



Dark Halloween Fun Run, 5k & 10K

Welcome to Jolly Runnings night time trail races, the *Dark Halloween* A 1 mile fun run, a 5k & 10K night race all taking place on Thursday 31st October 2019.

Please take a moment to read through this Event Information in full, we hope it will answer any questions you have, if you do need to contact us please email admin@jollyrunning.uk

**** PLEASE REMEMBER YOUR HEADTORCHES AS THIS IS MANDATORY KIT AND WE DON'T HAVE ANY SPARES IF YOU FORGET****

**** NO HEADTORCH NO RUN ****

Thank you, See you there!

Tracey & Team

Jollyrunning.uk

Event Information

A Race Briefing will happen 10 minutes before race starts, please attend these briefings if you are participating as there will be important information you will need to know to ensure your safety.

Fun Run Starts at 5pm

**** Please note I have had to change the start time of the 10K ****

**** BOTH 5K & 10K WILL NOW START TOGETHER AT 7pm ****

RACE NUMBERS

Race numbers and safety pins will be given to you on the day at the Race HQ at COCKINGTON COURT MANOR HOUSE. Please see maps below.

Race HQ for the Fun Run opens at 4pm.

FANCY DRESS

We wholeheartedly encourage fancy dress however it is optional. If dressing up please make sure it's safe for running on the woodland trails and it won't hinder you. Please consider wearing Hi-Vis too so other runners can see you from behind. We have a small treat as a prize for the coolest fun run and night race fancy dress.

FUN RUN

Number pick up is from Race Hq at Cockington Court from 4pm. There are things to do before and after so you can make an evening of it. The Seven dials café is extending it's opening hours to offer food and drink, available until 9pm. Animal HQ has kindly agreed to attend the event which provides an interactive experience for all for a minimal cost and Cockington Court is keeping it's Day Of The Dead exhibition open until 6pm for us.

Torches/headtorches are needed on this run but it's not mandatory for every participant in your family to have one. **All** lone runners will need a headtorch/torch. Please wear Hi-Vis so marshals and other participants can see you.

If you are running with your child/children for their safety please keep them by your side at all times and not allow them to run ahead alone. If your child is participating alone please tell them to listen to anything the marshal may say.

The route incorporates a section of pathway around the lakes, most of this area has fencing along the path between yourself and the waters edge however there are two small viewing places that don't, we will have marshals here and barrier tape to warn you. Please **no overtaking whilst around the lakes**, there is plenty of opportunity to overtake after this, we have added extra marshals on this section. There is a section of running on the grass around the Arboretum which could be wet and muddy, suitable footwear is advised.

Please see the Race HQ and Parking Maps below.

The fun run is purely that, it's not a race therefore not timed and there are no awards for placings. There is a treat prize for the fancy dress costume that catches our eye.

There is a medal and foam flashing baton for every participant wearing their race number.

The 5K & 10K

For the 5 & 10k Race Hq opens at 5.45pm and closes 6.40pm. If you are participating in the Fun Run beforehand you can collect your number with your Fun Run number. Race numbers must be worn at all times on your front and be visible to marshals, please make sure your race number is visible on the finish line. **Please fill out your emergency contact details and add any medical conditions on the back of your race numbers. * Please do not run if you are feeling unwell beforehand as this route is quite challenging with the added risk of it being in the dark ***

MANDATORY KIT

You must wear a Head or Chest Torch at the event, we will ask to see this when you pick up your race number, no head/chest torch, no race number. Make sure your head torch is fully charged or has new batteries and please consider carrying spare batteries/spare head torch or your phone.

It is pitch dark out there with no street lights so if your torch fails and you don't have a back up it'll be a pretty hard run. If this happens please tag onto another runner to light the way for you or pull out of the race at the next marshal.

