

FINAL DETAILS for Knightshayes National Trust 11th June 2023

Overview

Summer picnic and loop race event.

Join us for some friendly competition over either a Short, Medium or Long course, with a chance to race against your friends, family or rivals, or simply run your own course as usual without the added pressure!

Please bring your own picnic to enjoy after your run, and if you can, bring some cake to share. The start and finish will not be far from the National Trust café, shop and toilets.

Please allow time to stay after your run to cheer and encourage other runners, and a very informal competition against QO is planned depending on numbers entering.

Please bring your own chairs if required or something to sit on. If you wish to bring any outdoor games to play after your run these would be welcome.

Location

Near: Tiverton, the postcode for the house is EX16 7RQ

The main entrance is located at GR: SS960151 What3words: enlighten.outwards.planting

Approaching from the M5, head west on the A361 to the first roundabout at Tiverton, turn northwards on the A396 to Bolham where you turn right and follow O signs and brown NT signs to the main entrance which is off Bolham Lane. Follow the main drive up past the house to the pay & display car park. This is free to NT members but otherwise you will need to pay the appropriate fee.

Courses and explanation

Short (1 loop) – 2.3K, 55m climb - suitable for newcomers/novices and similar to Yellow/Orange standard

Medium (2 loops) – 3.9K combined, 130m climb

Long (2 loops) – 6.2K combined, 190m climb

The idea of the loop race is that where a course is listed as having 2 loops you will run one loop, returning to a common control before heading off on a second different loop of similar length, to finish your course. By us identifying the loops as A and B, we can start 2 runners off at the same time. One person runs loop A then B, while the other runs B then A, so effectively the same course but in a different order. If you are running head to head with someone, the excitement comes at the crossover point between loops and then the run in to the finish, where we hope those enjoying their picnic will cheer everyone on!

Don't worry, the controls will be clearly numbered on the maps for the correct order you need to do them in!

If you wish to join the friendly competition we will try to select a competitor of similar age/ability so you race head to head, at around that time. Devon and QO members are invited to race in this way if they wish, for an informal inter club competition.

This will be done manually on the day so please accept some flexibility in start times to make it possible to pair you against a runner of similar age or ability.

If you prefer to simply run your own course as usual, that is fine, and there is no pressure to race head to head against others if you really don't want to.

Planners notes

When completing the courses, competitors are reminded to NOT CLIMB any fences. Competitors MUST USE the gates and please ensure they are closed behind you as there is stock in the fields. On the maps, whilst all gates are mapped, the only gates I have highlighted with the pink 'crossing' symbol are the gates that open onto the main driveway. I have highlighted these to alert competitors so they are aware there are likely to be vehicles in both directions on this driveway. No other gates are marked with the 'crossing' symbol as this would clutter the map unnecessarily.

The Short Course does not at any point require competitors to go onto the main driveway.

When checking the courses a couple of weeks ago, it was very noticeable how the summer foliage (stinging nettles) had sprung up and consequently, I had to amend a couple of the control sites. Competitors are strongly encouraged to wear full-leg cover in case of errant stinging nettles!

Some of the fields contain sheep and lambs; competitors are asked where possible to try and run around the livestock so they are disturbed as little as possible.

Finally, I wish you all an enjoyable race.

Pre-entry Via Racesignup.co.uk

Registration 10.00 – 11.30

Starts 10.30 – 12.00

Facilities

Parking in National Trust pay & display car parks. Free to NT membership cardholders.

National Trust café, shop and toilets all close by to event start and finish.

Dogs on leads are allowed at the event, but are not allowed on our courses, as courses will pass through enclosures containing livestock.

Officials

Organiser - Phil Beale philbeale102@gmail.com

Planner – Karen Baker

Controller – Matt Atkins

Devon OC thank the staff at Knightshayes for their help and cooperation and for use of the area.