particular wave remains open until it starts, these are just suggestions to allow time to drop off a bag, go to the loo, etc in good time.

This is the PROVISIONAL SCHEDULE. It may be updated +/- 10mins or so on race week when we have the final number of runners for each wave tallied up. See the Final Schedule document on the website to confirm times.

Event Wave	Race Wave	Register	Briefing	Start
1	Mini Wave 1	09:00 - 09:15	09:55	10:00
2	Mini Wave 2	09:10 - 09:25	10:05	10:10
3	Mini Wave 3	09:20 - 09:35	10:15	10:20
4	Mini Wave 4	09:30 - 09:45	10:55	10:30
5	Mini Wave 5	09:40 - 09:55	10:35	10:40
6	Mini Wave 6	09:50 - 10:05	10:45	10:50
7	10km Wave 1	10:00 - 10:15	10:55	11:00
8	6km Wave 1	10:10 - 10:25	11:05	11:10
9	10km Wave 2	10:20 - 10:35	11:15	11:20
10	6km Wave 2	10:30 - 10:45	11:25	11:30
11	10km Wave 3	10:40 - 10:55	11:35	11:40
12	6km Wave 3	10:50 - 11:05	11:45	11:50
13	10km Wave 4,5 & 6	11:00 - 11:15	11:55	12:00
14	6km Wave 4,5 & 6	11:10 - 11:25	12:05	12:10

Event Timing

Our timing systems relies on two things; runners starting in the correct waves (as each runner's bib number is pre programmed with a wave adjustment time) and for us to see your bib number as you cross the line. For example, 10km wave 2 runners (Event Wave 9) will have a bib number which is pre programmed to take 20mins off your Finish Clock time, as you started 10mins after 10km wave 1 runners (Event Wave7). If you start in the incorrect wave this adjustment will be incorrect and your finish time will be incorrect.

Rumours of your greatness may circulate across the land that you ran a 10km obstacle course in under 30mins, but sadly, we feel you may be unable to live up these expectations ;-) PROVISIONAL results will be posted by midday on Monday as there is no internet reception on site and we will not be finishing site pack up until very late.

If possible please make sure we can see your number as you cross the line and as you move through the funnel. This enables our results team to quickly process your result.

Course Markings

Our courses are marked with the usual bright run route multi directional arrows. There are used for turns and periodically along straight ahead sections. We will also be putting down orange temporary marking paint, but given the mud on the course I would not rely on too much of this being around once the first wave of runners has gone through.

The vast majority of our courses are marked with Relish Running Races branded tape which will be hanging from trees overhead and along the side of fences. It has a white background and a red print of the Relish Running Races logo.



We will be using this almost entirely for the wooded section so please keep a lookout for this tape, you should be able to see one piece to the next, to the next. In the highly unlikely event that you wander off course and find yourself in an area with no tape or course markings, please retrace your steps. Do not attempt to find the course route by guessing the route and trying to pick it up later on, these woods are vast and even the people who work on the estate find them confusing!

Swamp/Finishing Loop - All Routes

This section looks more confusing than it will be, with the various routes all fenced off from one another, do not be surprised if you see runners from your event or other events going in different directions, over or under you :-). Please take a moment to familiarise yourself with these routes, starting with the arrow in the bottom left hand corner.

- 3) Drop down into the water, duck under the footbridge and run along the stream (shown on map above)

The water is about 60cm deep and the stream bed is very muddy. We suggest adults quite literally, test the water, as to which route is most appropriate for them and their children.

As this is a fun run, we are not going to categorise the results according to which route children take. Whilst times are recorded, there are no winners prizes, we would rather everyone has an enjoyable run which is pitched at the right level for the little runners enjoyment and ability.

Once through the water obstacles, there is another 600m to run to get around to the finish back in the event village. 1.5km runners head direct to the finish. 3km runners bear right to go round for a second lap.

6km Course Description

This is a single loop course. Starting with a quick footbath, your feet will not stay dry, so embrace the water :-) there is then a short section through the castle grounds. There is an out and back section shortly before a road crossing. Please stick to the left hand side, as runners will be going in both directions at this point, and follow the instructions of the marshals at the road crossing, we do remind you that the final decision to cross a road is yours and yours alone.

After a short climb and a contour along a hillside, you will reach the Land Rover test tracks! The whole course will be filthy muddy, please be a supportive runner and help your fellow competitors along, make space for runners from later waves coming through. If you are a fast runner coming through, remember that not everyone may be as confident as you and giving a few seconds of your time to make a safe and considerate pass will make all the difference to everyone's enjoyment at the end of the day.

