

# **Jolly Holly Jog**

## **10k (approximately) Multi-Terrain Race**

### **30<sup>th</sup> December 2018**

**Start: 11:00 am**

**Race limit: 900**

**Race number:** Pick this up from Race Headquarters (Ripon Rugby Club) 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, a five minute walk from Race HQ at Ripon Rugby Club. The start will be well signposted. Please make your way to the start when instructed by race marshals.

***Please note:** Do not walk to the start/finish via the Cricket Club pitch. The marked route is exactly the same distance.*

There is no car at Hell Wath Nature Reserve.

**The course:** The race follows a new figure of eight, scenic, multi-terrain course of approximately 10k. It's an undulating route mainly on footpaths through parkland. The race starts on Hell Wath Nature Reserve, goes past Hell Wath Cottage and then via private land onto Plumpton Lane towards the 7 bridges. The route then enters the deer park and heads right onto high ground before exiting the park at the main gate. It then heads up Plumpton Lane for a second time before turning left at the first bridge, following the footpath up through Mackershaw Woods and a return to Hell Wath Nature Reserve via Whitcliffe Lane. The course is not suitable for wheelchairs, prams or pushchairs. A route map will be displayed at Race HQ on the day.

***Please Note:** This new route is designed to avoid all road crossings in Studley Roger village and the deer park.*

**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](http://www.runnersmedicalresource.com).

**Directions:** The race HQ is Ripon Rugby Club, Mallorie Park Drive, Ripon HG4 2QD. Mallorie Park Drive is off the B6265 on the way out of Ripon towards Pateley Bridge.

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

[www.harrogate.gov.uk/info/20018/where\\_can\\_i\\_park/774/car\\_parks\\_in\\_ripon](http://www.harrogate.gov.uk/info/20018/where_can_i_park/774/car_parks_in_ripon).

The maximum walking time to Race HQ (the Rugby club) from all car parks is 15 minutes. Please bear in mind that another 5-10 minutes is needed to get to the race start/finish on Hell Wath Nature Reserve.

**Please note:** There is limited on-street parking in the general area of the race HQ. As this is a residential area, please park considerately and on one side of the road only to ensure free movement of traffic, particularly on the B6265 (Mallorie Park Drive), which is a busy through-road to Pateley Bridge.

We've prepared a map showing most of the available parking around race HQ: [www.riponrunners.org.uk/file\\_download/139/Race+parking+map.pdf](http://www.riponrunners.org.uk/file_download/139/Race+parking+map.pdf)

**Changing and toilets:** Toilet and shower facilities available at the Rugby Club. Portaloos at the start/finish line on Hell Wath Nature Reserve.

**Drinks stations:** One 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 (Ripon Rugby Club)

**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 via email and our website. In that situation we'll also include information about our alternative race date. Unfortunately, refunds will not be possible as many of the race expenses will have been incurred.