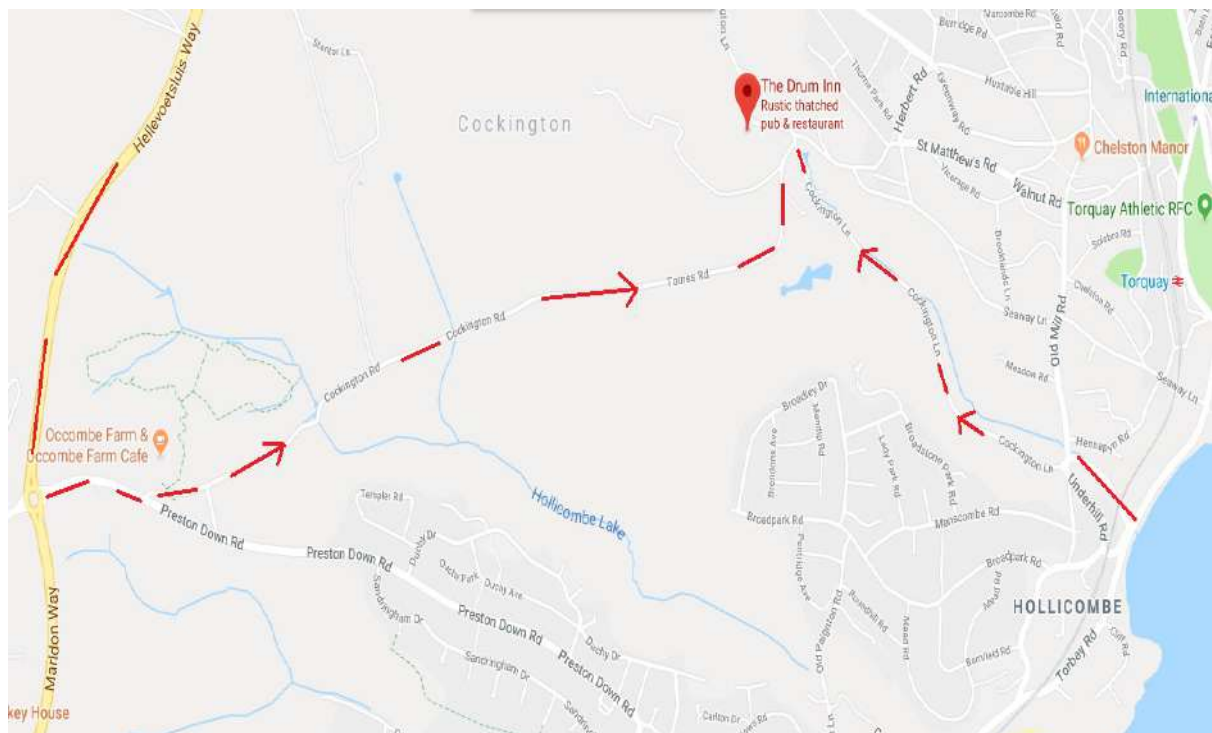
SHOES

Trail shoes are highly advised for both the 5 & 10k distances as some parts of the course are slippery underfoot. Please consider wearing Hi-Vis so runners can see you from behind. We also suggest you carry a mobile phone with full battery in case your headtorch fails and for emergency communication. Race Director Tracey's phone number 07479918068 for race day use only.

RACE HQ

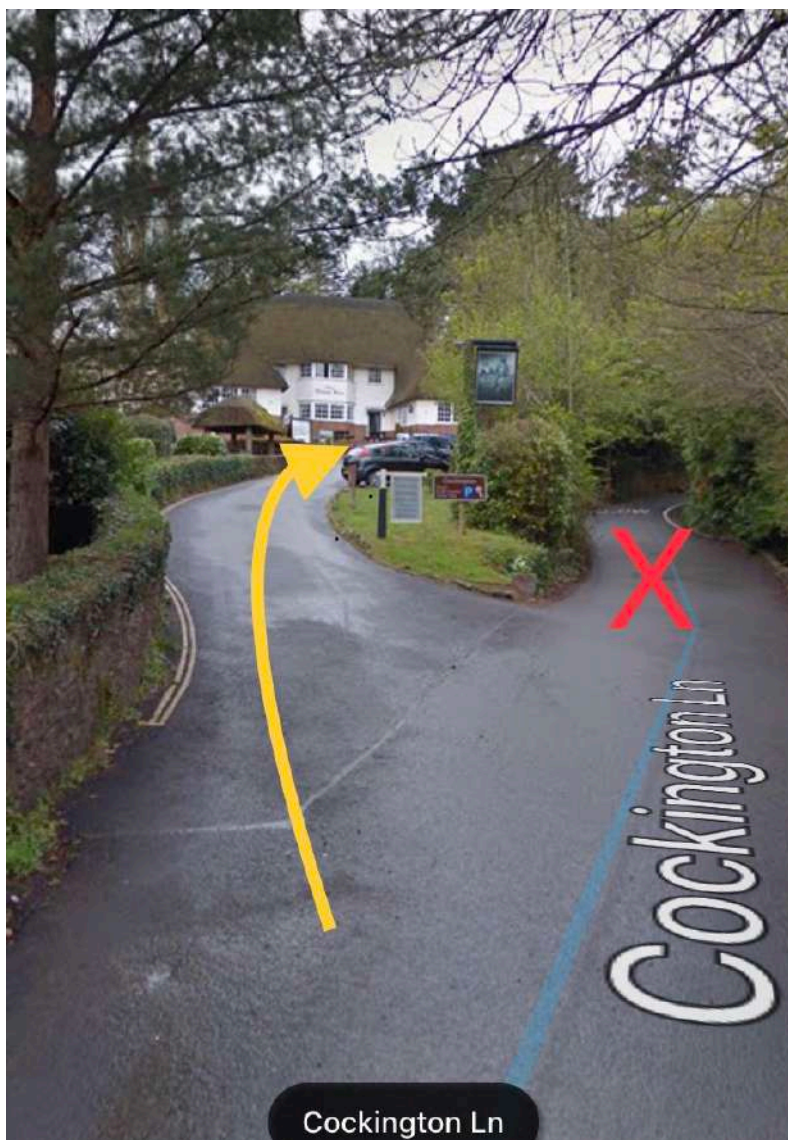
The Race HQ is at Cockington Court Manor House, **Cockington Lane, Cockington, Torquay, TQ2 6XA.**

