

CALKE ABBEY

Ticknall, Derbyshire, DE73 7JF
(Ticknall village entrance)

Gate opens – 7:30am
10k race start – 9:30am

Permitted and insured under ARC
With thanks to The National Trust & Calke Abbey

TRANSFERS

If you are unable to take part in the event, you are able to transfer your entry to another runner upto 8th September.
Please use : <https://www.evententry.co.uk/transfer-my-entry>
Deferrals and refunds are not available.



Race Information

Calke Abbey 10k | 15th September 2019

IMPORTANT - ENTRY & PARKING

Entry to the Calke Abbey Park & Stables is included as part of your advance 10K race entry. This entitles your vehicle and its occupant's entry into the park, but does not include the house or gardens.

Please look to arrive from 7:30am onwards and follow directions of the Calke parking marshals.

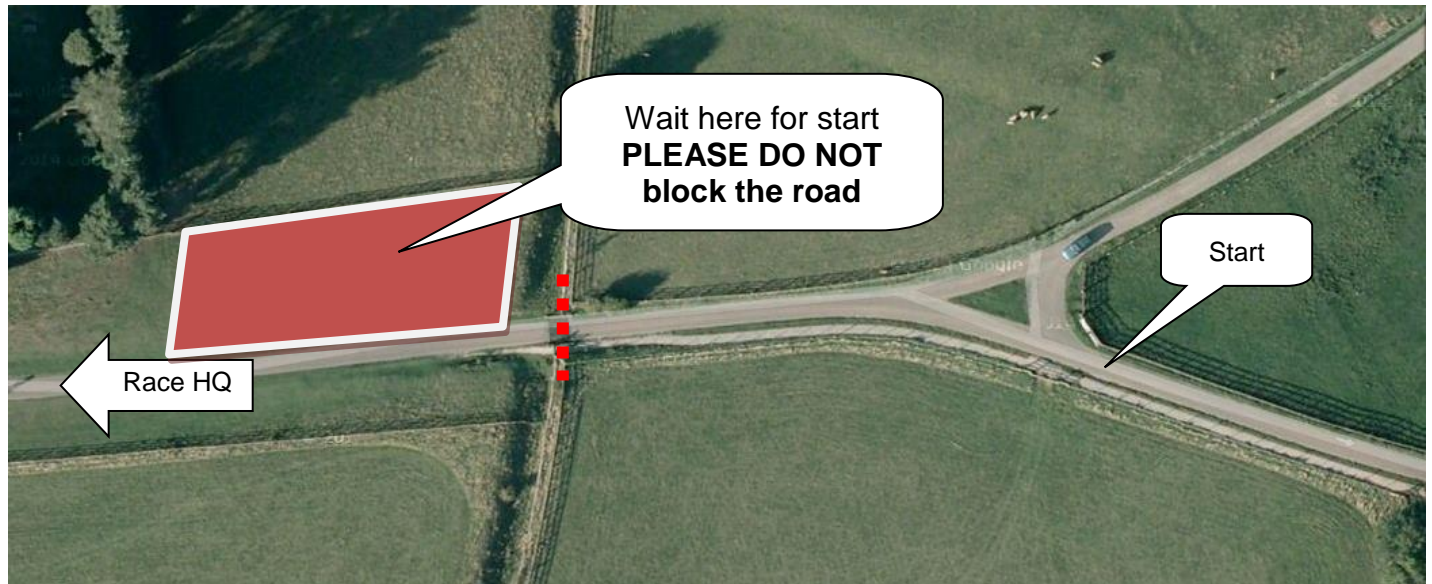
WE ARE GUESTS AT CALKE ABBEY, which will be open to the general public and National Trust members during the event. **WE DO NOT HAVE RIGHT OF WAY!** There will be livestock free-roaming around the Calke Estate. Please be respectful of other Calke Abbey visitors and National Trust members.

When returning back into the Calke Abbey grounds for the final 2K, please ensure that you run on the **left-hand side**, **in single file where ever possible** – please do not run multiple runners abreast (unless overtaking other runners), as the entrance road is a shared single carriageway.

START LINE

The start line is a 5-10 minute walk from Race HQ.

Please gather on the grassed section before the start line (see below). Please do not gather/block the roadway until directed to do so by the marshals (Calke Abbey is an active National Trust site, and access is required at all times).





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THE COURSE

The course is an undulating/hilly **OPEN ROAD RACE** starting and finishing within the grounds of Calke Abbey, opening out onto the surrounding public highway. There are **NO** road closures in effect. Please be aware that general road traffic will be present.

The race will be chaperoned by a lead bike and a sweeper vehicle.

Please run closely to the left-hand side of the road at all times. We have no powers of control or influence over other road users – please be aware of your surroundings at all times.

The route will be marked in K's, with marshals wearing hi-viz stationed at all major turns. Please follow marshal instructions as directed.

There are 4 cattle grids on the entrance road to Calke Abbey, the final 2K of the race. We do not encourage crossing the cattle grids, but to use the marshalled side gates instead.

MP3 PLAYERS / HEADPHONES – NOT PERMITTED

Due to the open road nature of the course, for your safety, the safety of other runners, marshals and other road users, and in accordance with EA regulations, the use of MP3 players/in-ear headphones **IS NOT PERMITTED** – leave them at home and enjoy the race! If you are found to be wearing headphones, **you will be disqualified**.

RACE HQ

The race HQ is located in the large open field section outside of Calke Abbey (see above map).

RACE NUMBERS & CHIP

Please collect your number & chip in good time. Our registration desk will have a full list of entrants. Your timing chip is pre-attached to your race number and should not be removed or tampered with.

Race numbers must be pinned on your front for the duration of the race. Please do not remove your number until you have collected your goody bag. **NO NUMBER, NO TIME & NO GOODIES**

If for any reason you have to withdraw from the race, please do not cross the finish line.

PARAMEDIC & FIRST AID

A mobile paramedic will be in attendance out on course along with full first aid cover being provided at the finish/Race HQ. If for any reason you feel unwell or experience difficulty, please make the nearest marshal aware who will arrange for the necessary medical aid.

CHANGING, BAGGAGE & KEYS

There are no changing facilities, bag or key store on site.

TOILETS

Portaloo's will be provided close to Race HQ.

Calke Abbey have requested that runners do not use the Calke Abbey toilet facilities.



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WATER

Bottled water will be provided at approx half way and the finish. When discarding bottles, please use the waste containers/bags provided.

LITTER

Please do not litter and spoil this wonderful National Trust Park and surrounding country roads. Please take your rubbish home with you.

REFRESHMENTS

Calke Abbey will be providing a mobile catering truck where hot & cold food & drinks may be purchased. Or you may wish to use the Calke Abbey cafe & restaurant.

THE FINISH

Done – congratulations! You will be presented with your amazing medal and goody bag 😊.

PRIZES

Prizes will be presented at approx 11am to the 1st, 2nd & 3rd male & female runners, 1st V40 / V50 / V60 male & female and also course record (if applicable).

RESULTS

A full set of results will be available via the JackRabbit website asap following the event.

QUERIES OR QUESTIONS?

If you have any questions or comments, please email info@jackrabbitevents.co.uk or call Andy on 07950 397 021

AND FINALLY ...

We know that there are a huge number of races to choose from, so JackRabbit would like to thank you for choosing Calke Abbey 10K.

Have fun 😊