

# Relish Running Races

## Dyrham Park 10km Event Information

Dyrham Park, Dyrham, South Gloucestershire, SN14 8HY – 5<sup>th</sup> October 10:00am

### Important Notices

- Please use postcode SN14 8HY for the main entrance for Dyrham Park off the A46 (not the postcode SN14 8ER as shown on the Dyrham Park National Trust website)
- The Registration / Start / Finish is outside the pay boundary for the main Dyrham Park. The run goes into the main park and loops back to the Finish area every lap. Runners are welcome into the park after the race for free by showing their race number. Spectators are welcome into the park after the race and we kindly ask you make a donation to the [Dyrham Rood appeal](#) in lieu of paying the normal admission fee. Please make yourself know at the park reception by printing off.
- There are no dogs permitted in the main Park within the pay boundary as there are deer in this part of the park. Dogs are welcome in the Race Registration / Start / Finish area outside the pay boundary.
- Runners are not permitted to run with dogs.
- The Park is still open to general visitors, please be considerate when running past then and remember to share the paths.

### Toilets

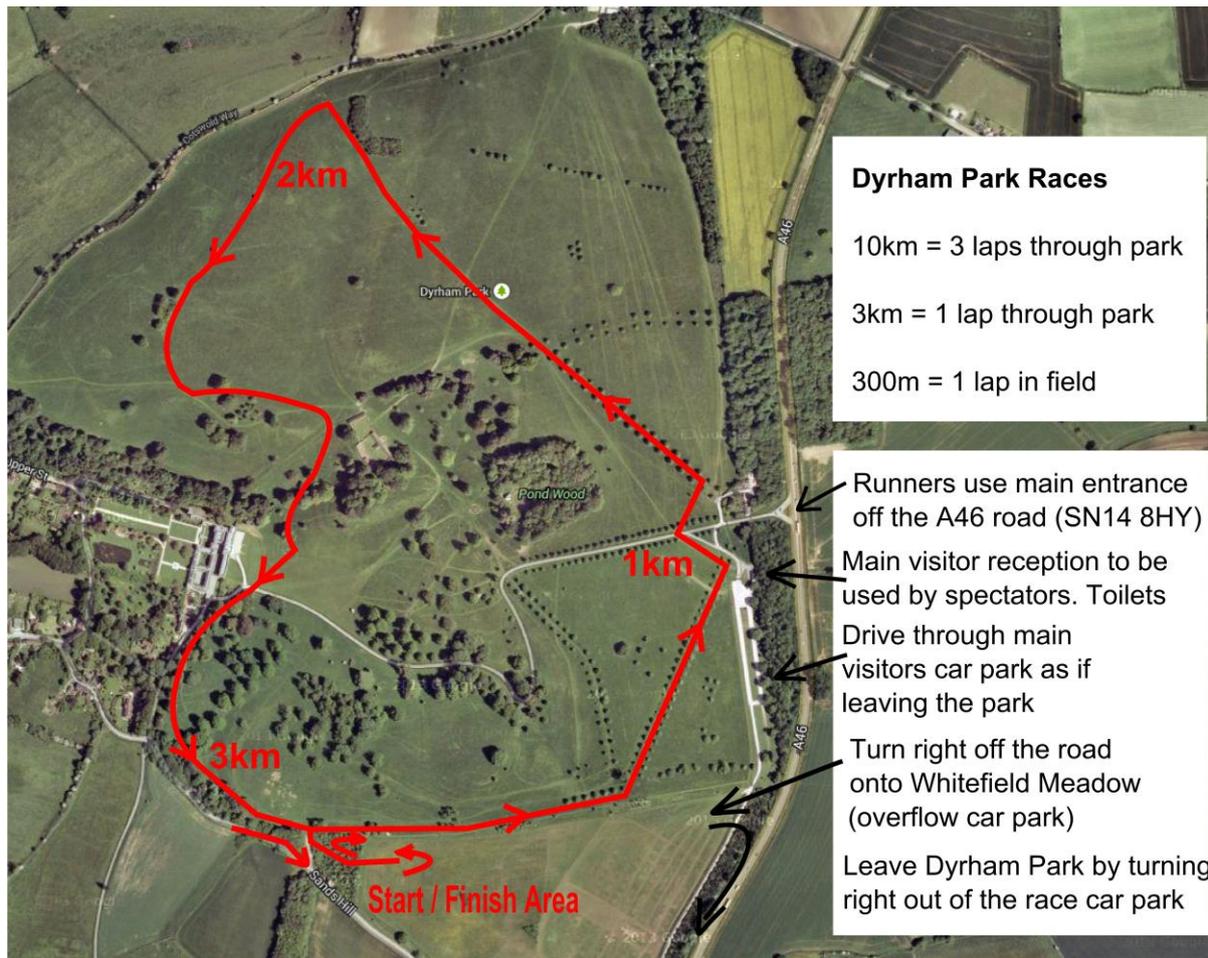
Toilets are located by the main entrance into the car park by the visitors centre. Please follow the Red Arrows. Toilets are approx. 500m from the start area.

