



Merry Christmas!!

Welcome to the Event Information for the Extremely Jolly & Little Elves fun run at Escot Estate on Saturday 21<sup>st</sup> December 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](mailto:admin@jollyrunning.uk)

We're looking forward to see you on the day.

Tracey

Event Organiser

## Event Information

**The Little Elves fun run starts at 10:00am**

**The Extremely Jolly starts at 11:00 am**

**Race Numbers** - Race numbers and safety pins will be given to you on the day at the Race HQ. Race registration will be open at **8:30am until 10.40am**, Race numbers must be worn at all times on your front and be visible to marshals, please also make sure your race number is clearly visible on the finish line. Please fill out your emergency contact details and add any medical conditions on the back of your race numbers. Running with someone else's number will lead to disqualification.

**Race T-shirts-** If you pre-purchased an **Extremely Jolly race t-shirt** with your entry you will be given this when you pick up your race number.

**Results** - The event will be manually timed and results will be published on our website and on our Facebook page as soon as possible after the event, we are aiming to get provisional results out on Saturday evening and official results by Monday 24<sup>th</sup> December as we have Sunday's event and a grand clear up on Monday daytime.

## **Fancy Dress & Shoe Choice**

**Trail shoes are highly recommended. The Extremely Jolly is just that... Extreme! There are a few water crossings, muddy tracks and not forgetting the waterslide so a change of clothes for afterwards is definitely recommended. There will be a 'changing tent'.**

Fancy Dress is optional, but always encouraged to add to the fun of things, there is a prize for the best fancy dress judged before the race starts (the winner can come and collect their prize after the race), please also remember to dress according to the weather, it may be cold and there are some river crossings.

## Event Parking

Please consider car sharing where possible. The event is held at Escot Estate, please use the main entrance as shown on the map below, the postcode is EX11 1LU please follow the brown signs to Escot, if coming from Torbay, Paignton, Exeter etc Take the A30 and leave at the Fenny Bridges exit to the B3177, at the bottom of the sliproad turn right and then right again, follow the signs. we will have some signage to help you find the event.

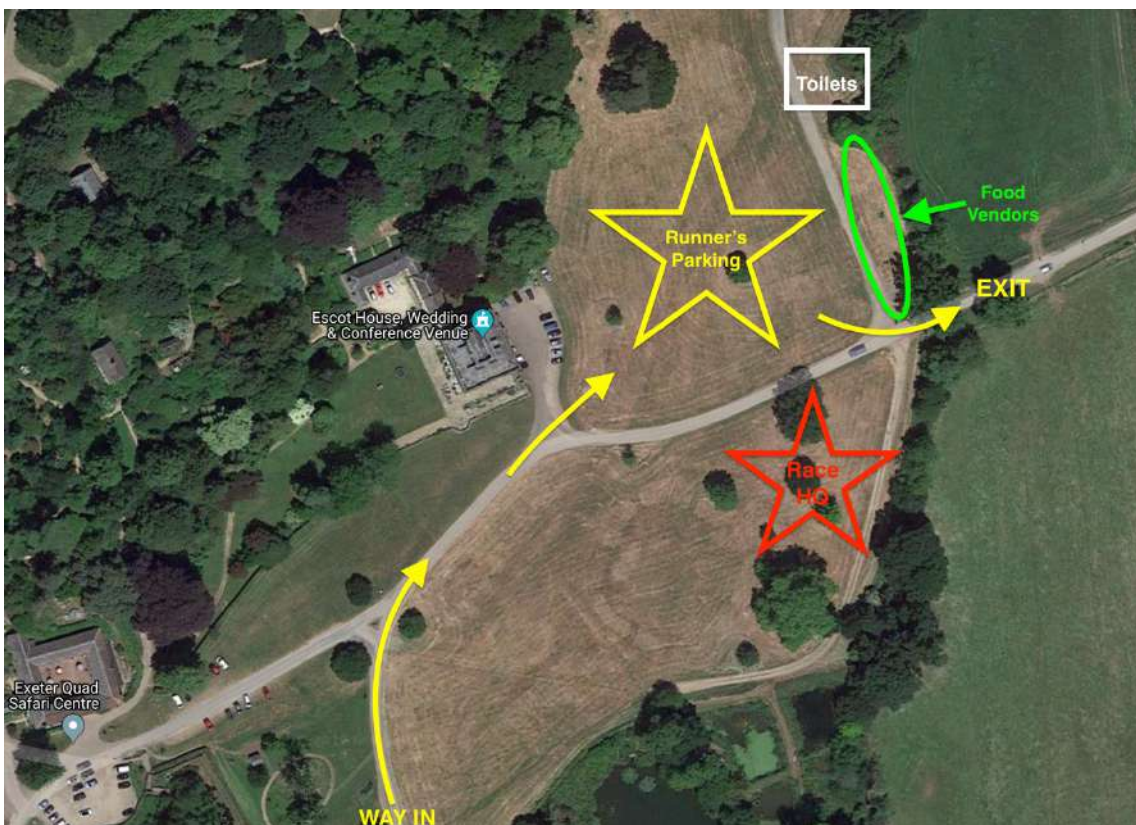
The map below shows where the car parking is located at Escot, please follow our parking marshals instructions. Please Do not park on the paved car park, this is for Escot Residents only.

