

RABY CASTLE 10km, 5km, 3km and 1.2km Fun Run

Race Information on Sunday 21st May 2017.

Thank you for entering, we hope you enjoy the event and ask you to read the following details carefully to help you make the most of the run.

Start Times:

Please Note the start times: 1.2km Fun Run will start at 10:00am, 3 km Fun Run will start at 10.15am, 5km Fun Run will start at 10:35am and the 10 km Race will start at 11:00am.

Directions:

Raby Castle is on the A688 between West Auckland and Staindrop and is well signposted. For more information and detailed directions visit www.rabycastle.com. (Use DL2 3AH in SAT-NAVS)

Entrance and Exit:

Once again we will be using the NORTH GATE exclusively for entrance, parking and exit this year, this will be signposted so please follow the marshalls instructions for directions and parking.

Anybody arriving after 11:00am will be classed as Raby Castle visitors and will be liable to be charged visitors entrance fee.

Raby Castle Gardens:

Entrance to Raby Castle Gardens is free to race entrants and spectators after 11:00am on production of a race number. Normal charges apply for entry to the Castle itself.

Baggage Area:

Due to parking availability near the start and finish, there will not be a baggage tent this year

Course:

The course is situated in scenic parkland which surrounds Raby Castle. The 5k and 10k runs will be mainly on tarmac though part of the course is on a section of good woodland trail. 5k runners will complete one lap, 10k runners will complete two. The 1.2km fun run and 3km fun run will be all tarmac.

Health and Safety:

A risk assessment has been carried out and this will be displayed near the start. Please acquaint yourselves with the details of this to ensure you are aware of the hazards and the measures that have been put in place to reduce the risk of injury.

Please write a contact name and phone number & medical details on the back of your race number in case of emergency.

First Aid:

First aid officers will be in attendance and will be clearly visible near the finish area.

Late Entries:

Will be located on the large field near to the finish area. It will close promptly at 09:45 for the 1.2km, 3km and 5km fun runs. Late entries will finish at 10:15 for the 10km. Please allow plenty of time and don't forget your safety pins.

Course Marshals:

The course will be well marshaled. For the safety of yourself and those around you please obey all instructions given by marshals and officials.

Race Numbers:

All Race numbers must be displayed clearly on the front of your vest or t shirt. They must not be folded, cut or mutilated in any way, this will allow for clear recognition and recording of your place at the finish line (or you may end up not being placed if it can't be read).

Water:

Will be available at the finish and also on the 10km course at the start of the second lap.

Prizes and Presentation:

All competitors in the 1.2 km, 3km, 5km and 10km will receive a medal on finishing. 10km runners will also receive cake made by local suppliers. The presentation of prizes will take place at around 1 - 1:15pm near the finish area. Prizes will be awarded for the male and female race winner and in age categories as well as for breaking the existing course record. A set of results will be displayed as soon as they are available.

UKA License Number applied for

Course Measurement Certificate Number No. 14/177

Cut here

RACE ENTRY FORM

Please complete in block capitals

UKA Licence Number
Provisional race permit
number - 2017 - 27554
UKA Rules Apply



Medals for all finishers
Prizes for leading finishers
£50 bonus for male and
female course record.
M: 30.16 - Yared Hagos
F: 35.54 - Sarah Tunstall

Please note: The course is around the beautiful parkland surrounding the castle. Mostly on tarmac but with a short good quality section of woodland trail. The course is not suitable for wheelchair athletes.

Surname Male / Female (please delete)
First Name Date of Birth Age on day of race
Address Athletic Club
..... UKA Reg. No
..... Telephone No
Post Code Email

Emergency: Contact Name Tel No.....

Note: Provision of email address authorises Teesdale AC to address emails for the purpose of Teesdale AC Race information only.

10km Race (Min. age 16 years): Entry Fee £16 affiliated £18 unaffiliated
5km Fun Run (11 years and over): Entry Fee £10
3km Fun Run (8 - 14 years): Entry Fee £5
1.2km Fun Run (8 years and under): Entry Fee £4

£ Enclosed

Please enclose a A5 size stamped addressed envelope with your cheque and entry form. Please ensure you attach stamps of the correct value to your envelopes. Teesdale AC takes no responsibility for non-delivery. Closing date for postal entries, Friday 12th May 2017. Cheques payable to : Teesdale Athletics Club. Send entries to : 5 Bede Kirk, Barnard Castle, County Durham, DL12 8DJ.

10km Race - Entries on day - additional £2 per entrant.
1.2km, 3km and 5km Fun Runs accepted ONLY up to 9.45am. 10km accepted up to 10.15am

DECLARATION: I declare that my participation in this event is entirely my own risk and that none of the organisers or sponsors of the event, nor their members, servants or agents shall be liable in any way whatsoever in connection with any loss, damage, injury or death either caused to, or suffered by or caused by me. Neither are they responsible for any of my personal property lost, stolen or damaged. By entering this event you give permission for the free use of your name, voice or photographic image to be used for the marketing and promotional purposes directly related to this event. The organisers reserve the right to refuse entry.

Signature..... Date.....
(Parent/Guardian to sign if the applicant is under 18yrs of age on the day of the event).

from.ukresults.net



For more information call -
The Club Secretary On : 07972 342 121