

Relish Running Races

Eastnor Castle Backyard & Relay Event Info 27th April 2024, from 10:00am

Car Parking at Eastnor Castle Deer Park, Eastnor, HR8 1EN

What3Words Address (more accurate) /// [indulgent.octopus.crunching](https://www.what3words.com/address/indulgent.octopus.crunching)

Registration / Number collection opens at 09:00am. Event Starts at 10:00am.

On the Day Registrations - please see Schedule document for start times

8hr Backyard Solo	£65
12hr Backyard Solo	£80
12hr Backyard Relay Pair	£50 each
12hr Backyard 3-4 Runner Team	£45 each
12hr Backyard 5-6 Runner Team	£40 each
12hr Backyard 7-8 Runner Team	£35 each

On the day payments can be made in cash only due to poor internet signal. Places on the day are subject to availability and will be confirmed in the Final Schedule document on the Wednesday of race week.

Cash

Please note due to poor internet connectivity, we can only accept payments (for parking, food, on the day signs ups) with cash. There is no cash machine on site. Thank you.

Important Notices

- Spectators are very welcome, including four legged spectators.
- Parking is £2 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)
- If you are parked on the opposite side of the road from the registration area, please take care when crossing the busy road and when moving about the car parking area.



- The run is in private estate roads so there should be very little traffic on the roads but please be aware that there may be vehicles moving about during the run.

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....! What3Words [indulgent.octopus.crunching](#) will get you right to the parking entrance

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.



Parking is £2 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.

Camping

Camping is available from 16:00 on Friday until 16:00 on Sunday. The facilities for camping include fresh water, portaloos and hot showers. There is catering a short walk from the camp site at [The Woodshed](#) from between 16:30 and 20:30. Camping is £10 / person / night and needs to be purchased in advance, either alongside your race booking or as a stand alone add on [here](#).

Spectators

Spectators are very welcome to move about and cheer on their runners around the course. All runners will pass through the central start/finish point after completing each lap.

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 and



closed at 09:50 ready for the event start at 10:00. There is one number (same digits) for each member of the Relay Teams.

Runner Shelter / Bag Storage

We will have a large shelter tents positioned around the start / finish / lap point. There will be an adjacent covered bag drop area but this will not be closely monitored – please leave your valuables in your vehicles.

You are welcome to bring your own kit; chairs, refreshments etc and make yourself comfortable for your pit stops between the laps.

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 ready to run, with warm clothes on top, and then get changed into them again after the event.

Showers

The showers on site are for those runners who have camped over the weekend, they are not for general use by runners after the Backyard event, thank you for your understanding.

Race Start Times

All runners; solo and relay runners, start together at 10:00

Backyard Rules

- The course is 4.167 miles in length and has been measured with a measuring wheel so don't worry if your GPS shows some small variation. Solo Runners must complete the full route marked lap within 60mins to proceed to the next lap.
- Relay runners must have a head / chest torch on them for laps starting from 19:30 onwards. Solo runner must have a head torch or chest torch on them from 20:00 onwards (lap 11 for solo onwards)
- The Starting Corral for the Solo Runners will remain the same size throughout the event
- For the Solo Runners each lap starts precisely 1hr after the last. 3mins, 2mins and 1min warnings prior to the start will be given, though runners are solely responsible for being ready to start on time. All runners must start on time, no late stars.
- If a Solo runner does not complete a lap within an hour then they are withdrawn from the event. They are free to carry on running on the course / in support of other runners if they wish (but they must hand in their race



number to registration) Their distance will not be logged by the event. The last time any runner can start a lap is 21:30

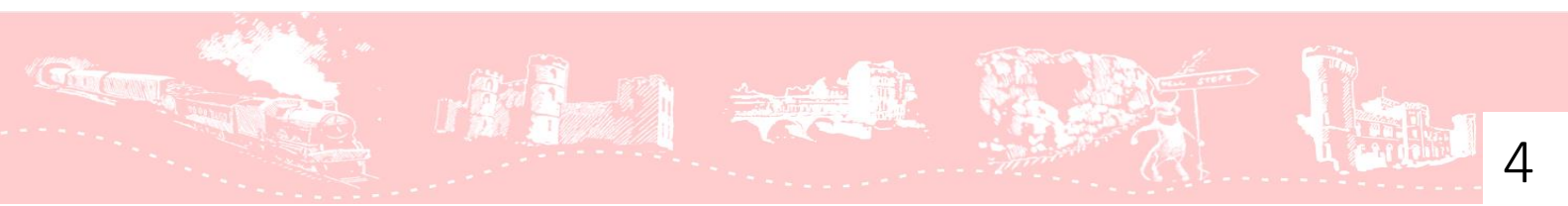
- There are no winners for the 8hr Solo or 12hr Solo Backyard races, the full distance is either achieved or not. There are no prizes for the quickest cumulative time or fastest final lap.
- Relay runners have the choice to sync their laps with the Solo runners or they can run laps as frequently as they wish, as well as taking breaks between laps when there is no active runner on the course. As such Relay Runners can not be timed out.
- Only full laps completed by Relay Runners count towards their total, as such the latest a lap can be started is 21:30.
- There is a prize for the most laps completed in each of the relay categories; Pair, Small Team (3-4 runners), Medium Team (5-6 runners), Large Team (7-8runners)