One of the first obstacles you will encounter is the Bomb Holes. How much rain we have will determine which Bomb Holes we send the route through, but you get the idea :-)

500m after the Bomb Holes there is a split in the course. 6km runners will turn right, 10km runners will go straight on to find some extra distance and they will rejoin you shortly before you next challenge; The Rollercoaster, a run of rises and falls on deep muddy tracks. The central muddy section is extremely slippery, the vehicle tracks a little less so, the edge is still pretty steep - remember to go with what you feel comfortable with.



You are now at the bottom edge of the woods which means you need to clamber out along more muddy test tracks. Once out of the woods there is a drinks station at the top of the woods, with great views off to your left hand side.

There is some free running now while you descend back to the road crossing point. Please stick to the left hand side along here to allow runners to go in both directions. Once across the road, remain on the left hand side as you climb back into the estate.

Next up is the swamp!



In order to get to the swamp, you must first duck under a footbridge over the estate stream, follow this for 25m until you reach the swamp itself. It is super thick mud, with water about 80cm high in places. Once again, particularly those running with young children, please

assess whether your child is going to happy doing this, taking the route around the edge if perfectly acceptable :-)

Once you emerge from the swamp, follow the course over the footbridge and follow the signs with have FINISH on, or which say 6km. At this point 10km runners are going around for their second lap and you don't want to be following them!

After another 500m of skirting around the event village you cross the finish line with the backdrop of the castle behind you.

10km Course Description

This is two single loop course; one loop of 8.5km followed by one loop of 1.5km. To start the second loop follow the large Lap 2 arrow, shortly after the swamp section. To come through the finish, follow the large Finish arrows.

Starting with a quick footbath, your feet will not stay dry, so embrace the water :-) there is then a short section through the castle grounds. There is an out and back section shortly before a road crossing. Please stick to the left hand side, as runners will be going in both directions at this point, and follow the instructions of the marshals at the road crossing, we do remind you that the final decision to cross a road is your and yours alone.

After a short climb and a contour along a hillside, you will reach the Land Rover test tracks! The whole course will be filthy muddy, please be a supportive runner and help your fellow competitors along, make space for runners from later waves coming through, and if you are a fast runner coming through, remember that not everyone may be as confident as you and giving a few seconds of your time to make a safe and considerate pass will make all the difference to everyone's enjoyment at the end of the day.

One of the first obstacles you will encounter is the Bomb Holes. How much rain we have will determine which Bomb Holes we send the route through, but you get the idea :-)

After 500m there is a split in the course. 6km runners will turn right, 10km runners will go straight on to find some extra mud and distance, before looping back to this 6km and 10km split point. Among the notable mud pits on this 10km section of the course is the Shoe Swallower. Please ensure your shoes are suitably secure, we will not be going searching for any lost shoes post race!



After a few more muddy trails, the next obstacle of note will be The Rollercoaster, a run of rises and falls on deep muddy tracks. The central muddy section is extremely slippery, the vehicle tracks a little less so, the edge is still pretty steep - remember to go with what you feel comfortable with.