The map below shows the two main routes into Cockington, if coming from Torquay Seafront then use Cockington Lane. If you are coming from Hellevoetsluis Way, you drive down Preston Down Road, then turn into Cockington Road and follow it into Cockington, please be aware that the road is narrow in places and it is a two way road, the route from Torquay seafront is the better option.

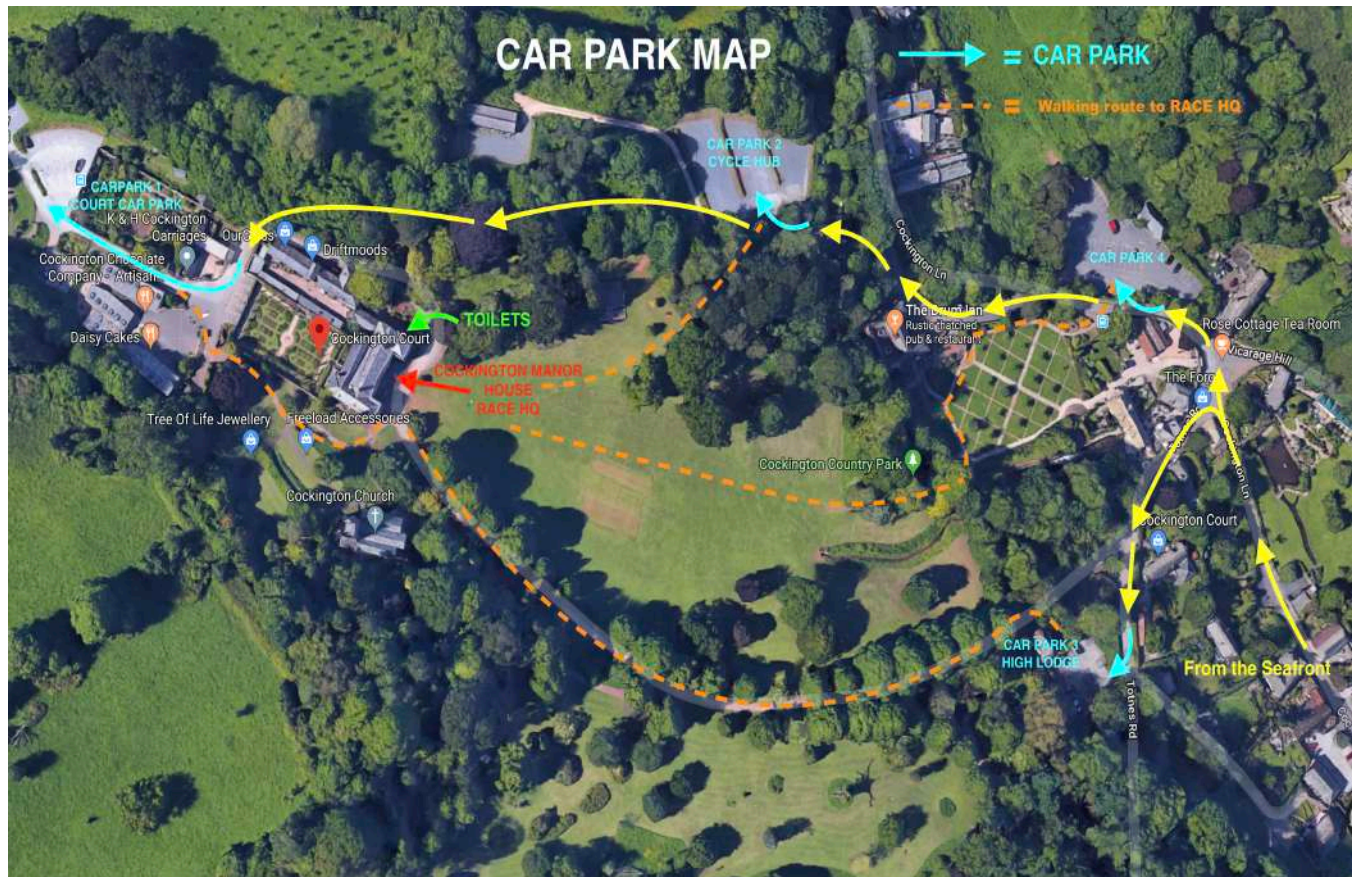


PARKING

The map below shows the location of the **4 pay and display car parks** in Cockington. Please be aware that directly after the main car park it becomes a one way system. Please take the left lane as if going to the Drum Inn pub (see photo below) and follow the Brown Cockington Court Craft Centre Cycle Hub signs. This is the only way to get to Cockington Court and Car Parks 1 & 2. Do not follow the road to the right, marked with a red cross on the photo, as this will lead you back out of Cockington and you'll have to drive all the way around again due to the one way system.



CAR PARK MAP



Parking is Pay & Display. The ticket machines take coins only. Please bring change.

**Prices are: £1 for up to 1 hour, £2 for up to 2 hours, £3 for up to 3 hours, £4.50 for over 3 hours.
Only Pay Up until 7pm, as it's free after that!!**

Cockington Court Car Park - Car Park 1 This is the closest, most convenient car park to Race HQ. It is free after 7pm so will you only need to pay for parking up until then, the car park gates are being kept open for our event so please ignore any signs informing you that the gates will be closed at dusk or 9pm.

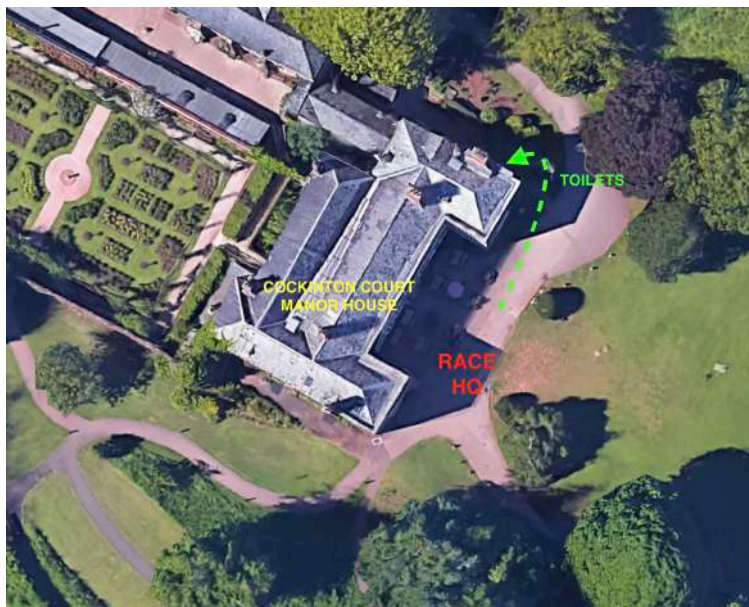
The Cycle Hub Car Park – Car Park 2 is also staying open to accommodate the event so please ignore signs about the gates being locked.

