



Merry Christmas!!

Welcome to the Event Information for the Extremely Jolly race at Escot Estate EX11 1LU on Sunday 14th December 2025

THIS IS A CUPLESS EVENT!! - Please bring your own cup or bottle. There are also soft eco cups available to purchase from race HQ when you collect your race number. £4 cash.

Please take a moment to **read this Event Information in full**, it is long but its purpose is to give you all the information and answer any questions you may have, if you do need to contact me, please email admin@jollyrunning.uk

However, as it's just me in the business I'll be busy setting up at Escot in the week prior to the event therefore I won't be to respond to any queries until after the event. **If you are considering contacting me regarding your entry, I'm afraid the deadline to transfer or defer has passed.** If you are unable to make the event for ANY reason, I am unable to do anything now, sorry. You don't need to let me know but **PLEASE DO NOT** give your race number to anyone else as this is very dangerous for the runner and they will not be insured to run under your name unless the swap has been done officially through RaceNation prior to the deadline. They will also be disqualified from entering and the original runner will be banned from future events.

The Event is at Escot Estate, Ottery St Mary, Devon, EX11 1LU.

The Little Elves fun run starts at 10:00am

The Extremely Jolly race starts at 11:00 am

Race Numbers/Registration -

LITTLE ELVES FUN RUN race numbers are to be collected from RACE HQ from **9am until 9:30am**, number collection will close at 9:40am. A safety briefing for the **Little Elves fun run** will be held at **9:50am** by Race HQ which is next to the start line.

Registration is located at the Grey Jolly Running Gazebo at Race HQ and will be open at **9:00am**.

EXTREMELY JOLLY 10K - You collect your race number from the grey Jolly Running Race HQ gazebo on the morning of the event. There will be **3 queues based** on the **first letter of your surname**, please queue up in the relevant line. **A - G, H - O** and **P - Y**.

Please see the Race HQ Layout Map below.

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

The race briefing is held at Race HQ.

Race numbers must be worn at all times on your front and be visible to marshals, medical and event crew, please also make sure your race number is clearly visible on the finish line as the event is manually timed.

**** Please fill in the back of your race number with your emergency contact details and any medical information prior to the event please **** This is extremely important to me that this is done as it is the first thing we will look at if you are involved in a medical emergency and saves valuable time rather than having to refer back to the race paperwork, or look you up online. I will also have given certain relevant medical information to the Medical Team on the day in order for

them to be aware to respond effectively and appropriately. Your personal medical information is dealt with the strictest confidentiality. There is a table and pens provided for you in the gazebo next to Race Registration.

Results - The event is chip timed event therefore it is important that your race number is attached to you at all times. A link for your results will be made available to you. Results will also be officially published on the Jolly Running website and Jolly Running Facebook page as soon as possible.

Shoe Choice & Fancy Dress

I've made the decision due to the terrain to make **Trail shoes mandatory**. The Extremely Jolly is just that... Extreme! There may be a few water crossings (the water levels will be assessed on the morning and may be omitted from the race if deemed too high and too fast, which they have been over the past years) muddy technical tracks with rubble and leaves and not forgetting the waterslide so a change of clothes for afterwards is definitely recommended. There will be a 'changing gazebo' at Race HQ. Please bring a bin liner to stand on to change as there will not be flooring in the gazebo.

Fancy Dress is optional, but always encouraged to add to the festivities and fun of things, please also remember to dress according to the weather, it may be cold and there may be some stream/river crossings. A change of clothes for afterwards is recommended.

Event Parking

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 slip road 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 STRICTLY. Please Do not park in the car park in front of Escot House as this is for Escot Residents only and please DO NOT PARK IN WILDWOOD's car park as this has previously given me a lot of trouble from the owner of wildwood and this could affect me returning to Escot. Please also do not park in the designated Marshals Parking as this is very limited and if the marshals cannot park I cannot start the race. Please only park on the grass area in front of Escot House, the grass has a gravel sub layer. In wet conditions please drive on to the grass area in a straight line as once you turn your car on the grass it is likely to spin.