Please park as advised in the photos , facing downwards to ensure your car does not get stuck on the grass, drive on and drive off.

When leaving the event, drive down the field to the gravel driveway opposite the food vendors and then turn left to drive over the bridge, please **do not** drive out the way you came in. Please take care when leaving as there may be runners, marshals and spectators on the driveway. At the end of the driveway, at the road junction turn right.



Below is a map showing the locations of the car park, toilets, food & drink, Race HQ.



Exit Over the bridge **NOT** the way you came in please.



Please park like this.

## **Race HQ**

Race HQ to collect Extremely Jolly & Little Elves fun run race numbers will open at **08:30am**, please arrive in plenty of time to register and pick up your race number. Registration will close at **10.40am before the Extremely Jolly Race Briefing.**

A safety briefing for the **Little Elves fun run** will be held at **9:50am** by the Race HQ which is next to the start line. Please see the Race HQ Layout Map above.

**The Extremely Jolly race briefing will be at 10:45am and the race will start at 11:00am**

## **Baggage**

There is no baggage tent as the car park is just feet away from Race HQ. We will have a box at HQ for us to hold your car keys while you run, please attach your race number bag label to your keys.

## **On the Route**

Please look out for your fellow runners on the event, if someone falls please take time to check they are ok and back on their feet and let a marshal know of any issues. Some tracks and trails have rubble on so please watch your footing.

Please no littering on the event, we are lucky to be able to run around this gorgeous private countryside estate and any littering would compromise future events in this here, littering will lead to disqualification.

There is one small section in the first woods, where some of the back markers may encounter quad bikes, they have been warned of the event and will be going very slowly along this section.

There are two sections on the route where runners may be going in both directions, please follow marshal instructions and stay to the right.

## **Road Crossing**

There is a Road Crossing on the route, which you will come to at mile 2.3 and again from the other direction at mile 5.4, there will be road marshals here to warn you of the crossing and help you cross, **they do not have the power to stop traffic**, it is not a very busy road, but cars can travel fast, please listen to and follow the marshal instructions here, if they ask you to stop, **STOP**, your safety is our priority.

## **Water Stop – Jollification Station**

There is a Water Stop at Mile 2 and our 'Jollification Station' at Mile 4.7, there may also be surprise refreshment along the route, just when you need it the most.

## **WATER SLIDE**

Please for safety only **one person** to go down the water slide at a time. Once down please move away from the bottom of the slide promptly to allow the next person down.

## **Route Marking**

The routes will be marked with arrow signs, red and white biodegradable tape and small flags in the ground. We also have marshals along the routes, follow the signs and do not turn from your path unless an arrow or marshal tells you to. Listen to the marshal instructions if they tell you a section is slippy, take care.

## **First Aid**

We have a professional Medical Team with paramedics in attendance at every event, please ask them for any assistance required. All our marshals also have a small first aid kit & 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 or Tracey who is first aid trained and 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... yes these have been known to be forgotten!!!

## **Terrain**

The route is 95% off road, on grass, fields, gravel paths, muddy paths and trails, trail shoes are highly recommended for the event. On some sections there are tree roots, slippery rocks if wet and lower branches. Also listen to the marshals they will let you know if a tricky underfoot section is coming up.

## **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 especially at the road crossing.

## **Prizes**

We have a bespoke glass trophy hand made by Teign Valley Glass for the 1<sup>st</sup> Male and Female with prizes for 2<sup>nd</sup> and 3<sup>rd</sup> places as well. We also have the Jolly Runner awards.

We also have a prize for the best fancy dress as chosen by Tracey and her crew before the race starts (the winner can collect their prize after they finish the race).



## **The Finish**

Upon finishing you will be given your well-earned Extremely Jolly bespoke Santa Furry Bottle-opener Medal, a bottle of Extremely Jolly Christmas Spiced Beer brewed by event sponsors Red Rock Brewery and Santa beard buff and a candy cane.

Spectators - Spectators are most welcome to see you at the Start/Finish area or the slide, please let them know there are areas of Escot which are private and to stick to the public footpaths only.

## **Food & Drink**

We have some fantastic food and drink options for you at the Extremely Jolly:

Red Rock Brewery will have their pop up bar at the event, they will also be selling xmas gift packs, they can only take **CASH**.

(CASH ONLY BAR).

We have several great food and drink options for you.

**Lemon Jelli** have various delicious food options for you, from crepes with many fillings, dirty fries and bacon rolls!!

**Big Bear Coffee** serve freshly ground coffee, speciality teas and hot chocolate. Dairy-free options available. They also offer delicious home-made cakes, cookies and pastries including vegan options. Cash & Cards accepted.

**Teign Bean Coffee** provide hot and cold drinks from their beautiful horsebox and also have delicious cakes and pastries.

## **Event Sponsors**

We would like to say a big **THANK YOU** to **Red Rock Brewery** for kindly sponsoring the our Extremely Jolly event.

See you soon for some festive fun and frolics!!!

We hope you have fun and enjoy our event if however you feel something was not so jolly please come and talk to me in person on the day 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

We want our events to be the best they can be for you so if you think of anything please let us know.

Thank you

See you soon

Tracey

Jolly Running Director & Event Organiser