Higher Lodge Car Park – Car Park 3 This is a touch screen car park. If parking here there are some steps off it which will bring you to the pathway to the court.

There is no parking at the Drum Inn pub.

TOILETS

Toilets for your use are located at RACE HQ around the right side of Cockington Manor House, please see the green arrow on the map below.



ROUTES

The **Fun Run starts at 5pm** with Race HQ opening at 4pm with the route keeping to the concrete paths and grass trail.

Both the 5k and the 10K route start at the same time and location in front of the Manor House. The **5k & 10k start at 7pm**

Both the 5 & 10k follow the same route for the first 3 miles, at mile 3 you will descend carefully down the steps you first went up at the start of the race, this is the 5/10k split point. One of our friendly marshals will send the 5K runners to your left back down towards the finish and the 10K runners will be sent upwards onto the rest of the 10k route around Scadson woods. Signs just before the split will also point out the directions.

* Please look out for your fellow runners on the event, if someone falls please take time to check they are ok and let a marshal know of any issues. *

ROUTE MARKING

The routes will be marked with reflective arrow signs, flashing light sticks, red and white barrier tape hung in trees as a confidence marker and small yellow flags. We also have marshals along the routes, follow the signs and route markings and do not turn from your path unless an arrow or marshal tells you to. If you find you are not seeing any markings for a long time please re-trace your route back to the markers.