Please park as advised in the photos, facing downwards to ensure your car does not get stuck on the grass, we are aiming for you to be able to drive on and drive off. Please try to avoid turning or weaving on the grass as this may cause you to get stuck. Please do not park in the alternative parking location, this is only to be used if you are instructed to do so by a parking marshal.

If on the day we are using the ALTERNATIVE PARKING please park in a single line, the way shown by the red line of cars keeping two wheels on the pathway so that you will not get stuck.

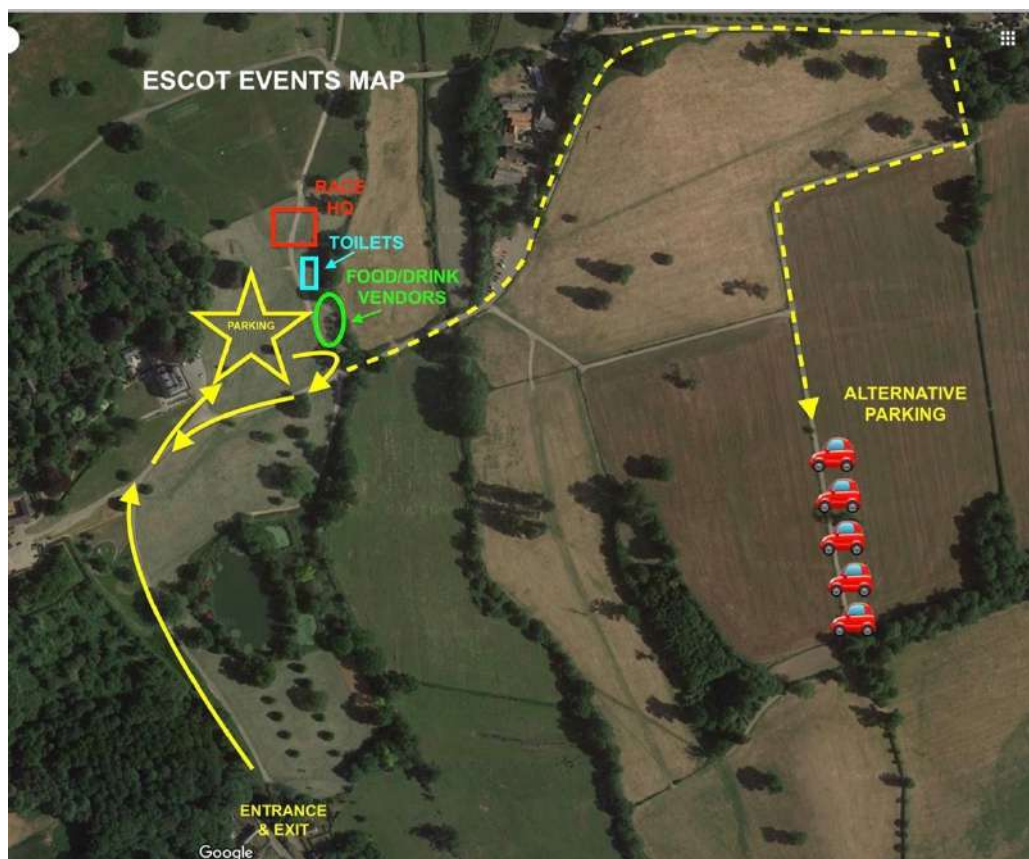
Some tips for driving on the grass: Please drive slowly with low and steady revs, if you over-rev you may start spinning and once your wheels start to spin that's it. Please try not to turn on the grass.

When leaving the event, drive down the field to the gravel pathway opposite the food vendors and exit the way you came in. Please take care when leaving as there will be runners, marshals and spectators on the driveway and course.

Escot's Entrance.



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



Exit the way you came in please.

Please park like this.



Baggage

There is no baggage tent as the car park is just feet away from Race HQ and the Start/Finish line. We will have a box at HQ for us to hold your car keys while you run, there will be luggage labels available for you to attach to your keys.

Race HQ

Is the grey Jolly Running logo gazebo. It is located along the path from the parking green in front of Escot House. It is managed by my amazing crew, consisting of my mum, my daughters and my friends Sara & Richard. Without them I simply wouldn't be able to set it up alone or bring the event together on the day.

