

Ripon 10

10 miles (approximately) Multi-Terrain Run

12th May 2019

Start: 10:00 am

Race limit: 900

Race number: Pick this up from Race Headquarters (**Hell Wath Nature Reserve – the start/finish area**) on the day – please make sure that you arrive in plenty of time.

***Please note:** We are using chip timing and re-usable shoe mounted timing tags. Please follow the fitting instructions carefully. If no tag is fitted, your time will not be recorded.*

Start and finish: The race will start and finish on Hell Wath Nature Reserve, **which is now also race HQ where you register**. The start will be well signposted from the north and from the east on Whitcliffe Lane. There is no car access to Hell Wath.

The course: The race follows a one-lap, scenic, multi-terrain course of approximately 10 miles. It is an undulating route mainly on footpaths through parkland. The race starts on Hell Wath Nature Reserve, goes up Whitcliffe Lane onto public footpaths through Mackershaw Woods, and then via the Seven Bridges and Plumpton Lane it travels through Studley Roger Deer Park, emerging at the obelisk before returning to Hell Wath Nature Reserve via Fountains Lane and Whitcliffe Lane. The course is not suitable for wheelchairs, prams or pushchairs. A route map will be displayed at Race HQ on the day.

Runner safety: We take our duty of care responsibilities very seriously to ensure you, and all support personnel involved in the race, have a safe and enjoyable day. That's our bit!

As an entrant you have a responsibility to ensure you are properly prepared, adequately trained and fit. If you are unsure how to do this there is excellent advice and help on this website: www.runnersmedicalresource.com.

Directions: The race HQ is **Hell Wath Nature Reserve, which is accessible by foot only from designated parking areas**.

Car parking: Parking is available in the city centre - full details are available on this website:

https://www.harrogate.gov.uk/info/20018/where_can_i_park/774/car_parks_in_ripon

The maximum walking time to Race HQ (**Hell Wath Nature Reserve – the start/finish area**) from all car parks is 15 minutes.

Please note: There will be rugby matches on the day of the race. Rugby players and supporters use the B6265 (Mallorie Park Drive), which is a busy through-road to Pateley Bridge, for parking. This road will not cope with us as well so please **DO NOT PARK** on Mallorie Park Drive.

We've prepared a map showing most of the available parking around race HQ: www.riponrunners.org.uk/file_download/167/Race+parking+map+-+Hell+Wath+HQ.pdf

Changing and toilets: Toilet facilities available at Hell Wath Nature Reserve.

Please note: With the late change of race HQ to Hell Wath Nature Reserve there are now no changing facilities.

Drinks stations: Three drink station on the race route and water at the finish.

First Aid: There will be qualified first aid assistance on the route and at the Race Start/Finish area.

Results: Race results will be available on Ripon Runners website.

Race rules: The use of iPods and MP3 players is not permitted. Please keep to the left-hand side of the road, unless instructed otherwise by race marshals. Failure to comply will result in disqualification.

Refreshments: Race HQ (**Hell Wath Nature Reserve**)

Cancellation: In the event of a situation occurring that is beyond our control we reserve the right to cancel the race. If the race is cancelled, entrants will be informed as soon as possible. In the event of a late cancellation, we will update our website and email all runners. Unfortunately, refunds will not be possible as many of the race expenses will have been incurred.