

Spectators

Spectators are welcome at the race. Runners pass Moira Furnace, which has a little café offering delicious home-baked cakes. YHA National Forest is located just off the Ashby Woulds Heritage Trail and has a bistro for coffees/lunch. There are steps up from the hostel to the trail to watch the race. Or watch the start at Conkers Waterside by the Ashby Canal basin – you will see the runners again after they pass through from Moira Furnace. The finish is then a short walk through the tunnel to Conkers Discovery.

Accommodation—make a weekend of it!

Conkers Camping and Caravanning Club Site and the flagship hostel, YHA National Forest, are sited together - literally next door to Conkers and just off the Conkers Circuit. The YHA has a 'runners-deal' for the 10K weekend. See details on Page 5.

Runners can also stay in the luxury timber lodges at Rosliston Forestry Centre. Tucked away in young woodland at the heart of The National Forest, these fully-accessible lodges can sleep up to ten people. A fantastic training venue! For more information on the Forest Lodges visit the website www.roslistonforestlodges.co.uk

A list of accommodation and a booking service can be provided by Ashby Tourist Information Centre on 01530 411 767.



THE NATIONAL
FOREST

The National Forest is one of Britain's boldest environmental projects, creating a 'Forest for the nation' across 200 square miles of Leicestershire, Staffordshire and Derbyshire.

In less than twenty years, one of the least wooded parts of the country has been transformed.

Around 8 million trees have been planted, trebling the woodland cover, creating habitats for wildlife and a beautiful landscape for people to enjoy. These trees, about 90% broadleaf, are maturing well and new woodlands continue to be created. The ultimate goal is for woodland to cover around a third of the Forest area and to link the ancient forests of Charnwood and Needwood. www.nationalforest.org



THE NATIONAL
FOREST

National Forest 10K & 1-mile fun run

Sunday 18th September 2011

Conkers Discovery Centre, Rawdon Road, Swadlincote, Moira, DE12 6GA

10K starts 10:15am
Fun run starts 9:30am

IMPORTANT: You must complete the medical information on the back of your race number. Tags will be available in the baggage room if you would like to leave a bag during the race. Race is not suitable for wheelchairs. Please note: photographs will be taken at this race.

10K

- Cash prizes for 1st male and 1st female and course record prize
- Runner up prizes
- Veteran and team prizes
- Spot prizes
- T-Shirt for all 10K finishers
- Half price entry to Conkers for 10K runners

Fun Run

- Goody bag for fun runners
- Free entry to Conkers for children running fun run (with a full-paying adult)



10K Route map on www.visitnationalforest.co.uk

The National Forest 10k

On behalf of the organising committee, I would like to welcome you to the second National Forest 10k.

The race starts in Bath Lane near Conkers Waterside and finishes at Conkers Discovery, a few hundred metres away. In between there is a lovely run, almost completely off-road and through an interesting landscape. The first 5K is flat and, with some long straight sections, makes for fast running. The second half of the race has one steep, but very short, incline and a couple of other steady climbs. The final section of the course includes a fast downhill finish to the Conkers Discovery Centre. The route follows well surfaced paths so normal road race shoes are most suitable.

We are extremely lucky to be able to run at the heart of this 'Forest in the Making' and the race takes in mature and young woodland planted as part of The National Forest. Conkers, the main base for the race, is an award-winning attraction that was created on the site of the old Rawdon colliery at Moira - the last deep mine to close in the Midlands Coalfields, which has been completely transformed. Conkers is kindly offering free entry to children who take part in the fun run (with a full paying adult) and half price entry to 10K runners. So you can warm down on the trails within the centre - or enjoy a cuppa (and maybe a cheeky bit of cake) in the café.

The committee would like to say a big thank you to the marshals and support team, without whom the event would not be possible. In particular members of the Ivanhoe Runners, South Derbyshire Road Runners and Hermitage Harriers, the helpful staff at National Forest Company, South Derbyshire District Council, North West Leicestershire District Council and Conkers for kindly letting us use its excellent facilities.

If you have any comments about the race, please contact us via the National Forest Company - enquiries@nationalforest.org or telephone 01283 551 211.

Andy Buck
Race Director

Prizes

No competitor may win more than one prize (except for the course record). In the event of a competitor qualifying for more than one prize, the higher value prize will be awarded.

10K Prizes

1st male and female £100

2nd male and female annual membership to Conkers (worth £50)

3rd male and female Plant a Tree (worth £25)

Course Record Prize male and female £25

Veteran Prizes male (40, 50, 60) and female (35, 45, 55).