Flashing light stick



Reflective Arrow

LITTERING

Please no littering on the event, we have a zero tolerance to littering and we are very appreciative and lucky to be able to run around this gorgeous countryside and any littering would compromise future events in this area, anyone caught littering could lead to disqualification.

WATER STOP

The water stop is on the 10k route only, it is at mile 3.3 and again at mile 6 as the route returns along the same pathway. Please put your cups in the bins provided.

There will be a water stop at the finish line for the 5k and fun run.

FIRST AID & MEDICAL COVER

We have a professional Medical Team with a paramedic and ambulance technician in attendance at every event, please ask them for any assistance required. We are in radio contact with all our marshals and medical team throughout the event. All our marshals also have a small first aid kit and emergency foil blanket with them, if they are not first aid trained they will not be able to treat you but you are very welcome to have access to the kit should you need anything. They are also looking out for you and how you're doing. If you experience any problems or health issues whilst competing please let any of the marshals know. We also have a first aid kit at race hq.

Also if you have forgotten anything we have a '**Runners box**' with all sorts of things you may need but didn't pack, we're drawing the line at providing underwear or sports bras!!

TERRAIN

The route consists of trails on grass, fields, gravel paths, muddy paths and technical woodland trails, trail shoes are highly recommended for the event. On some sections there are tree roots, loose slippery rocks and lower branches, please please take it easy as it is pitch dark and the ground is most likely to be wet and slippery too. Also listen to the race briefing and the marshals, they will let you know if a tricky underfoot section is coming up. We will aim to try and spray particularly dangerous roots but cannot spray the whole forest so please watch your footing.

HEADPHONES

No headphones are allowed on this event, you will need to be aware of your surroundings and be able to hear important marshal instructions at all times. Anyone caught wearing them will be disqualified for your own safety.

BAGGAGE

We do not have a designated baggage drop at this event due to the close proximity of the car parks to race HQ. However we will have a box at Race HQ to keep your car keys safe whilst you run, please attach the baggage label from your race number to your keys and place in the box.

PRIZES

We have bespoke glass awards hand made by Teign Valley Glass for the 1st, 2nd & 3rd Male and Female for the 5k & 10k course and our Jolly Runner award.

We also have a prize for the fancy dress chosen by Tracey and her crew, which will be announced after the race briefing, before the race starts for you to collect the treat after the race.

Race awards will be presented after the races.

5K & 10K FINISH LINE

The finish line is the same for both distances. The event is being manually timed so please ensure your race number is on your front and clearly visible to the timing team. Try not to fold it up into the size of a postage stamp to fix it on your leg etc as it will be hard for the timers to visualise your number in the dark, thank you.

Once you cross the finish line there will be a funnel, please enter the funnel in the order you crossed the line so we can ensure accurate results.

You'll then see Jenny and my mum who'll present you with your medal and bandana.

RESULTS

The event will be manually timed and results will be published on our website and on our Facebook page on the evening of Friday 1st November or no later than Saturday evening.

The Seven Dials Café

The Seven Dials Café is very kindly extending their opening hours to accommodate us and adding a few 'Halloween inspired' options to their menu especially for us.

The Drum inn is also open for food and drink during the event and is part of the Vintage Inn chain.

YOUR ENJOYMENT

Your enjoyment is why I organise the events and I strive to make them the best I can. We hope you have fun and enjoy our event if however you feel something was not so jolly or we could do something better we very much welcome your opinion. Please come and talk to me in person on the night so I have the opportunity to rectify anything you aren't happy about, I wouldn't want you to leave feeling disappointed.

Likewise, if you had fun and enjoyed the event please leave a review on our Jolly Running Facebook page.

Thank you & I looking forward to seeing you soon

Tracey x

Other Jolly Running Event Dates for your Diary

Saturday 21st December

Extremely Jolly sponsored by **Red Rock Brewery** – 7.5 festive fun miles, the 1st trail race to have a waterslide. Escot Estate, nr Honiton.

<https://jollyrunning.uk/extremely-jolly/>

Sunday 22nd December

Escot Christmas Marathon & Half Marathon. 1st ever marathon to incorporate a waterslide!

<https://jollyrunning.uk/escot-christmas-marathon/>

<https://jollyrunning.uk/escot-christmas-half-marathon/>

Sunday 29th March 2020

Beat The Train - our very unique race which gives you the opportunity to ride and race the train on our stunning Totnes riverside route. **More details on when it's opening soon and new events for 2020.**

Please see our website and facebook page for details at www.jollyrunning.uk or facebook.com/jollyrunning