

# Relish Running Races

**Killerton Runnings Races – 22<sup>nd</sup> September 2019**

**On the Day Registrations - Please see the Schedule document for start times**

Half Marathon	£31 (affiliated) £33 (unaffiliated)
10km	£20 (affiliated) £22 (unaffiliated)
10km Canicross	£22 (all runners)
5km	£15 (affiliated) £17 (unaffiliated)
5km Canicross	£17 (all runners)
1km	£5

## **Important Notices**

- Parking is £2/car (for NT members and non NT members). If you are able to offer the correct change that would be much appreciated.
- All paths used by the race are open to the general public, many of whom use the routes as their regular walking routes. Please make the event a success by being polite and courteous to the other users of these paths so that the race has a positive impact on everyone involved. Please stick to the left hand side at all times, unless otherwise specified.
- Please do not run with in ear headphones. Only bone conducting headphones are permitted as set out UK Athletics rules and insurance requirements. We need runners to be able to hear the marshals instructions, other users of the estate and traffic on the road crossing points. **If you do run with in ear, or over ear, headphones then you will be disqualified as this is an important safety issue.** Thank you for your understanding.
- There is a great mix of terrain which makes this event a good all round challenge. The route will be slippery and muddy in places. Off road or trail running shoes are recommended.
- This is a multi wave, multi distance event. All start times are pre loaded into the timing system for the start wave that you have selected. If you start in the incorrect wave you will end up with a silly result being posted live to our website, making you and ourselves look rather daft. Anyone starting in the incorrect wave will therefore be disqualified, no amendments to times will be made.
- Number Collection is organised by EVENT Wave, this is how the different race waves eg 10km wave 1, fall into the final schedule of the day. As there is a Half Marathon Wave 1 and a 10km Wave 1, they both can not be the first wave to start on the day. Please see the schedule below for details.

## **Killerton House and Estate**

Runners and spectators will receive free entry to explore the parkland, the Stables and Cafe and National Trust shop with their race entry.

Entry into Killerton House and Killerton House Gardens are charged at the usual rate. You can buy tickets for these attractions at the main visitor reception which is located in the Stables block. If you are looking to enjoy the House after the race please bring a change of clothes and change of footwear as sections of the will be quite muddy.

National Trust members receive free entry to all attractions as usual.

## **Arrival**

For Sat Nav follow postcode EX5 3LE to Killerton via the B3181. If you are coming up the M5 Northbound we recommend leaving, exit at Junction 30 towards Pinhoe and Broadclyst. If you are heading down the M5 Southbound, then exit at Junction 28. In both cases, make your way on to the B3181. Follow signs for Killerton.

Please DO NOT head into the main visitor car park as this needs to be kept free for the everyday visitors that Killerton attracts. Follow signs for Relish Running signs for the event parking in the parkland. The car park is £2/car, if you are able to offer correct change that would be much appreciated. In the car park you will be directed by marshals – please be considerate when parking to enable us to create an orderly car park. The race route crosses the driveway into the car park, you may be asked by the marshals to pause for a moment whilst the early waves of runners get underway.

If you are arriving by train, bus or bike, please refer to the Killerton website for further information, [see here](#).

## **Toilets and Changing Area**

There are portaloos positioned by the Start / Finish Area, follow the red signs. There is no changing tent.

## **Bag Drop**

There is a bag drop tent. Luggage labels will be provided, or on some of our race numbers the bottom section of your race number will tear up off to become your luggage label.

## **Refreshments**

There will be hot food and drinks available to purchase by the race site as well as in the National Trust Stables Cafe.

## **Registration**

We are not posting out any numbers for this event, all numbers will be available to collect on the day. Registration and Number Collection for each wave will remain open right up until the time that it is due to start.

There will be staggered start times to spread out runners. There will be a separate warm up and race briefing ahead of each wave start held adjacent to the start line.

Number Collection is organised by EVENT Wave, this is how the different race waves eg 10km wave 1, fall into the final schedule of the day. As there is a Half Marathon Wave 1 and a 10km Wave 1, they both can not be the first wave to start on the day. Please see the schedule below for details. This is PROVISIONAL SCHEDULE. The final schedule will be confirmed on Weds 12th Sept.

Event Wave	Race Wave & Predicted Time	Arrive at Killerton	Briefing	Warm Up	Start
	Canicross	08:30	09:15	N/A	09:30
	1km (All runners)	09:00	09:50	09:55	10:00
1	Half Marathon - Wave 1 & 2	09:15	10:20	10:25	10:30
2	10km - Wave 1	09:30	10:35	10:40	10:45
3	10km - Wave 2	09:40	10:45	10:50	10:55
4	10km - Wave 3 & 4	09:50	10:55	11:00	11:05
5	5km (All runners)	09:50	10:55	11:00	11:05

### Canicross

Canicross - There is a compulsory briefing at 09:15 by the registration area. Please do not bring your dogs to the race briefing as they tend to get quite chatty :-). The starting process is an individual time trial start in an order determined by the competitors. Start times will be approx 15 - 30 seconds apart with an official starter setting off each runner individually. The interval does not need to be precise, the timing software can accommodate random start times. The order can be a mix of 5km and 10km runners.

