

MUDDY WELLY 5K/10K and Fun Run

RUNNERS INFORMATION

Sunday 16th December 2018



Welcome to the Muddy Welly 2018. This is the second of three runs in our Winter Trail Series. This mixed terrain event has three distances- 5k,10k and a ½ mile Fun Run- and takes runners through the stunning grounds of Wellington College.

*Please **carefully** read the following information to avoid any surprises.*

We look forward to seeing you on Sunday 16th December.

All the best,

My Sporting Times Events

Summary

Parking	Free parking at Wellington College from 08:15
Registration	From 08:30 until 09:45 at the Monro Pavilion, Wellington College
Baggage drop?	Free baggage drop near start area
Entries on the day?	Available for the ½ mile fun run only. Bring correct change of £8. Entry fees all go to event charity, Bloodwise.
Race briefing	Compulsory race briefing at start line outside Monro Pavilion 09:25 for Fun Run and 09:50 for 5k and 10k
Start	Fun Run - 09:30 5k and 10k runners- 10:00
Terrain	Fields (for Fun Run), footpaths, roads, woodlands, heathland for 5k and 10k runners
Water stations	One water station for 5k runners at 2.2k Two water stations for 10k runners at 2.2k and 7.1k
Course signage	5k and 10k course - Arrows, red and yellow tape and distance markers Fun Run course - Yellow cones & Lead Runner
Cut off	5k and 10k runners- 1hr 40mins ½ mile Fun Run- 20 mins
Finish	Medal, mince pies and mulled wine for 5k and 10k runners Medal and teddy bear for Fun Run participants 😊 Hot and cold food & drinks Event massage <i>Runners' Retreat</i> merchandise Toilets, changing and shower facilities
Prizes	5k and 10k- 1 st , 2 nd , 3 rd male and female runners & 1 st male and female runners in V40, V50 and V60 in the 10k No prizes for Fun Run participants

Getting to the event

The event takes place from Wellington College, RG45 7PT.

We strongly advise that you arrive by **09:00**

By car

From the South, exit the M3 at J4 and follow signs for Camberley & Blackwater, picking up signs for Crowthorne. Take the A321 left towards Sandhurst – stay on this road until the Wellingtonia Roundabout, here turn right onto Dukes Ride, the B3348 towards Crowthorne Station. 400m past the train station turn right.

From the North, exit the M4 at J10 and follow the A329 (M) into Bracknell. The continuation of this road becomes the A322 as it carries on into the town. Turn right on a roundabout to take the A3095 south signed for Easthampstead & Crowthorne. After crossing several roundabouts, take the B3348 right to Crowthorne. At the end of Crowthorne High St, **STAY RIGHT** and on the B3348; after $\frac{3}{4}$ of a mile turn left.

Please enter Wellington College via **Dukes Ride**. **Please do NOT follow your satnav & try to access the college from the Sandhurst Road**. From the Dukes Ride entrance, follow our parking signs and marshals' instructions.

From the car parking areas, it is a few hundred metres walk to race registration.

Public transport

As the event is on a Sunday, public transport options are limited. However, there are **trains** that arrive in Crowthorne in time.

- Depart Reading at 0848 to arrive at Crowthorne at 0902.
- Depart Guildford at 0752 to arrive in Crowthorne at 0821.

From the train station, turn right and walk 400m. The entrance to the Wellington Health & Fitness Centre is on your right. You will be able to follow event signage from the approach to the health club.

Cycling

There are plenty of suitable places to lock up bikes by the registration area at the Monro Pavilion.

Registration, Race Pack Collection and Baggage

Registration is open from **08:30** until **09:45** for 5k/10k
08:30 until **09:20** for Fun Run

Registration will be signed from the car park. It may be upto a **5 mins walk** from the car park to registration which takes place in the Monro Pavilion.

Please collect **race packs** at registration on the morning of the event- they will not be posted out in advance

- **5k and 10k race packs contain-**
 - Your race number* (to be worn on your front)
 - Timing tag for your shoe (see image below)
 - Offers from our sponsors
 - MST Winter Trail Series buff
- **½ mile Fun Run participants** collect a race number (to be worn on your front). There is no timing chip as the Fun Run 1/2 mile is **not** timed.

Please help yourself to safety pins at the registration desk

Chip timing

The Muddy Welly 5k and 10k race is chip timed to give you accurate results.





Baggage

*Your race number has a tear off **baggage** tag at the bottom. Please label your bag with your tag and leave your bag at the secure baggage area with our team before the start.

Entries on the day?

Entries on the day are available for the fun run only – until 09:20

- ✓ ½ mile Fun Run participants, please go to the “Fun Run” desk

Please bring the **correct cash-**

- £8 for Fun Run



Race information for 1/2 mile Fun Run participants



The **race briefing** will be at **09:25** on the start line under the grey gantry (see photo above)

The **start** of the race will be straight after the briefing.

The course is a **½ mile lap** around the rugby playing fields in front of the Monro Pavilion. It can be very muddy (and slippery in places) so please take care and wear suitable footwear. Adults may walk/run with their child. Prams/ well behaved dogs are permitted to take part.

Directions- The course will be led by a Lead Runner, and the course marked with yellow cones.

All registered participants will receive a **medal and teddy bear** at the finish line.

Please note-

- ✓ Participants must complete the ½ mile Fun Run within **20 minutes**.
- ✓ The ½ mile Fun Run is **not** timed and **no prizes** will be given.

Race briefing, start & course for 5k and 10k



The **race briefing** for the 5k and 10k race will take place at **09:50** outside the Monro Pavilion.

