

# Ripon 10

## 10 miles (approximately) Multi-Terrain Run

### 12th May 2024

### Start: 10:00 am

#### **Race limit: 600**

**Race number:** Pick this up from Race Headquarters (Panthers Football Club HG4 2JT) 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 by Panthers Football Club HG4 2JT (same start as JHJ).

**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.

**Studley Deer Park:** Please be aware that Mackershaw and Studley parklands are home to large groups of deer. Their welfare remains paramount, and deer must be given plenty of space to roam naturally.

In the unlikely event that the deer interfere, pass close-by, or are couched near the race route, give them a wide berth and time to safely move elsewhere. Never surround them without providing them an exit route.

**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 the internet.

**Directions:** The race HQ is Ripon Panthers Football club, Hell Wath Lane, Ripon HG4 2JT.

**Changing and toilets:** Limited toilet and shower facilities are available at the Rugby Club. Portable toilets at the start/finish line on Hell Wath Nature Reserve.

**Drinks stations:** Three drinks stations 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 and Racebest websites.

**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. Dogs are not permitted.

**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.

**Quick and Easy Online Entry:** via Racebest  
<https://racebest.com/races/ripon10>