### Course Markers

All our race routes are marked with the same fairly standard Run Route arrows, our Red and White run arrows, and white and red relish running branded tape hanging from trees.



Large signs, and our marshal team, will direct the runners around the different courses based on your race number colour so please make sure that is visible and pinned to your front and keep an eye out for the giant signs!

There is a large amount of overlap with the various routes, and while the direction route markers are the same for each race and we have different colour distance markers for each distance to help runners keep track of their progress.

### Half Marathon Distance Markers

The Half Marathon and Marathon are traditionally measured in Miles, so we chose distance markers in Miles to represent the Half Marathon races.



The **Yellow Mile Distance Markers** are for the **Half Marathon**. You should expect to see markers for miles 1 - 13.

### 10km and 5km Distance Markers

As these events are metric, so are their distance markers.



The **Yellow KM Distance Markers** are for the **10km.**, 10km runners should see markers 1-9km, the 10km marker being the finish line. As the 5km route is the opening part of the 10km loop, 5km runners will see 1km, 2km and 3km markers. To avoid confusion, we aren't putting out 3km and 4km markers for the 5km. The 5km marker is the finish line.

## **Course Description – The terrain is a mixture of various terrains, off road shoes are recommended.**

With 3 routes taking place simultaneously expect to see runners close by to you, heading in the opposite direction, leaving and rejoining your race route. Please do not panic and assume they know something you don't. Keep an eye out for the large signs which will say SPLIT AHEAD before any one race branches off from another, then large 5km, 10km and Half Marathon signs which direct each race. There are no signs to indicate where two races converge once again, other than a lot of run route arrows directing the two race routes towards a common direction.

1km - 1 lap loop

5km - 1 lap course

10km - 1 lap course

Half Marathon - 1 lap of the 1km + 2 laps of the 10km.

NB. The Canicross 10km is two laps of the 5km.

### **1km Route Description**

This is a looped course, plus 1 length. Runners head from the start to complete a clockwise loop. Once through the start line, they carry on as if to start the loop again but this time head to the finish. There are no road crossings on the 1km loop.

### **5km, 10km and Half Marathon Description**

5km - 1 lap

10km - 1 lap

Half Marathon - 1km (as in the 1km course, but you don't cross the finish line after 1km) + 10km + 10km

### **0km – 1km \*\* Road Crossing \*\***

The race starts slightly behind the race village area. The offset start/finish helps us ensure we get all race distances mileage correct. The opening section passes the event village and the event car park. This channel will also be used by cars as they leave the car park, half marathon runners on Lap 2 please be particularly mindful that cars might be joining this route.

Runners also cross the driveway into the main car park after 500m. This will be manned and marshals will stop the cars to give runners free passage, however the final decision as to whether it is safe to cross still lies with you, the runner. The other side of the crossing is a deceptively steep hill...make sure you don't go sprinting off the start line because it will find you out!

### **1km – 2km**

Up and over the crest of the hill and down the other side leads runners to the estate boundary on their right hand side. Continue skirting around the edge of these fields before slowly making a big left hand turn which will start to bring you back in the direction you came.

### **2km – 3km**

A right turn leads to steep climb out of the bowl below and a flat, solid estate track will greet you at the top and give you chance to catch your breath. You will now be passing close to runners heading up the initial climb, please but don't panic and run off and join them, follow the signs and you will be fine.

### **3km – 4km \*\* 5km Turn Point \*\***

Runners climb from 3km to 4km up to the top of the extinct volcano and the site of an iron age fort! Here is a section where runners will head in opposite directions so will put up a line of stakes and tape along this whole length to keep the runners separate. Shortly after this you will see a SPLIT AHEAD sign, followed by a 5km left and a 10km & Half Marathon straight ahead.

### **4km – 5km**

4 to 5km is a very welcome flat and open section through Killerton Park, surrounded by beautiful trees..

### **5km – 6km \*\* Road Crossing \*\***

This section starts with a downhill and has the toughest off road section, take care on the descent down to the river, the ground is uneven and slippery. At the bottom of the hill you will be joining an access road to some cottages at the end of the lane. This has very little traffic on it, but please be careful before joining it nevertheless. There is also cattle grid at this point which you will need to be careful when negotiating. At the end of this track you will find a drinks station which will also offer fresh fruit, cookies, cakes and other tasty treats.

