



Merry Christmas!!

Welcome to the Event Information for the Escot Christmas Marathon & Half Marathon at Escot Estate on Sunday 22nd 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

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

Tracey

Jolly Running Event Organiser

Event Information

Sunrise is at 08:12am on Sunday. **MARATHON RUNNERS** - Please bring a headtorch for the first lap and registration. Thank you.

The Escot Christmas Marathon starts at 8:00am

The Escot Christmas Half Marathon starts at 8:30 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 **6:30am until 8:10am**, It will be dark then so bring a torch if you have one. 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. **This event is chip timed and Full on Sport who are managing the timing have asked me to please recommend that you do not fold your race number up smaller and do not wear it on the side of your thigh as sometimes the mats do not register your result.** 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.

Results - The event will be chip timed and results should be available pretty much immediately from the full on sport website and will be put on the JR website as soon as physically possible after the grand clear up.

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.

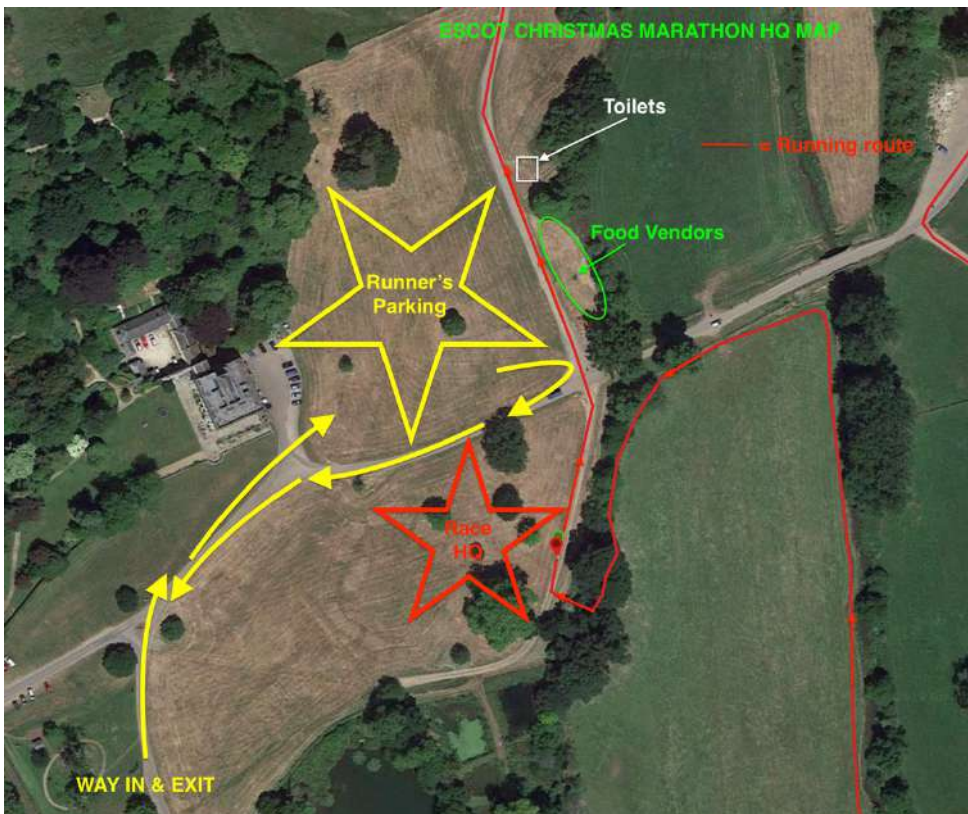
Please park as advised in the photos, facing downwards to ensure your car does not get stuck on the grass, drive on and drive off.

When leaving the event, drive down the field then turn RIGHT TO **DRIVE OUT THE WAY YOU CAME IN**, if you came yesterday for the Extremely Jolly this is different instructions. Please take care when leaving as there may be runners, marshals and spectators on the pathway by the food vendors and around HQ.



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

The yellow arrow shows which way to drive in and exit.





Please park like this.

Race HQ

Race HQ to collect your race numbers will open at **06:30am**, please arrive in plenty of time to register and pick up your race number. Sunrise is not until 08:12am so please bring a head torch. Registration will close at **08:10 am before the Half Marathon Race Briefing.**

A safety briefing for the **Marathon** will be held at **7:50am** by the Race HQ which is next to the start line.
Please see the Race HQ Layout Map above.

The **Half Marathon** briefing will be at **8:15am** and the race will **start at 8:30am**

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 you may encounter some quad bikes, they have been warned of the event and will be going very slowly along this section.

Water Stop – Jollification Station

There is a 'Jollification Station' at the top of the waterslide. There is also a water stop at Race HQ where the lap/finish line is.

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 slippery, 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.

Prizes

We have a bespoke glass trophy hand made by Teign Valley Glass for the 1st 2nd & 3rd Male & Female. 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)

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

The Finish

Upon finishing you will be given your well-earned Escot Christmas Marathon or Half Marathon medal, a Santa beard buff and a delicious Georgie Porgies's Pudding.

Food & Drink

We have some delicious food and drink options for you:

Lemon Jelli have various mouth-watering 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.

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 & see you soon

Tracey

Jolly Running Director & Event Organiser