



SHREWSBURY ATHLETIC CLUB

Shropshire Eastridge Trail Races

The Trail Half (approx 13.1 miles) and The Trail 5 (approx 5.3miles)

Two races under UKA Rules. Licence applied for

Information for competitors

Date. Saturday 7th July 2018

Start times.

Trail 5 – 10.00 am - also see below for registration closing times

Trail Half - 10.30am – also see below for registration closing times

Venue. Snailbeach Village Hall, Snailbeach, Minsterley, Shrewsbury. SY5 0NX

The Race Organisers wish to thank the following for their generous sponsorship:

- David Davies & Co, Minsterley
- Muller Dairy, Market Drayton
- Three Tuns Brewery, Bishops Castle
- Cotswold Outdoor, Shrewsbury
- Rybrook BMW, Shrewsbury
- Montgomeryshire Natural Springwater Company, Churchstoke
- Tesco
- Sainsbury's

Camping – Using the area next to the car parking. £7 per tent. To book a pitch contact Graham Parton. 07880512618. eastridgetrailhalf@hotmail.co.uk

Entry fees.

Trail Half.

In advance. Affiliated runners - £13, Unaffiliated - £15. On-line at <http://www.runbritain.com/races> or by post. Closing date for receipt – Wednesday 4th July 2018

Entry on the day - £18 Affiliated and Unaffiliated. Only available if the race limit of 150 has not been reached. Check the website (see below) or contact Graham Parton before travelling.

Trail 5.

In advance. Affiliated runners - £10, Unaffiliated - £12. On-line at <http://www.runbritain.com/races> or by post. Closing date for receipt – Wednesday 4th July 2018

Entry on the day - £14 Affiliated and Unaffiliated. Only available if the race limit of 150 has not been reached. Check the website (see below) or contact Graham Parton before travelling.

Note re Affiliated runners. An Affiliated runner is someone who has paid the current year's Affiliation fee to England/Welsh/Scottish or Northern Ireland Athletics. This is not the same as being an attached runner. If you are a Club member but have not paid the Affiliation fee you have to pay the higher fee. Don't know if you are Affiliated? - check with your Club's membership secretary.

Gift for 1st 100 entrants

The 1st 100 entrants (counted across both races) will receive a free gift.

Minimum age.

Trail 5 – 16 years on the day of the race.

Trail Half - 17 years on the day of the race.

Time limits apply to the Trail Half race.

Please do not enter this race if you are not capable of completing the course in 3 hrs 30 mins. There will be a cut-off point at approximately 5.3 miles. Runners who have not reached this point within 1hr 20 mins after the start will be withdrawn from the race. There is a short walk back to the Race Registration.

Medical fitness to compete.

All entrants are required to sign the following declaration when entering the race. Please do not enter this race unless you are medically fit to compete. It is your responsibility to ensure that you are fit to compete.

'I declare that I will abide by the laws and rules of UK Athletics. I am not under the minimum age to compete in this event. I accept that neither the race director nor any persons involved in the organisation of the event will be liable for any loss, damage, action, claim, costs or expenses that may arise in consequence of my participation in this event, however such may be caused. I declare that I will not compete in this race unless I am in good health on the day of the race and that in any event, I will only compete at my own risk. Advice on preparing for an endurance running event can be found on the Runners' Medical Resource website at www.runnersmedicalresource.com '

Medical provision.

To UKA standards - providing First Aid for any injured participant or spectator.

Contact details.

For race and course details. Graham Parton. 07880512618.

eastridgetrailhalf@hotmail.co.uk

For race entries. Andy Lewis. 07943391110. andylewis1955@btinternet.com

Website. www.shrewsburyac.org.uk or

<http://shropshirerunnersnetwork.blogspot.co.uk/>

How to get to the venue.

From the north. Head for the A5 Shrewsbury bypass from either east or west and take the A488 (Bishops Castle). At Minsterley turn left at the roundabout (A488) and after 2 miles look for a bus shelter on the right. Turn Left just after this along a minor road signposted Snailbeach. Follow this up the hill. Until you see the marshals and signs for the race car park.

From the south.

Head for Bishops Castle and take the A488 north (Shrewsbury). Follow the A488 until you descend a steep wooded hill. A mile after this look for a bus shelter on the left. Turn Right just before this along a minor road signposted Snailbeach. Follow this up the hill. Until you see the marshalls and signs for the race car park.

Car parking.

This is at Snailbeach football club. All vehicles are parked at the owner's risk. Allow up to 7 minutes to walk to Registration. There is no parking for competitors anywhere else in the village. Please respect this requirement. For your safety please follow the signs from the car park to Registration.

If you are only dropping off a runner and not staying, there is a 'drop-off' point at the Event HQ and Registration.

Event HQ and Registration.

Snailbeach Village Hall. Cotswold Outdoor will be present.

Registration and race numbers.

Registration is at Snailbeach Village Hall approximately 7 minutes walk from the car park. **Registration opens at 8.30am. It will close at 9.30am for the Trail 5, and 10.00am for the Trail Half.**

Race numbers have to be collected from Registration on the day. This is an important safety feature – it means that we know who is competing on the day. You should provide emergency contact and medical information in the form required on the back of your number.

