Hi Harriers,

**Please note that the familiarisation run for this event will be on Tuesday March 29th – meeting at 6.15pm for a 6.30pm start at the car park in the Boneyard Field, Eastnor Castle Estate.** Please note that the gate code for the entry to the Deer Park is **1502.** This runwill be primarily off-road I will run the whole course with anyone who wishes to join me, but those marshaling in the start / finish area might opt to do a shorter loop of the central fields once they are familiar with this area. Anyone wishing to run the whole course, please note that parts of it are quite muddy, so trail shoes are advised or an old pair of road shoes will be fine. Anyone not wishing to complete the whole 7-mile run - there will be two opportunities to cut off parts of the run towards the end, leaving a total distance of about 5 miles.

To get to the Deer Park you should take the Worcester Road (A449) out of Ledbury, turn right after about 2km towards Tewkesbury on the A438 and when you get to Eastnor (after another 2km approx.) enter the Deer Park Estate using the MAIN entrance which is just past the bend and main entrance to the Castle. You will need a code to open the electric gate which is **1502**. Please memorise this code. Follow the single-track road up to the parking area in the Boneyard field – see map attached of Start / Finish area.

**2022 weekend brief.**

This is your final briefing before race weekend. If you have offered to help this weekend then PLEASE READ THIS MESSAGE CAREFULLY and LOOK AT THE ATTACHED MAPS CAREFULLY because I've used everyone who has offered to help out.

PLEASE LET ME KNOW ASAP IF YOU CAN'T MAKE ANY OF THE DAYS YOU'VE OFFERED TO HELP.

**Saturday April 2nd.** If helping set up the course, please meet at the Rugby Club at 8.30am. If you can’t make that time, then please go straight to the Boneyard field for about 9.30 where you find us hammering posts into the ground etc.

**Sunday April 3rd .** – all marshall points etc. are marked on the other attached map. PLEASE LOOK AT THIS CAREFULLY!!!!

I will be on site from about 8.30 onwards near the start/ finish.

**Race officials** please be around from 9am at the latest to help put up tents etc. - earlier would be even better. Bib distribution starts at 9.30 for those helping with this **(Helen K / Jo T-G / Rachel B)**

**First Aiders:** Thank-you those who have volunteered to be first aiders. There will be **FOUR MEDICAL KITS:** 2 near the start area (with **me and Tor**), 1 with **Edd** and 1 with **Gary.** If a first aid incident occurs near your marshalling point please call me (FA liaison) and / or your nearest first aider (see FA on map).

**Course checkers** (Barry etc.) please start your run no later than 9am.

**Marshalls** please check in with me no later than 9.30. If you know where your station is and want to go straight there then you can let me know.

**Marshalls** depart for stations 10am onwards. **Those going up the Ridgeway marshalling between miles 2-3 (Dave Elks, Mike Cotton, Neil Grinnel**– it might be worth brining a mountain bike to reach your stations. **Neil** – remember to lock your gate before leaving your station.

**Barry** – please (walk) take **Dave Aubrey** to the junction just prior to the elbow. **Gary / those at water station** – don’t forget to shut the gate before you leave your station.

**The race starts at 11am** **(dogs 11.15)** and please note that the front runners will complete in little over 40mins and will approach you a great speed! Please look / listen out for them and be sure to point them in the right direction. **Water Station marshalls** - please look out for the first runners coming down the hill towards you - they will need to be warned to slow down before they hit the cattle grid covers - which might be slippy.

**Those marshalling cattle grids with covering boards** please ensure your boards are down safely before the runners appear, and that they are removed and put to the side after the last runner has passed.

**Neil G / Water Station / Gary / Mark Lister / Sian A** - please ensure you gates are **CLOSED (AND LOCKED if there is a lock)** before you finally leave you station.

**Please bring with you** warm / dry clothing, food and drink, a bin bag to pick up rubbish at the end of the race, and a pocket knife to help you remove marker tape and cable-ties. As soon as the back runner (**Tony)** has passed you then make your way back to the start / finish area picking up posts and marker tape as you go.

All marshalls please go **BACK the way you came towards the start of the course-** i.e. **anti-clockwise** around the course **up to and including Neil G, clockwise from Edd H onwards. Neil and Edd** – walk towards eachother clearing the course **BEFORE** returning back to the way you came. All help clearing up at the start / finish area is greatly appreciated, as is helping unloading stuff back at the rugby club. We are usually all done by about 1.30pm but if you need to get off earlier then that’s fine.

**IMPORTANT:** please ensure you have your phone with you and that it is fully charged, and please load my number: **07960 866381.** I will also create a WhatsApp group for all involved in the race.

Finally – many thanks for you help – it’s greatly appreciated.

That’s all – see you Saturday or Sunday…or both!

Chris L.