

GRANDSDEN Muddy FUN RUN

Run Day details - 27th Jan 2019

Thank you for signing up to race the Gransden Muddy Fun Run 2019.

We are very grateful for the support you are giving to our school, and for the financial contribution to our PTA funds. We hope you enjoy our challenging courses and beautiful countryside.

Please read all of the following important information for your safety and to help us ensure you enjoy the event.

Please note that the weather is looking rather ominous for Sunday – please make sure you choose your race kit for all eventualities!

Please remember that children (under 13 for 10k, under 8 for 3k) must be accompanied by at least one adult - we can't let unsupervised children run on their own - we know you will understand, thanks.

By registering and entering this event you confirm that you understand that the run you are participating in on Sunday 27th January 2019 is done at your own risk and you accept all responsibility.

You acknowledge that the event takes place in part on public highways and you will look after your own safety and that of any children you enter into the event. You agree not to bring any claim against the organisers of this event or other people involved in this event. You have read and accepted the terms of this liability disclaimer agreement and you will also make anyone else you have entered aware of it.

Please also note that our routes use sections of private land, with kind permission from the land owner. Such permission is granted only for the duration of the event, and this in no-way implies permission to cross this land at any other time. Furthermore you agree that the land owner will accept no liability for any loss or injury as a result of crossing this land.

If you do not accept these terms, please let us know and we will refund any entry fees paid (minus any handling fees).

Rules

We have a few additional simple rules:

- Please do not drop any litter
- Please don't forget to thank your marshals
- Please look out for and encourage your fellow runners
- Please be considerate to local residents
- Use of headphones is not recommended
- No dogs please – the run crosses private farmland and there may be animals around

Event Timetable:

Registration opens: 9:00 am
Half Marathon warm up & briefing: 9.50 am
Half Marathon start: 10.00am
10km and 3km warm up & briefing: 10.20am
10km start: 10.30am
3km start: 10.35am
Awards ceremony: ASAP for 3km, approx midday for longer runs

PLEASE ARRIVE IN PLENTY OF TIME, NO-ONE LIKES RUSHING

Number & Chip Collection

Please come to the school hall to collect your number and chip on the morning of the race. HQ will be open from 8:45. Please don't leave it to the last minute to get ready.

Location:

All runs start and end at
Barnabas Oley School playing fields,
Little Lane,
Great Gransden, SG19 3AE.
Registration is in the School hall from 9.00am.

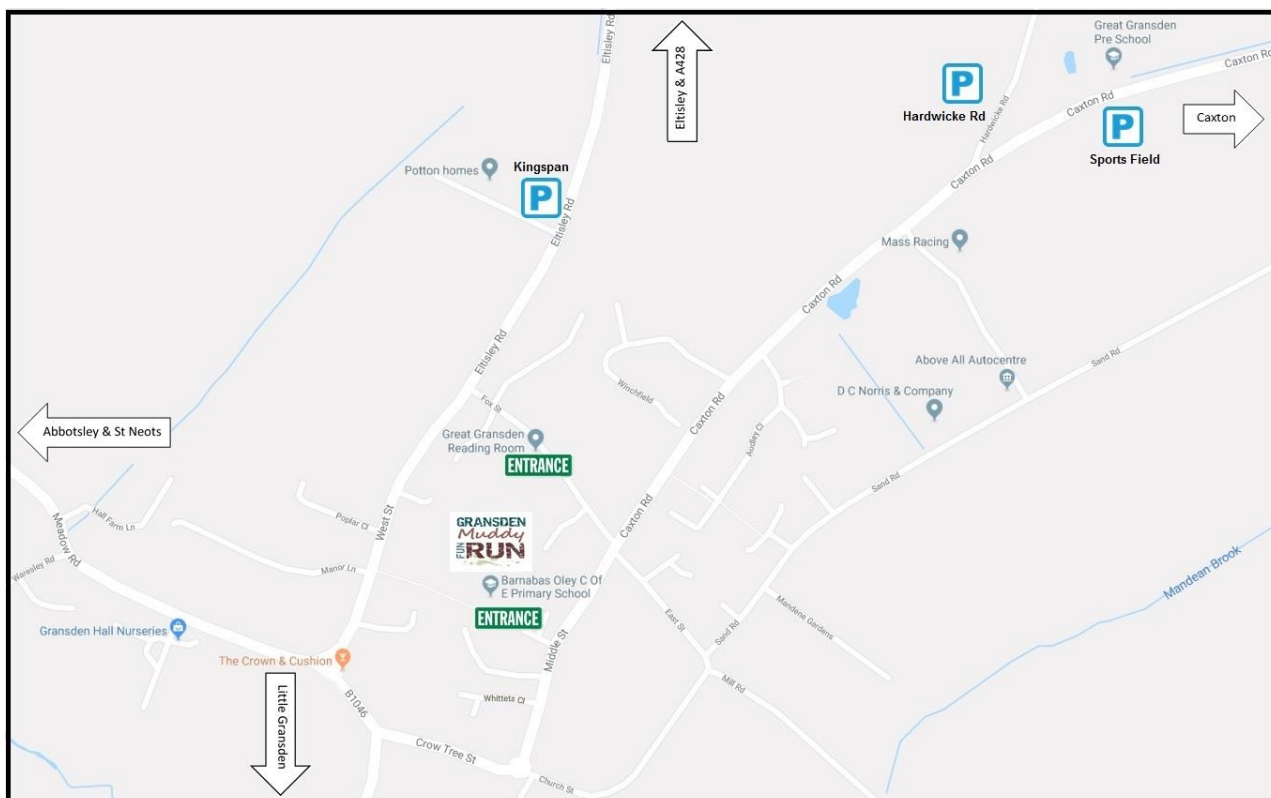
There is access to toilets at the school but no showers.
There will be additional toilets in the start / finish area.