### **6km – 7km**

A long gradual climb through woodland trails

### **7km – 8km**

Another flat and largely downhill section is in store for runners from 7km to 8km

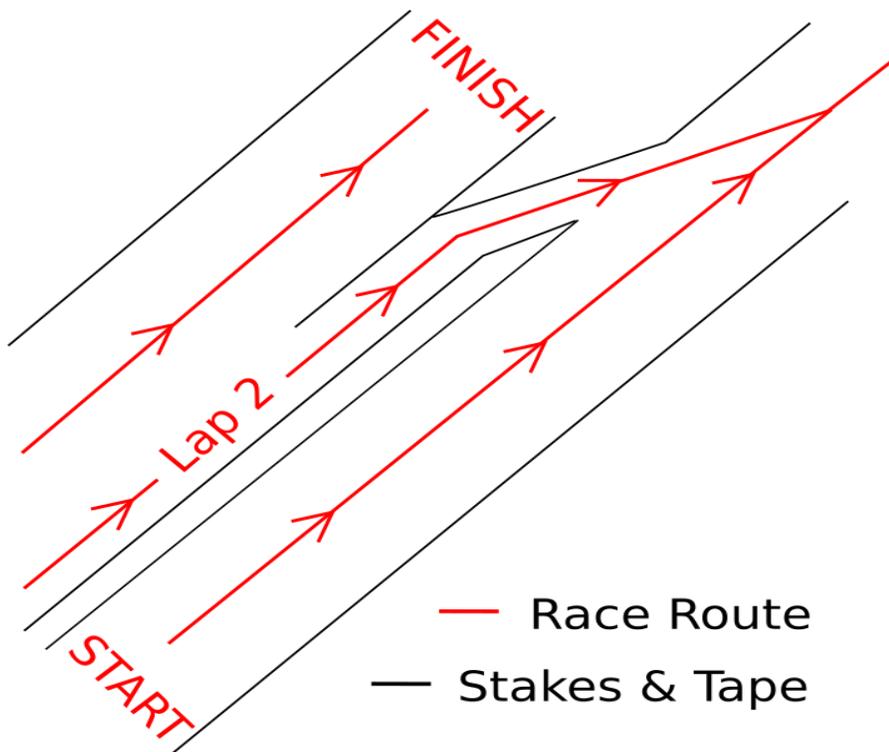
### **8km – 9km**

Runners start to climb once again and skirt around the edge of the volcano. The 5km rejoins the main route at this point.

### **9km – 10km \*\* Road Crossing \*\***

There is a very fast final kilometer in stall for runners. You will emerge from the trees and skirt along a path high above Killerton House before tackling a steep and fast descent through towards the finish. Once again, you will cross the driveway and access road to the event car park so please take care and listen to the marshals instructions. The final decision to cross a road is yours and yours alone.

## Finish / Lap 2



All runners will start from the same start line and head out around the estate, before looping back towards the event village.

5km and 10km runners will follow signs for the finish. Half Marathon runners, upon completion of their first lap will need to follow the sign for Lap 2 (right arrow) which will then merge with the start lane. After completing the 2nd lap, please head for the finish.

If for whatever reason you do not feel up to taking on Lap 2 of the Half Marathon please let the timing team know at the exit of the finish funnel.

## Medals

All runners will take home a lovely custom triangular medal. There are different ribbons for the different distances so the event team may try and steer you to one medal or another to ensure everyone is awarded the correct ribbon. There will also be a huge spread of jelly beans, jaffa cakes, fresh fruit and other tasty treats for you to enjoy after your run.

## Results

PROVISIONAL results will be posted to the website by 6pm. If you have any queries after 6pm on the race day then please email us and we will take a look on Tuesday morning.

## Prizes

All runners will receive a custom medal and a feast of fresh fruit, jelly bean, jaffa cakes and other tasty treats.

There will be prizes for the top 3 overall and the winner of each age category; U20, 40-49, 50-59 and 60+ for the 10km and half marathon race. In order to win a prize, you must complete the distance you registered for. ie you are not eligible for a 10km prize if you register for the half marathon and only complete 1 lap of the race.

Due to the multi wave, mixed ability wave starts, we will contact prize winners the week of the event, to save people waiting around for a long period of time on race day.

## **Event Photography**

FREE race photos will be posted live to our [Facebook Page](#) after the event. Please feel free to tag, copy and share the photos. If you would like to be a watermark free hi-res digital or print copy please visit our photographers website [www.1000th.co.uk](http://www.1000th.co.uk) and order from there. You can also tag us in your own photos on Twitter and Instagram @RelishRunning

## **Killerton**

**After the race please stay around and enjoy the beautiful setting. The weather is looking great and it should be a great opportunity for a picnic!**

There is no entry charge for spectators to enter parts of the parkland where the race is held, runners and spectators are identified by their race wristband. Usual admission rates apply for entry to the House and Gardens which can be purchased at the visitor reception in the Stables block. National Trust members enjoy free admission as usual.

The Stables café near Admissions and the Killerton Kitchen restaurant in the house serve home-cooked menus 11am-5pm. The shop and plant centre is open 11am-5.30pm. Last entry for the house is 4.30pm. For things to see and do at Killerton visit [nationsltrust.org.uk/Killerton](http://nationsltrust.org.uk/Killerton) Tweet @NTKillerton Facebook.com/Killerton