

Relish Running Races

Dyrham Park Race Series 18th September

Thank you for choosing to Relish The Great Outdoors with us on Sunday. Please read through the information below and print off the 'Relish R' logo as directed on the website.

Important Notices

- No dogs are allowed in the Park. There is a dog walking area in the car park
- No smoking within 20 metres of the National Trust buildings
- First Aid can be found in the Orangery at the front of the main house.

Car Park

The race car park is the same car park as used by normal visitors, immediately left upon entry into the park. **Registration opens at 11am**. Marshals will be in place in the car park from 10:30am.

Access to Dyrham Park

Athletes and supporters should access the Park through a gate which is just to the side of the entrance used by the cars. There will be marshals stationed here. Please do not access the park through the main visitors building in the right hand corner (or they may ask you to pay). Please print off the race logo at the end of this document to show you are part of the race. Only *one* logo is needed per group. Entry into the race includes access to the Park and Gardens, entry into the house will require a small additional payment to the National Trust.

Getting to the Race Site

It is a five to ten minute downhill offroad walk to the race site. There is a shuttle bus but we would prefer to keep this free for other park users. If you have young family, pushchairs or older supporters with you, then of course you are welcome to make use of the bus, but if you are able to walk this it would be much appreciated. Please be careful when you cross the road as you will be crossing the route of cars accessing the park. Once on the other side of the road, please follow the course markings and marshals down to registration.

We'll be nice and let athletes and supporters use the bus after the race as you we understand you may not want to do that hill *again!*

Registration

Please look up your number on one of two notice boards positioned on entering registration. You will then be directed to a table to either pick up your number if you have paid, pick up your number and pay if you have not managed to pay online, or to proceed to the day entry table at the end.

Notice to Spectators & Athletes

Due to the buried archeology underfoot on the main lawn (there used to be a beautiful ornate garden with a fountain cascading from Neptune upon the hill), we are unable to put any stakes or signs in this part of the course. There will be tape along the floor to mark out the course and separate athletes and spectators at other key times, such as at the finish and post race. We would be very appreciative if everyone can follow these markers to ensure a smooth running of the event.

Race Briefing

10km and 3km: Race briefing at **11:50am**. Please pay special attention if you are taking part in the relay.

300m fun run: Race briefing at **1.40pm**

Race Start

PLEASE NOTE CHANGE OF TIMES

10km individual and 10km team relay events will start at **12pm**

3km event will start at **12pm**

300m fun run will start at **1.45pm**

Prize-giving

This will be after the last 10km finisher, approximately **1.30pm**.

Spot prizes will all be drawn for the runners on the day, as well as the series spot prize holiday draw!

Course Description

The course is described as followed:

Initial climb up and out the valley to meet our marshal Neptune (make sure you run round him!) followed by another gentle climb.

You then have a flat route along the tree-lined avenues and out around the ridge with stunning views right across to Wales, before circling back around through the woods to get a view of the house in all its glory.

Back at the race site, you can hear the roar of the crowd as you circle round to commence your second and third laps.

The final lap will end with a down-hill (horray!!) sprint-finish towards the house... make sure you've got your breaks on!

Note:

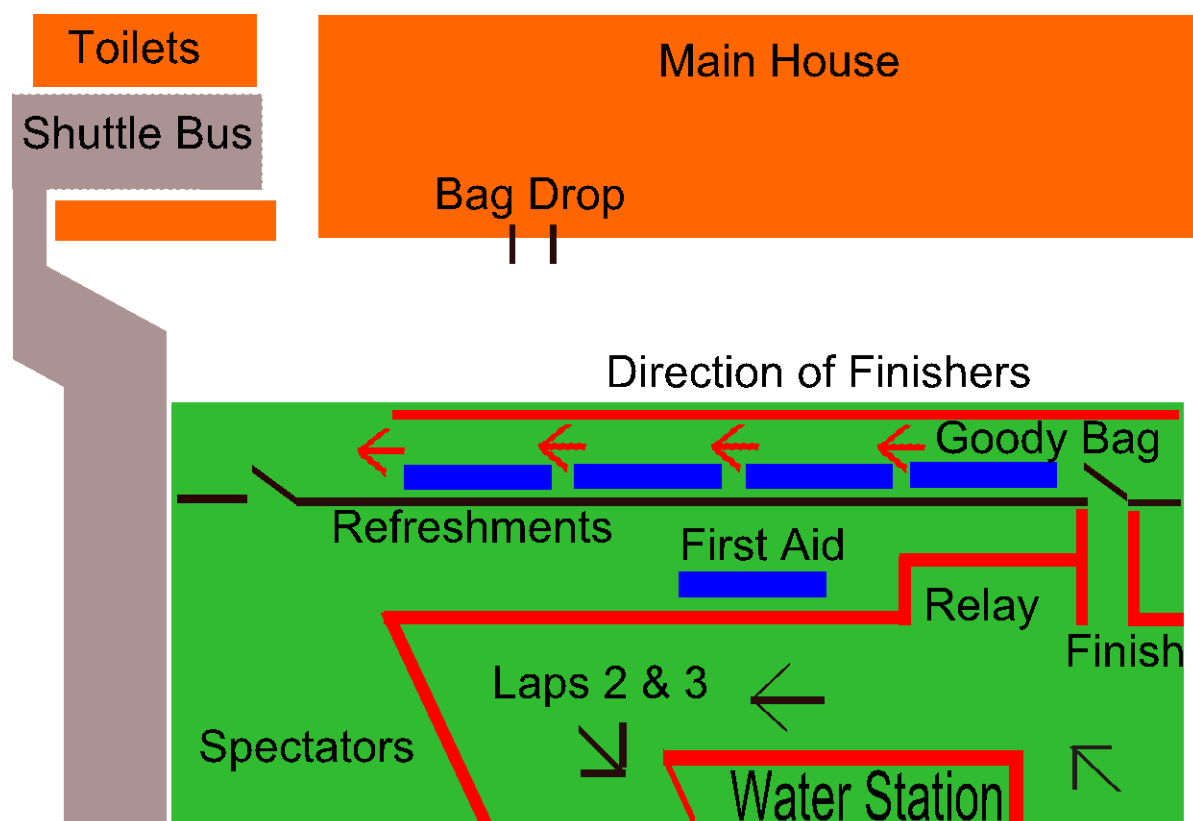
10km runners complete **3 laps**

10km team relay runners complete **1 lap each**

3km fun runners complete **1 lap**

300m runners will run two laps around the front lawn of the house

Map of the looped part of the course



If you are going around for *laps 2 and 3* please stick to the **left hand side** to take the inside line around the water station island before looping back up the hill.

If you are *part of the relay*, head to the **changeover area** which is just to the side of the finish line.

If you are *finishing*; congratulations, you can fly down the hill for the final time knowing you are not heading back up it anytime soon. Please proceed into the **marked funnel**.

Please note we have been unable to source any hay bales, trampolines or giant over-sized marshmallows to slow you down, so athletes are asked to approach the finish line with caution and be able to stop themselves under their own steam.

Finish Procedure

Congratulations, you are moments away from picking up your exciting good bag and enjoying some restorative fresh fruit and treats.

Whilst in the finish chute please stay in the order that you crossed the line to aid our officials. You will then be directed through a gate to pick up your mementos.

Post Race

After the race is the prize draw for the spot prize holiday at Cluttlerbuck Cottage – please stay around and the lucky winner could be you!

We can't wait to see you there!

Full Map of the Course