Parking

Parking for the event is limited, and not possible around the school. If you can, please walk, cycle, or share rides to the event.

If you are driving please park in one of the carparks identified on the map below, these are just a few minutes' walk to the race HQ. Parking at the Kingspan site is the nearest and easiest (we have permission to use this, but please be aware that the use of the carpark is entirely at your risk). The postcode for your Sat Nav is SG19 3AR.

Please park sensibly and respect our local residents by not blocking their driveways (or making too much noise).



Refreshments & Awards

Come and celebrate the end of the runs in the School Hall. Medals will be given to children, other runners are welcome to take one if you would like. You can also claim your reward of free soup, cake, and hot drinks. Small prizes will be given to overall and various age group winners, as below:

Race Medals – kindly sponsored by [The Crown & Cushion](#) and [The Duncombe Arms](#)

The following race awards are up for grabs:

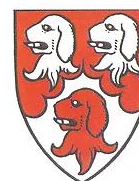
Overall 1st / 2nd / 3rd (half & 10k), male & female
 Overall winners will also win a voucher kindly donated by [The Eight Bells](#)

Overall 1st / 2nd / 3rd for KS1, KS2, KS3 (fun run), male & female
 (NB: Gun time will be used for overall awards)

Age group champions

(10k & half marathon), male & female:
 U20, 20-39, 40-49, 50-59, 60+

(NB Chip time will be used for AG awards.)



The Duncombe Arms
 Tel: 01767 650764



Overall winners will not be eligible for AG awards, age is considered as age on race day)

Fastest local family (3k) – kindly sponsored by [The Pool House](#)
Combined time of 3 finishers (your team must include one current pupil of Barnabas Oley school)

Muddiest runners (3k), male & female

Race records:

10K:

Male: 39:24 John Baslington, 2017
Female: 52:42 Scarlet Dalrymple, 2018

Half marathon:

Male: 1:18:54 Graham Rush, 2018
Female: 1:40:40 Hannah Cooke, 2017



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Routes

All routes will be clearly marked and there will be marshals out on the course to direct you, however, it is recommended that you familiarise yourself with your race route beforehand.

There is a water stop in Waresley (just after the 4mile point in the half and 5k point in the 10), plus another stop at 6/10miles in the half. If you need gels / other food to race, please carry it with you.

Maps will be available at HQ. Routes can be viewed online:

[3km Race Map](#)
[10km Race Map](#)
[Half Marathon Race Map](#)

Recent weather has made the off-road sections of our route VERY, VERY muddy. Certainly for the 10k and half marathon routes it is recommended that you wear appropriate off-road running shoes and expect to get very dirty!

The fun run has its fair share of muddy sections too, so perhaps don't wear your best trainers or clothes :)

Please do not come along expecting to run a personal best - routes are not accurately measured (all are very slightly longer than stated distances), we have roads to cross, lots of mud, and even a few gates to get through. You will have enough of a challenge completing the course.

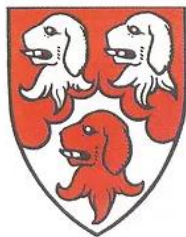
Roads & Traffic

All of our routes feature mixed terrain. We have some sections on quiet roads in and around the village, some road crossings, but also plenty of open (and hopefully very muddy) countryside. Road warning signs will be placed at critical crossings and we will have marshals where possible, but please note - NO ROADS WILL BE CLOSED, nor can the marshals stop the traffic.

All runners are responsible for their own safety out on the course. Please stay on the pavement wherever possible; where this is not possible runners should keep to the side of the road facing the oncoming traffic. Please ensure you supervise any children you have entered

Sponsors

Please try to support our sponsors:



The Duncombe Arms
Tel : 01767 650764

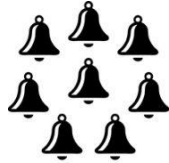
[The Duncombe Arms](#) in Waresley will be helping with our first water station in the 10k and half marathon.

Very kindly the pub are also helping to sponsor our race awards.

Furthermore, race participants can claim a generous discount on food by showing your race number. (Subject to space, please book in advance).



[The Crown & Cushion](#) in Great Gransden is helping out with marshalling and have given us a very generous donation to help support our event



the
EIGHT
BELLS

Tel: 01767 677305

[The Eight Bells](#) in Abbotsley are kindly sponsoring prizes for our overall winners!

Furthermore, race participants can claim a free beer or medium glass of wine (or drink for the kids) on race day on showing your race number

PLEASE SUPPORT OUR SPONSORS

Final Disclaimer

This event is organised and run by volunteers to raise money for our local school. We hope and expect for things to run smoothly, but please remember that unexpected issues may arise - if they do, please bear with us and try to remain cheerful :)

Thanks, and enjoy your race!

Nic Pillinger
Race Director
Gransden Muddy Fun Run 2019