

Thank you for entering the races - please read the instructions to ensure you have an enjoyable and safe event.

Cut Off Times: Due to the time of year and responsibility to our marshals we have a 3 hour 45 mins cut off time for the A race and 2 hour 45 race for the B race. The likelihood is that if you are still running beyond these times, the on course support including First Aid, marshals and timing services will not be available.

Race Numbers: These have been posted. If yours does not arrive in time then collect one from the relevant Race HQ on the day.

Transfers: The transfer facility has now closed. If you are unable to take part then please do not be tempted to pass your number on. We are unable to offer refunds or deferrals. Both races will have timing mats at the start so everyone will get a precise finishing time.

Starts: A race Duckington at 9:00 and 9:30 The start is close to the Bickerton Hill National Trust Car Park **SY14 8LH**.

B race Beeston Castle at 10:30 and 11:00. The start is in a field but will be signposted from Beeston Castle **CW6 9TX**.

You are in

Buses to the start: Buses for those who have pre-booked will depart from the Delamere Forest Whitefield Car Park WA6 6NS. Runners who have booked a place on the bus can park here. This is a pay and display car park but the Forestry Commission have agreed that runners need only purchase the minimum ticket of £2.00 despite cars being parked there for several hours.

Finish: Due to the increased number of visitors at Delamere Forest we have shortened the routes by approximately 400m to avoid the carnage. This is where you can collect your well earned medals and snacks. If you ordered a t-shirt they will be here too. There will be signage for you to get back to the visitors centre and the Whitefield car park where the majority of you will have parked.

The A race buses for all A race runners will be leaving at around 8.00am.

The B race 10:30 wave bus will leave at 9:30. The bus for the B race 11:00 wave will leave at 10:00. Please allow yourself plenty of time to get parked up and onto the correct bus. Please double check which race you are in.

Car Parking: Duckington - There is extremely limited parking at the A race start area so park at the bottom of the (unmarked) lane that leads up to the start area.

Please be mindful of the mowed verges and access to local residents' properties. Use the postcode **SY14 8LH**.

Beeston Castle: Parking is in the Beeston Castle visitor car park and there is a £3.00 charge. Please use the postcode **CW6 9TX**.

Registration: Race HQ for the **A race** is at the end of the lane that leads to the start of the race in Duckington and will be signposted.

B race Race HQ will be at the cafe area next to Beeston castle and will be signposted.

Split times & A51 crossing: There will be a timed-out crossing at the A51. Runners must cross the mats as directed on either side of the road and this time will be deducted from overall times so there is no need to rush across the road. Please obey marshals instructions at all times. There will be another timing mat at the finish. Your result will then be emailed and text to you almost straight away.

Clothing : If you want any warm-up clothing taking back to the finish then please pick up a label from registration and add your race number to it. This will all have to be taken back in our van so please try to get together with friends and share a small bag.

Kit list: We would recommend carrying some water, energy gels or sweets, mobile phone and warm outer clothing.

Drink stations: There will be a water station at Beeston Castle (just after you leave the road) and at Rock Farm (just before the climb up to Summer Trees). There will be water and flapjacks at the finish too. It is highly recommended that you also carry your own supply of water/gels etc.

Toilets: There will be portable toilets at the start at Duckington and at Beeston Castle.

Retiring from the race: If you are unable to complete the race then please notify the next marshall you come to and we will attempt to take you to the finish. If you withdraw from the race and make your own arrangements then please inform the race organisers so we do not come to find you.

First Aid: Spark Medical services will be in attendance for the duration of the race and will be placed where the trail meets the road. Please alert a marshal if you have any injury that needs attending to urgently.

Prizes: Prizes will be awarded at approx 12:00 at the finish area with awards to top 3 (men & women). There is also a team prize for top 1st and 2nd teams (regardless of gender). These prizes will be awarded to A race and B Race and will be based on times and not positions.

Route: Please follow the yellow and black Sandstone Trail way-marker signs (included in this email). We have purchased some large replacement signs where the old ones have gone missing or we felt were unclear. There will also be some marshals at a number of crossings. There will also be a number of route arrows where the route diverts from the trail and back into Delamere Forest. Runners should have familiarised themselves with the route before race day. Links to the courses can be found on our website www.runcheshire.com

Courtesy: We have every right to be on the trail but we do not have the right of way. Please be courteous to other users, many of whom may have dogs with them. Please also be courteous to each other,

Good luck and if you have any questions in the meantime please do not hesitate to contact me.