The **start** of the race will take place from under the grey gantry straight after the briefing.

The **course** is a 5k lap – 10k runners need to complete 2 laps. The course takes in mixed terrain throughout- fields, woodland and heathland trails and around a third on road surfaces. We would recommend trail shoes.

- **5k runners-** after 4.9k on the first lap there is a left hand turn to the finish line
- **10k runners** – at 4.9k, ignore the left hand turn to the finish and carry straight on here to commence lap 2.

Course Signage

The course is well signed with the following-

- red and yellow tape tied to trees/ gate posts
- arrows
- kilometre distance markers

This a trail race and **there will not be marshals at every turn!**

If you do not see tape or signs for a while, you have gone wrong! Simply head back to the last place you did see them.



Obey marshals' instructions, please-
Our marshals on the course are there to look after you. It is **not** their job to direct each runner.

Use of headphones-
We politely request that you do **not** wear headphones. You must be able to hear marshals' instructions, be aware of road traffic and wary of other runners around you.

Drink Stations

There will be water available at 2.2k & 7.1k, as well as at the finish.



Running with four legged friends

You are welcome to take part with your dog but please we request that you **keep your dog on a lead** and start at the back. Please be considerate when overtaking runners or of runners passing you!

Overtaking on the course

Please be considerate of other runners on the course. A loud and cheery, "On your right/left" should allow you space to pass safely.

At the finish



At the finish, you will receive a **medal**.

Our marshals will also offer you water, mulled wine & mince pie.

Results & Prizes

'Live' **results** will be available to view and print out by the *DBMax* van in the finish area.

All **prizes** will be posted out in the days after the event.

Massage

Petra and her team will be offering pre and post event rub downs.

Massage is charged at a very reasonable £10 for 15 minutes.

Hot/ cold food and drink

There will be refreshments to purchase after your race.

Changing facilities and showers

There are ample showers and changing rooms for ladies and gentlemen in the Monro Pavilion.

Collecting your baggage

Please be prepared to show your race number to collect your bag

Other information



Marshals

Thank you to all of our marshals who have volunteered to help with the event. If you would like to marshal at one of our events, please contact andy@mysportingtimes.com

We have the pleasure of our great run event sponsors, Runners Retreat, coming along for the day. They will have plenty of last minute essentials, so be sure to check them out and have a chat with Brian.



My Sporting Times is proud to support **Bloodwise** for the fifth year running. Thank you for all your kind donations so far. If you wish to make further donations to the charity, please do so at registration. Thank you.

Facilities at the start/ finish area

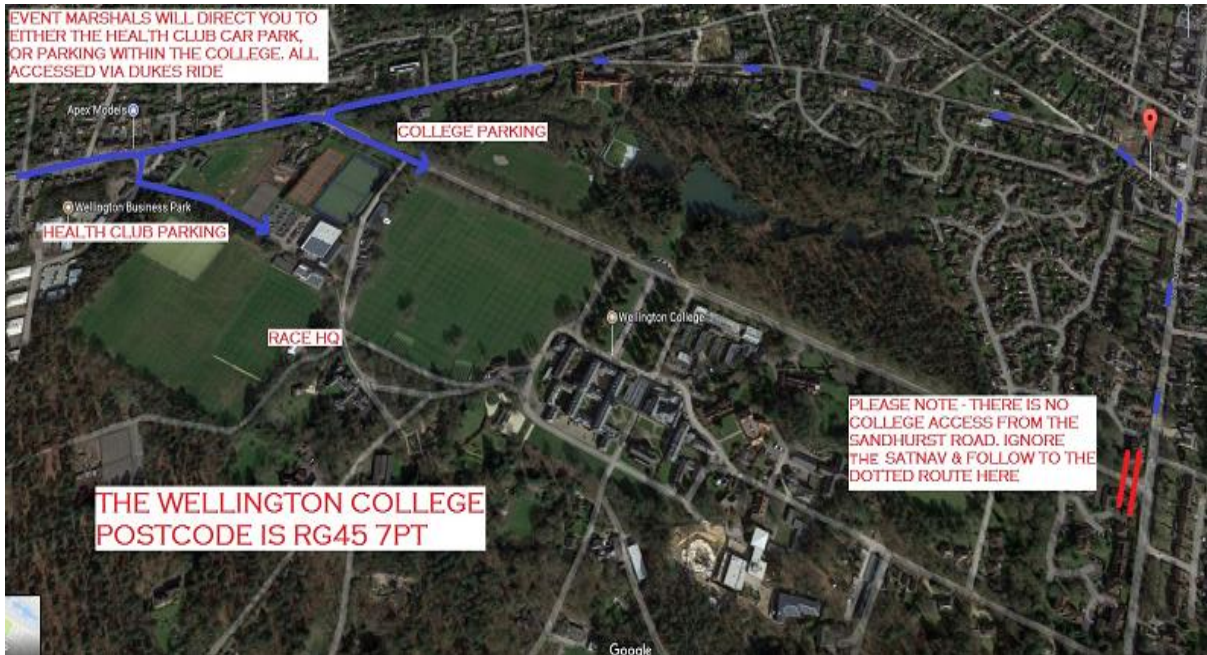
- ✓ Toilets
- ✓ Hot food, snacks and hot & cold drinks
- ✓ There are ample changing and shower facilities in the Monro Pavilion
- ✓ Massage

In the days after the event, you will receive your iTAB, engraved with your name and finish time, to add to your medal



Maps

Directions to Wellington College RG45 7PT- please enter via Dukes Ride.



Course map for 5k and 10k participants- there will be course maps to view at registration