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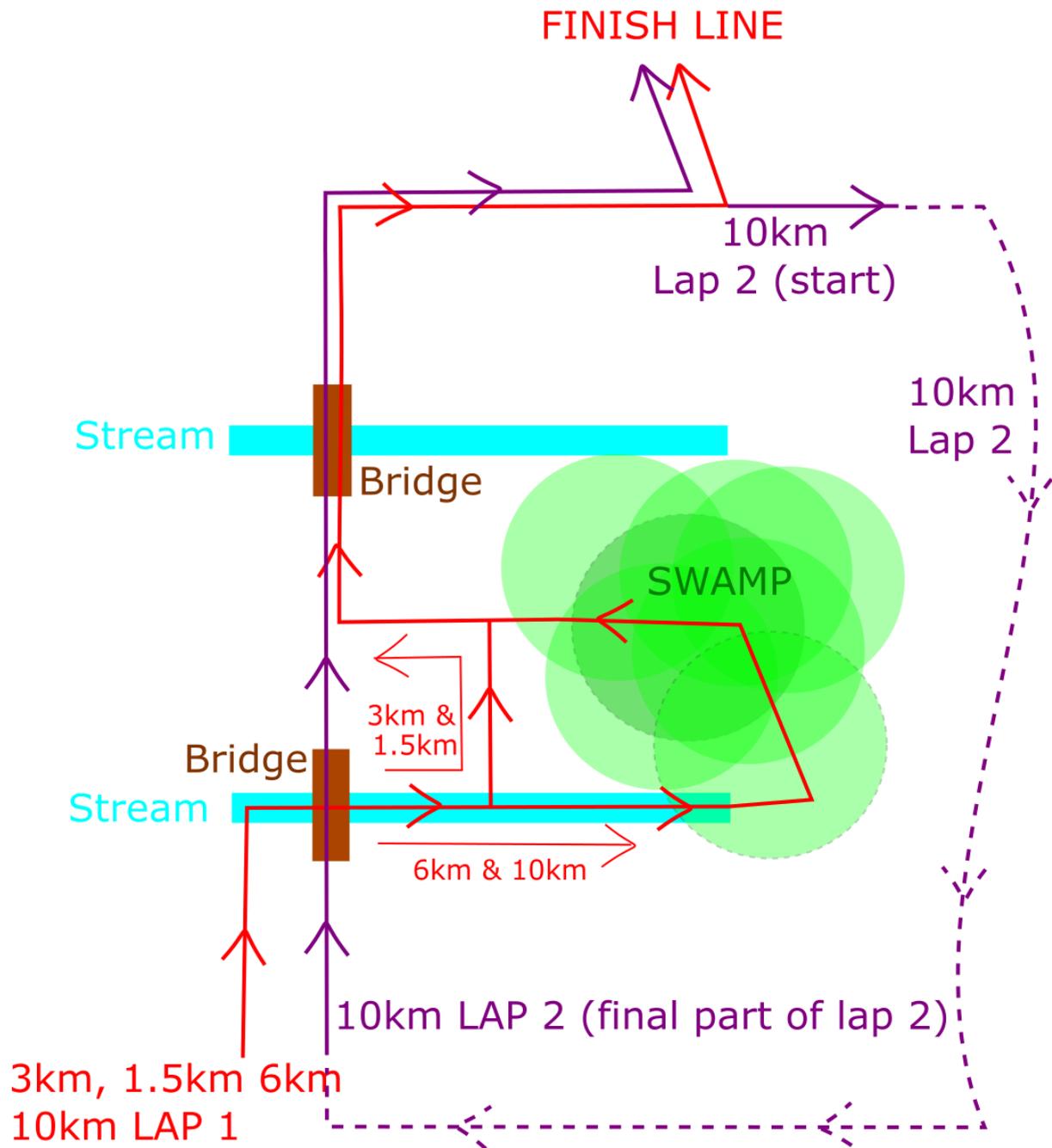


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Once you emerge from the swamp, follow the course over the footbridge and follow the signs say LAP 2 (RIGHT ARROW). All other runners by following signs directing them to the finish.

This lap gives you a chance to dry off a little following your immersion in the swamp and take in some more of this beautiful estate, with a lap around the lake and the castle grounds.

Before too long you will be back at the swamp area, only this time you will take the footbridge over the first stream and step down into the second stream for one last dunking, before the final 500m dash to the finish line with the stunning castle in the background.



Refreshments

There will be a coffee van, as well as Hog Roast and Beer. Servings may be limited on the day (we have to order 2 weeks in advance, forecasting final numbers for the day itself) as we need to ensure everyone who pre booked gets a serving.

Hog Roast and Beer - from 10:30am

Runners who have pre ordered the hog roast need to show their race number as proof of purchase at the tent in front of the hog roast serving area - please hang on to it after your

race! **The stars on your number tells us what food you have ordered for please do not remove them!**

We will have a list of spectators, by spectator name when it was given, by runner name when it was not, who have pre ordered food

We hope to have enough hog roast for approx 100 extra servings on the day. We may stop serving at any point as we need to allow enough for all the runners who have pre ordered and started in the later waves.

Bouncy Castle - Optional Extra

New for this year, With The Ball Sports Coaching, are bringing their bouncy castle to the event. This is an optional extra, charged a £2.50 for 5mins or £5 for unlimited access.



Massage - Optional Extra

There will be massage available at £10 for 15mins, or £15 if you book a pre and post race massage at the same time.

Results

As we are in an internet black spot and will not be leaving site until 10pm when everything is packed away, we will post results around midday on Monday.

Prizes

There are no winners prizes for the 1.5km or 3km events. There are prizes for the 6km and 10km, with the final quantity of prizes being dependent on the number of finishers on the day. As all the waves are mixed ability, our winner could in fact come from the final wave of

the day. We will therefore not keep everybody waiting on the day and we will contact all the prize winners 2-3 days after the race once the results have been finalised.