

Dornafield Ladies 10k

Pre-race information

Sunday 29th September 2019, 11am start



Thank you for entering the Teignbridge Trotters Dornafield Ladies 10k, considered by many to be the friendliest ladies only race in the South West. Please take a moment to read through this race information to ensure your safety and enjoyment of the race.

DIRECTIONS TO THE START

Address: Dornafield Camping and Caravans, Dornafield farm, Two mile oak, Newton Abbot TQ12 6DD

Leave Newton Abbot by the A381 clearly signposted Totnes and after two miles you will find the Two Mile Oak Inn on your right. Turn right by the Inn and follow the road for half a mile to a cross-roads sign posted Dornafield. Turn left and Dornafield is 100 yards on your right.

Please note there is limited parking available at the campsite. Please car share if possible. The car park will be pointed out to you by one of our marshals.

REGISTRATION

Race registration opens at 9:15AM

Race Numbers will be collected on the day from Race HQ

At 10:50AM we will take the short walk to the start line for the Race Briefing at 10.55am. At the start of the course there is a narrow right bend and continues to be narrow for the first half mile. Please position yourself on the start line according to your pace, to reduce the possibility of a bottleneck.

The race starts at 11AM

FACILITIES: Dornafield offers superb facilities, the showers and changing areas are clearly marked and there are plenty of toilets available.

There is no bag storage facility, however the finish is right next to the main car park.

SAFETY INFORMATION

The race is run along the beautiful undulating roads around Denbury and Ogwell. There are no off-road sections in this race, and the course is clearly marked and marshalled.

In case of any emergency we have medical services (Osprey Medical) in attendance. If you require assistance or feel unwell during the event please alert one of our marshals who will be happy to help.

For your safety and in accordance with EA regulations the use of headphones is prohibited, as the race is on open country roads. Failure to comply will lead to disqualification.

Also, in accordance with EA rules dogs are not permitted to accompany any runner during the race.

The course is well marshalled, with two water stations along the course, and one at the finish.

Please ensure your race number is fully visible on your front at all times. Failure to do so could result in disqualification.

Club vests must be worn by any individual to be included in a winning team. Team prizes will be awarded to the first 3 teams, each consisting of 4 runners.

PHOTOGRAPHS

There are photographers on the course and photos will be available to purchase from our website following the race. www.teignbridgetrotters.zenfolio.com

AT THE FINISH

We have a qualified race referee/ timekeeper in attendance. To ensure accurate results please refrain from funnelling back through the finish area once you have crossed the finish line.

A selection of delicious homemade cakes and refreshments will be available to buy at Race HQ, We are delighted that Sammy Basham will also be offering Sports Massages to runners at the finish.

RESULTS: A copy of the results will be available to view on the day and they will also appear on our website www.teignbridgetrotters.co.uk

PRIZES: Each runner completing the course will receive a bespoke print.

The overall winner will receive the Dornafeld Ladies 10K trophy which is presented by Mr Dewhirst and collected in the following year to be re-presented.

Top 5 prize winners receive a large print by John Skinner, and each runner completing the course receives a small print as a memento of the race.

Prizes are awarded for the following categories.

U18 Prizes funded by Jackie Milstead

1st Prize U18-glassware, 2nd Prize U18-Chocolates, 3rd Prize U18 -Chocolates

The following are awarded glassware for 1st place in their age category

1st SF, 1st V35, 1st V40, 1st V45, 1st V50, 1st V55, 1st V60, 1st V65

Bottles of wine are awarded to 2nd and 3rd prize in each age category.

Bottles of wine are also awarded for: 1st team of 4, 2nd team of 4, 3rd team of 4

Spot prizes awarded to every 10th place runner (in first 200)

THANKS:

A special Thank-you to Mr Dewhirst, the owner of the campsite, for allowing us to use his wonderful campsite and facilities. £2.00 of your entry fee is donated to a charity very close to Mr Dewhirst's heart, Bowel Cancer UK. Our thanks also to Sibelco who are the main sponsor of the Ladies 10K, along with Mrs Jacquie Milstead who has contributed to the U18 prizes.

I would like to wish you all a safe and enjoyable race!

Jason Trevenen

Race Director, Teignbridge Trotters



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Our Official Race Sponsors