Course Markings



The Backyard course will be mainly marked with the Red arrows at the centre of the images below as these are also reflective signs which will bounce the light back from your headtorch during the later laps.

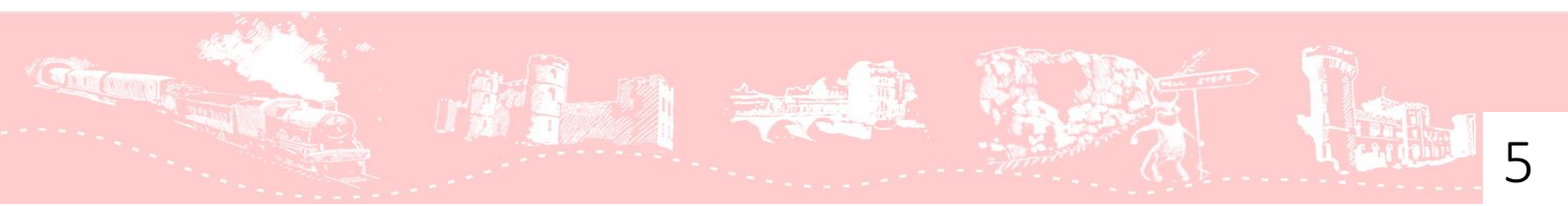
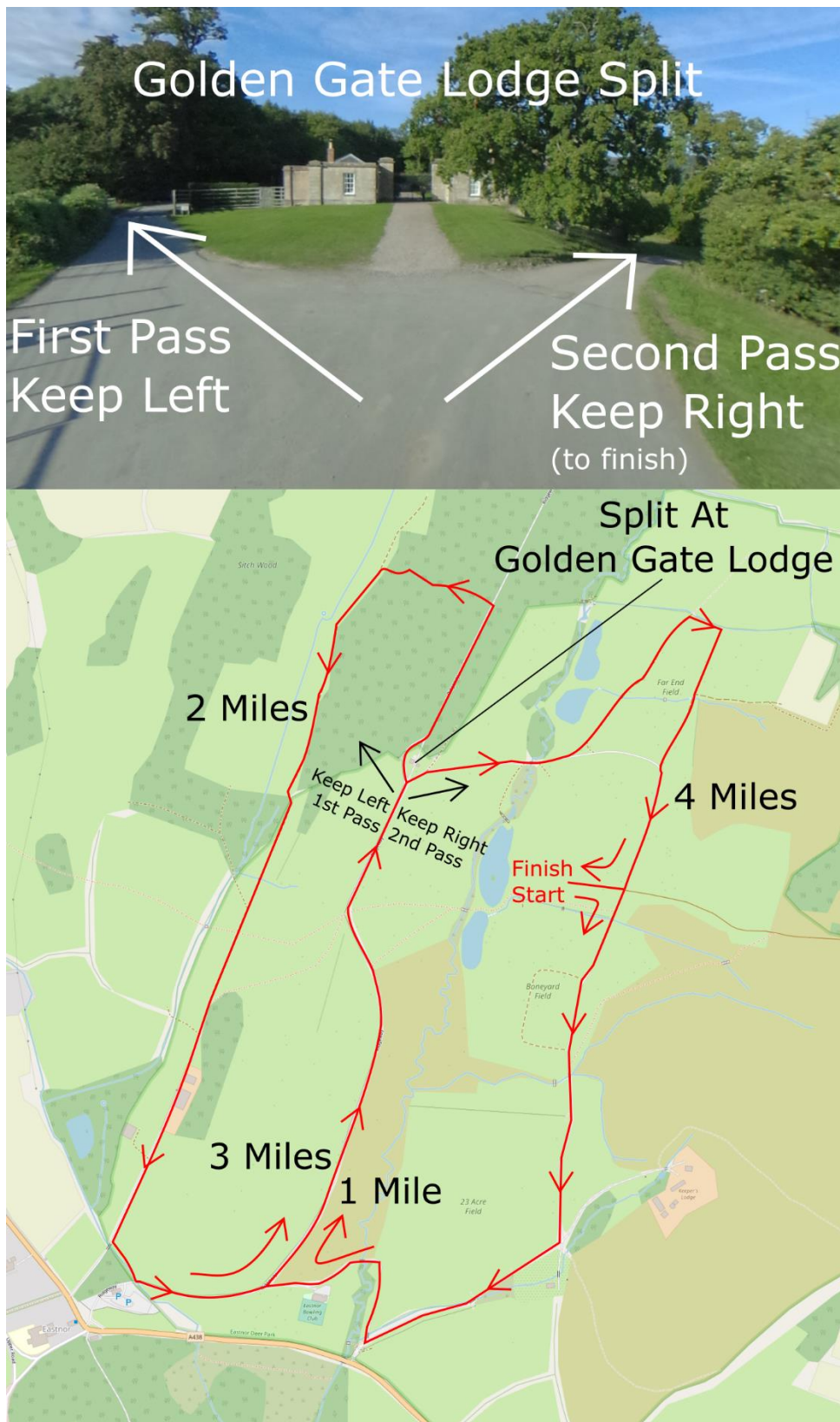