On the Route

This year the route may have some changes, In 2023 it became a 10km distance. So...if you're lucky enough to be a front runner leading the race please keep an eye on the signage and listen to the marshals directions. Especially if you've run it in previous years... Please don't assume you'll be going the same way.

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. The route is 95% off road, on grass, fields, gravel paths, muddy paths and trails, the elements and quad bikes have made a few trails quite tricky. Trail shoes are mandatory for the event as road shoes will give you no grip in the mud and on stones and it'll be dangerous for you!! Some tracks and trails have rubble and bricks on which can be covered by the leaves so please take care.

Please no littering on the event, we are lucky to be able to run around this gorgeous private countryside estate and any littering would jeopardise me being able to hold future events here, littering may also lead to disqualification. There are bins at all aid stations and Race HQ.

In the first 1.4 miles of the race some of you may encounter quad bikes, they have been made aware of the event and will be going very slowly along this section. Please be vigilant, for your safety please give the quads the right of way right of way by moving to the RIGHT side.

There is one particular part of the route in the second woods across the road from Escot that has a steep downhill. I would advise for your safety that this short section **is not runnable**. Please walk down it to reduce your risk of falling and injury. There will be a marshal at the top to supervise you. The terrain here is mud, wet leaves with hidden bricks, rubble and smooth pebbles. Please take care. There will be medical crew nearby however this is the most difficult location on the route for an emergency extrication.

There are some sections on the route where runners may be going in both directions, please follow marshal instructions.

Route Marking

The route will be marked with **Yellow Jolly Running arrow signs**, red and white biodegradable barrier tape in the trees and small wire flags in the ground. Follow these and you can't go wrong. We also have marshals along the route. If you do not see any route markings for a while and think you may be lost please re-trace your steps back until the last markings. Listen to the marshal instructions if they tell you a section is slippery, please take care. All marshals have radios to be in constant communication with myself and the medical team should any issues arise. There will also be a pair of back runners to ensure everyone has finished the race safely, the back runners have radios for contact too.

Road Crossing

There is a Road Crossing on the route, at the entrance of Escot, which you will come to at mile 2.4 and again from the other direction at 4 miles. There will be 2 road marshals here to warn you of the crossing and help you cross, **they do not have the power to stop the 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, **PLEASE STOP**, your safety is our priority.

Water Station

THIS IS A CUPLESS EVENT - Please bring your cup or bottle. There are also soft eco cups available to purchase from race HQ on collecting your race number.

There is a Water Station at Mile 2 and our 'Jollification Station' at 3.4 miles then the water station again at 4.3 miles.

Water, snacks and refreshments will be available, we also have Vegetarian and Vegan options such as skittles which will be labelled. There will be a few pick n mix style options.

Marshals

YOUR SAFETY IS ALWAYS OUR TOP PRIORITY and the routes are heavily marshalled by my family, friends and members of the running community, most of them are runners themselves or relatives of runners taking part. No matter how much organising of the events I do none of it can happen without the marshals who give their time so kindly and generously.

WATER SLIDE

Please for your safety and validity of my insurance and race permit please only **ONE PERSON AT A TIME** to go down the water slide. Once down please move away from the bottom of the slide promptly to allow the next person down, so that other runners aren't standing in the cold waiting for the slide. The slide is kept slippery with water and No Tears Baby Bath, it's hypoallergenic and will also not harm the aquatic wildlife in the river at the bottom of the field or you if splashed in your eyes. If you are allergic to this particular soap please do not participate on the slide. Please make sure that your race number is still attached after the slide as this provides your race time. The slide is optional and you can choose not to go down it. If you are opting out please still stick to the route, follow the route up to the slide then walk down the opposite side of the slide and continue to follow all the course markings.