### How to get to / from the race site

Please use postcode SN14 8HY for the main entrance to Dyrham Park off the A46. You will then enter the main National Trust Car Park. Please follow the large Relish Running Races Car Park signs through this main car park and through to the overflow car park.

When it comes to leave the Park rejoin the park driveway and turn right and continue through the Park.

## Site & Route Map



Elevation Profile for 1 lap of the 10km course



## Route Description

The 10km is 3 laps of the course. The 3km is 1 lap of the course.

**Please note that runners are responsible for counting their own laps.**

All 10km and 3km runners will start together at 10:00am in the Whitefield Meadow. You will head down a slight gradient to the gate into the park. Here you turn right and climb back past the Start Area on the other side of the path. Here you will start running along avenue of trees in the beautiful park land.

At the 1km point you will cross the main drive down to the house. This drive is used by the shuttle bus which takes visitors from the main car park to Dyrham House and back. This will be a marshalled crossing point but the marshals will not be stopping the traffic. Please make your own decision as to

when it is safe to cross the road. This main drive is also the route most visitors will take to visit the house so please be mindful and considerate when running close to them.

There are more long avenues of trees which will take runners to the 2km point and to the edge of the Cotswold Hills. As runners head back towards the house they will be great views stretching over the River Severn and all the way to Wales on the right hand side.

At 2.5km runners will descend down towards the house. This could be quite slippery if wet so please take care. As you run past the house please keep the line of cones to your left hand side and the black fence in front of the house to your right hand side.

In front of the house is the drive you crossed earlier which has the shuttle bus carrying visitors back and forth to the house. This will be a marshalled crossing point but the marshal will not be stopping the traffic. Runners must make their own decision as to when it is safe to cross the drive.

Once over the drive runners will start the climb of the course, it is quite a drag of a hill so start steady and build into it. You will then turn right and into the Race Registration field and you will see the finish line ahead of you.

3km runners can head straight for the finish line between the 2 Relish Flags. 10km runners need to perform a 180 degree U turn to start lap 2, and then lap 3. There is a drinks stations for runners here at the start of each new lap. Upon completing 3 laps out in the main park the 10km runners can then head for the Relish Flags and the finish line.

The 300m race will start at approx. 11:45 and will be an out and back course.

### **Prize Giving**

The prize giving will take place at 12:00 in front of the Registration Gazebos. There are prizes in the 10km only for the following categories male and female; top 3 overall, 1<sup>st</sup> U20, 1<sup>st</sup> 40-49, 1<sup>st</sup> 50-59, 1<sup>st</sup> 60+.

### **Refreshments**

The National Trust catering van will be on site selling teas, coffee, hot chocolate and cake for runners and spectators during the race.