The yellow Run Route signs will be used on the Mud Bath route which is taking place the following day. The routes are very different, and largely separate, so you won't be able to go off track. If you find yourself waste deep in mud, then sadly you have picked up the wrong arrows 😊



Route

The course is a figure of 8, or if you prefer, turn your head and squint your eyes a little, it is the shape of an infinity sign ∞  



The opening section is on tarmac road with a great view of the castle. You will make a right turn and move onto the central road which is on upward drag towards the Gold Gate Lodge.

- For the first pass of the Golden Gate Lodge, stick left. This will be well signed.

Once you pass the lodge you will go into the woods and make a left turn down a steep gravel track, please take care. You are now down at the valley bottom, the other side of the central hill. This section is farm track, solid underfoot, but a little less even.

The route cuts the corner across a field (bottom left of the map) and rejoin the route central road. As you approach the Golden Gate again

- For the 2nd pass of the Golden Gate Lodge, stick right. This will be well signed.

Another downhill, this time on tarmac, brings you down to the right hand side of central hill. As you head to the top right of the map, you will come off the solid tarmac surface and have a short distance on grass before rejoining the tarmac road by the 4 mile marker.

As you turn off the road to cross the lap point / finish line, please make sure your race number is clearly visible for the timers.

Route – The Golden Gate Lodge Split

This is a key part of the route and it looks potentially confusing, but it is actually quite straight forward for the solo runners at least. The first pass comes at 1.5miles and the second pass comes at 3.4 miles, so we anticipate that everyone will be through the first pass before the lead runners come up for the second pass.



The wildcard is the Relay Runners who will be running laps out of time with the solo runners, so as always, don't just follow the feet in front of you. If you are in doubt, check your watch for your lap distance;



- If you are less 2 miles into your lap (~less than 20mins), you should be keeping left.
- If you are over 3 miles into your lap (~30mins or more), you should be keeping right.

Marshals are on the course to assist you, but runners have solo responsibility for taking the correct path during the different parts of the loop.

Event Timing

Please have your race number clearly visible on your outer layer at all times. Our timing system is manual and we need to be able to clearly see your race number when you cross the lap timing point so we can record your completion of the lap and be ready for the start of the following lap.

Lap Snacks

The race will provide our usual buffet of treats for runner to grab between laps. There will be water, hi5 energy drink and coke towards the end of the run. There will be savoury snacks; sausage rolls, crisps, twiglets (vegan), falafel (vegan). There will also be a range of sweet snacks; haribo, tribe bars and flapjacks (vegan, GF), oranges and bananas.

Refreshments

There will be a range of hot food and drinks offering for runners and spectators to purchase.

Event Finish

The 8hr Solo Runners will be awarded their finishers medals upon completing their final laps at 18:00. The 12hr Solo Runners will be awarded their finishers medals and the Relay Runners will be awarded their medals and relay prizes shortly after the last lap of the solo runners concluded at 22:00, with the event concluding and closing at 22:30.

Race Photos

Professional race photos are available to purchase from [Blowfish Photography](#), you can search quickly using your race number or by uploading a selfie. You can register now to hear when your photos are up!

Photos are added to their site within 48hrs of the event and there is a 10% discount automatically applied on all purchases made with the first 48hrs of the photos going on sale.

Results

We will aim to post final results by 23:00 on the event day, though it may be the next day depending on how late the team finishes.

Prizes



There are no winners for the 8hr Solo or 12hr Solo Backyard races, the full distance is either achieved or not. Everyone who completes the challenge will take home a massive finisher's medal.

There is a prize for the most laps completed in each of the relay categories; Pair, Small Team (3-4 runners), Medium Team (5-6 runners), Large Team (7-8runners)

Save The Date!

We are planning to return for our next Eastnor Backyard and Relay Races on 26th April 2025