IMPORTANT: In 2021, for the first time, a runner sustained an injury on the slide. It was a significant injury to the runner's hand at the end of the slide, caused by the natural instinct to put your hand down when coming off the bottom of the slide. This is something that I never want to happen again. Because of this please adopt the following position as it is the safest position on the slide. When on the slide please, please, please, I know it's a natural instinct but please **DO NOT PUT YOUR HANDS DOWN AT THE BOTTOM OF THE SLIDE**. Please sit up or lie flat and keep your arms in or crossed over your chest and do not put your hands down to slow your exit from the bottom of the slide onto the grass/mud.

Please see the picture below of how to position your hands whilst on the slide.



First Aid

I have a professional Medical Team with paramedics in attendance at the event, these are my personal colleagues from South Western NHS Ambulance Service, please ask them for any assistance required. Medical crew will be positioned at the slide at all times, they will also be in the woods over the road from Escot and also at Race HQ. All marshals have radios to be in constant communication with myself and the medical team should any issues arise, they also have a small first aid kit, blister plaster & foil blanket with them. As well as directing you and keeping you safe they are also assessing how you're doing. If a marshal feels you may need assistance please honour their wishes as sometimes injury, fatigue, dehydration and exhaustion can affect your judgement. If you experience any problems or health issues whilst competing, please let any of the marshals, medics or myself know. I am also ambulance crew and have a first aid kit at race HQ.

Runners Box

If you find you have forgotten something I have a 'Runners box' with all sorts of things you may need but didn't pack. This includes sanitary items, blister plasters, chaffing cream, hair bands etc. Please ask for this at Race HQ.

Headphones

Headphones are not permitted 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. This is in accordance with UKA rules.

Prizes

We have a bespoke awards for the 1st 2nd and 3rd Man & Woman. I will aim to give these as soon as possible to minimise you waiting around and getting cold.

The Finish

This event is chip timed, please make sure that your race number is clearly visible as you cross the finish line.

Upon finishing you will be given your well-earned Extremely Jolly bespoke medal and buff.

Spectators - Spectators are most welcome to see you at the Start/Finish area and certain areas of the route like the slide as long as there is no obstruction to the course. There are also areas of Escot which are private and to stick to the public footpaths only. Dogs are most welcome with spectators but must be kept under control and on a lead at all times as there are sheep and livestock around and please do not let your dog on the course, please also clean up after them. Thank you.

Food & Drink

We have some lovely food and drink options for you at the Extremely Jolly provided by:

The lovely ladies, Zoe & Marnie, at **Yum Yumz of Torbay** will serve hot and cold drinks and a selection of sweet and savoury food.

Sharon and her team at **S H Catering** will be ready to serve you hot food, bacon baps & subs, burgers, veggie burgers, chips, hot dogs, hot pork rolls.

DOGS

Dogs are not permitted to run with you as the race has to abide to UKA England Athletics rules and regulations but well behaved dogs are allowed to accompany spectators in the public areas of Escot provided that they are kept on a short lead, under control and not on any part of the running course due to the runners safety and the livestock on the estate.

FEEDBACK

I hope you have fun and enjoy the event. I plan the events in my spare time from my full time job as ambulance crew and it is just myself that organises every aspect of the events. Then on the day I have the invaluable help of my daughters, family and cherished friends and marshals, whom I could not do this without them. I must admit it is a juggle and blood, sweat and determination go into it but I strive to put all my effort into every detail of the events. That said, I'm not perfect and sometimes things don't pan out the way I anticipate them to. In event/race organising there are frequently unforeseen circumstances that happen on the day, sometimes I can fix them behind the scenes without any effect on the event but sometimes I cannot which will result in me making last minute decisions, route changes or contingency plans. It is important to me that my event is a happy, fun and positive running experience for you therefore if you feel something was 'not so jolly' or I could do something better I very much welcome your opinion and suggestion as I would like to make my events the best they can be. If you are not happy about something **Please, Please come and talk to me before leaving the event** and I will do my best to try to rectify anything. I would hate for you to leave unhappy and me be unaware of your feelings.

If you've managed to read this in its entirety without falling asleep then that deserves a medal in itself!!! Now all you have to do is plan your fancy dress, put on your trail shoes, turn up and run 😊

Thank you and see you soon.

Tracey and Co. x