



Newton Abbot Ladies 10k

Pre-race Information

Sunday 24th September 2023, 10am start

Thank you for entering the Teignbridge Trotters' Newton Abbot 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: Dornafeld Camping and Caravans, Dornafeld 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 (or on the left if you are travelling from Totnes) . Turn in beside the Inn and follow the road for half a mile to a cross-roads sign posted Dornafeld.

Turn left and Dornafeld 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 on arrival by our marshals.

REGISTRATION

Race registration opens at 8:15AM

Race Numbers will be collected on the day from Race HQ

At 9:50AM we will take the short walk to the start line for the Race Briefing at 9.55am. 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 10AM

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 close to the main car park.

SAFETY INFORMATION

The race is run along the beautiful undulating roads around Denbury and Oghwell. There are no off-road sections in this race, and the course is clearly marked and marshalled. Please listen to your marshalls, should they require you to avoid traffic etc.

The race starts just outside the Dornafield campsite and follows the single track country lanes towards East Oghwell, Denbury and then returning to Dornafield where a small loop of the touring park to the finish, adjacent to the toilet/shower blocks. Please be aware the route and the campsite are NOT closed to traffic therefore you must be aware of traffic and other road users; please be considerate.

In case of any emergency, we have medical services (A&E Medical Services) in attendance. Duty officer is Lucy Rankin on 07415 765196. If you require assistance or feel unwell during the event please alert one of our marshalls or the medical team 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.

If you have any litter (gels, bottles etc) please try to not leave them on route. If necessary, please hand to a Race Marshall who will dispose of them for you. We are an ethical running club who endeavour to leave our venues as we find them, if not better.

PHOTOGRAPHS

There are photographers on the course and photos will be published online after the race, as soon as possible.

AT THE FINISH

We have a qualified Race Referee 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 will hold a prize giving at the race HQ shortly after the race conclusion. We would love for as many as possible stay to congratulate our prize winners.

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:

The overall winner will receive the Newton Abbot Ladies 10K trophy but this is retained by the club to be engraved with the winners details.

Top five 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.

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 V35, 1st V40, 1st V45, 1st V50, 1st V55, 1st V60, 1st V65 & 1st V70

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

THANKS:

A special Thank-you to The Caravan & Motorhome Club, the owners of the campsite, for allowing us to use their wonderful campsite and facilities. £2.00 of your entry fee is donated to a charity very close to the previous owners, the Dewhirst's, heart, Bowel Cancer UK. Our thanks also to Sibelco who are the main sponsor of the Ladies 10K.

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

Jason Trevenen
Race Director



SIBELCO

Our Official Race Sponsors