Trail Half runners will be issued with a wrist band with a number corresponding to their race number. This wrist band must be deposited in one of the buckets at Shepherds Rock. This is another important safety feature – it helps the race organiser account for all the runners that have reached that point.

All runners must wear the race number provided securely pinned to the front of the vest/T-shirt, numbers not to be cut, folded or mutilated. Safety pins will be supplied if you don't bring your own.

Changing rooms and showers.

There will be limited shower facilities available at the football club (adjacent to the car parking).

Toilets.

At Snailbeach Village hall, public toilets adjacent to the hall and at the car parking area.

Baggage.

There is a room at the village hall where bags can be left. This is not a secure facility and any items left there will be at the owners risk.

Refreshments.

Will be available in the Village Hall before, during and after the race. There's also a good play area adjacent to the Hall and plenty of space for picnics.

Start and Finish

The Start for both races is approximately 400m from Registration. The Finish for the **Trail Half** is 200m from Registration and the **Trail 5** 1km from Registration.

Race route.

Trail Half. A 13.1 mile (GPS measured) multi terrain course predominantly over Forestry Commission land with some open hillside and a short section over private farmland. There are short sections of unclassified road otherwise the route is on forest tracks and paths. There is one steep ascent in the woods followed by enjoyable downhill sections. There are plenty of tripping hazards – you will need to be alert at all times during the race.

Trail 5. A 5.3 mile (GPS measured) multi terrain course predominantly over Forestry Commission land and a short section over private farmland. There are no roads on the race route - the route is on forest tracks and paths. There is one steep ascent in the woods followed by enjoyable downhill sections. There are plenty of tripping hazards – you will need to be alert at all times during the race.

A map will be available to view at Registration.

The course will be marked and have Marshals at key points.

A lot of the race route is on Forestry Commission land. It is a condition of the race licence that all competitors and spectators abide by the following:

- no smoking or lighting of fires
- all gates to be left in the position found
- all reasonable care to be taken to avoid disturbance of wild fauna and flora and agricultural livestock
- competitors and spectators to comply with any instructions issued by race organisers, the forest management director or their authorised representative

As part of the race route is over private land and only available for use on the race day we cannot provide a complete map of the course.

Water stations.

There will be water stations on the route and water at the finish. Please check the map at Registration before the race.

Retiring from the race

Once you have collected your number from Registration it is expected that you will complete the course and pass through the finish funnel. If you find for any reason that you cannot complete the race you **must** report to the finish marshals. This is an important safety feature – we need to know that all runners are accounted for at the end of the race. It is the responsibility of each runner to comply with this requirement. We don't want to be searching for a runner in the woods or on the open hill who has retired from the race and gone home without letting us know.

Race prizes and awards.

Rybrook BMW will be providing (subject to terms and conditions) a 'Weekend car' as a spot prize.

Trail Half. Prizes will be awarded as follows:

Teams.

1st, 2nd and 3rd based clubs based on cumulative time of their 1st 3 runners (male or female). The Three Tuns Brewery will be providing a prize of their excellent ale for the 1st team.

Individuals.

1st, 2nd and 3rd male and female overall. The 1st male and 1st female overall will receive a prize courtesy of Cotswold Outdoor.

At least the 1st male and female in each of the following age categories- 17-20, 21-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+. A competitor can be awarded a prize in more than one category e.g. if the 1st overall is in the 35-39 age group they will receive a prize for 1st overall & 1st vet 35.

Where there are 10 or more entries in an age category a prize will be awarded to the 2nd place runner.

Unattached local runners

1 years membership to Shrewsbury AC to 1st male and 1st female.

Trail 5. Prizes will be awarded as follows:

Individuals.

1st and 2nd finishers overall plus the 1st male and female in each of the following age categories- 16-20, 21-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+

First unattached runner male / female

1 years membership to Shrewsbury AC.

Team event. Separate prize for male and female teams. First four Affiliated Club runners to count.

Prize giving

At Snailbeach Village Hall.

Results.

Limited results will be available on the day. Full results will be available from the websites above and via <http://www.runbritain.com/races>

Race Cancellation policy.**Cancellation by the Race Organiser**

The race organisers will do everything within their control to ensure the races go ahead. In the unlikely event that a race has to be cancelled runners will be offered the option to have their entry transferred to either a rearranged race date (if the organisers can rearrange in 2018) or the 2019 race, or to have a refund. The refund would be subject to a deduction for costs incurred by the organisers prior to the cancellation.

Cancellation of entry by a competitor

If a competitor decides that they no longer wish to take part in the race a refund of the entry fee will be made subject to the following:

- a deduction of costs incurred to that date by the organiser (including the charge by the card provider for online entries) and reasonable costs incurred in processing the refund – "the balance"
- the full amount of the balance will be payable where notice is received by the organiser up to 4 weeks before the date of the race
- 50% of the balance will be payable where notice is received between 2 and 4 weeks before the date of the race
- no refund will be given where notice is received within the 2 weeks prior to the race

Alternatively the competitor can request that their entry be transferred to one of the following year's Eastridge Trail races or to the Club's other race - (Mad Jack's 5 - approximately 5 miles over a multi-terrain course held at the National Trust's Attingham Park, Atcham (near Shrewsbury) on a Saturday in early November.

We hope you enjoy your race