Team Prize . The fastest four runners from a team will win a short break for up to six people in a luxury timber lodge at Rosliston Forestry Centre. The 154-acre woodland, trails, cycle hire and other activities make it a fantastic training venue for teams. For more information visit the website www.roslistonforestlodges.co.uk

*The team prize short break is available Monday to Friday, subject to availability. The cabin contains two twin bedrooms, lounge (with double sofa bed), kitchen and dining room.

Fun Run prizes

1st boy and girl gold medal

2nd boy and girl silver medal

3rd boy and girl bronze medal

Goody bag for fun runners and free entry to Conkers (with accompanying adult)

Results and Presentation

Prizes will be presented on the stage in front of Conkers Discovery Centre to the winners of the Fun Run directly afterwards. 10K prizes will awarded at 11:30am by Chief Executive of the National Forest Company, Sophie Churchill.

Results will be posted as soon as possible on the National Forest 10K page on www.visitnationalforest.co.uk

Local Running Clubs

The friendly clubs - Ivanhoe Runners, South Derbyshire Road Runners and Hermitage Harriers, are inviting new members to join – whatever age or ability.

The clubs' websites contain details on joining as well as training times.

Hermitage Harriers – www.hermitageharriers.co.uk

Ivanhoe Runners – www.ivanhoerunners.co.uk

South Derbyshire Road Runners– www.sdrd.co.uk

Beginners' Running Sessions

For those who are just starting out with running, beginners jogging sessions are taking place in both North West Leicestershire and South Derbyshire as part of the Run England and Jog Derbyshire schemes aimed at newcomers.

Contact Andrew Harris (North West Leicestershire District Council) on 01530 454 606, andy.harris@nwleicestershire.gov.uk or Lewis Adams (South Derbyshire District Council) on 01283 595 772, lewis.adams@south-derbys.gov.uk

National Forest 10K Race Committee

Race Director: Andy Buck (HH)

Race Promotion: Penny Wilkinson (NFC) / Vicky Smyth (SDDC)

Results Director: Alan Edwards (IR)

Chief Time keeper: Carol Fletcher (SDRR)

Course set-up: Gerry O' Brien (SDRR/Conkers)

Commentator: Hermitage FM

Race Referee: Brian Stout (IR)

Chief Marshal: Darren Wilson (HH)

Sweep bike: Zoe Allery (IR)

Fun Run Director: Andy Harris (NWLDC)

Fun Run Starters: Moira Fox and Ernest Badger (Conkers)

Facilities

There are no changing facilities but toilets and a baggage room will be provided at Conkers **Discovery Centre**. Tags to secure to your bag will be available in the baggage room, which is the Rawdon Room to the right of the reception desk in Conkers.

Race HQ

You should have everything you need in advance of the race. If you have any queries, Race HQ will be located in front of the main Conkers Discovery Centre building. Entries to the fun run will be available in Conkers' main hall from 8:00am – 9:15am.

Parking

Please note that parking will be provided at Conkers **Discovery Centre**, Rawdon Road, Swadlincote, Derbyshire, DE12 6GA. Bath lane and the car park at Conkers Waterside will be closed for the race.

Important

The start is a short walk from the centre – so do leave enough time to get to the start! See site map on page 5.

Your race number must be pinned to the front of your vest. Any medical requirements (eg diabetes, asthma, allergies) must be clearly marked on the back of the race number. Competitors are strongly advised not to compete if they are feeling unwell.

We are not separating runners into projected times for this race so please line up at the start in a position that reflects your likely speed in the race - faster runners towards the front, steadier runners towards the back.

In the interest of your own safety, personal audio equipment should not be used during this race. If an accident occurs whilst using such equipment you may have invalidated the events insurance cover in respect of such an incident, and the organisers accept no responsibility for alternative cover.

The 10K Route

***The 10K course route map is available from the website ***
www.visitnationalforest.co.uk

Please note that the paths are open to other users and runners must keep left, unless instructed otherwise by marshals. Road crossings will be marshalled.

Runners need to be capable of completing the race within two hours. Any runner unable to complete the course in the allotted time may be withdrawn from the race at the discretion of the race referee. The start is at Conkers Waterside. Runners should park at Conkers Discovery Centre and walk through the tunnel to Conkers Waterside. The car park at Conkers Waterside and Bath Lane will be closed for the race.

Route Description

Starting from Conkers Waterside, the route crosses Norburys Meadow to the Ashby Woulds Heritage Trail. It cuts through Donisthorpe Woodland to the Ashby Canal, passing Moira Furnace back to Conkers. It then follows the Conkers Circuit, skirting Albert Village Lake to finish at Conkers Discovery Centre. There will be one drinks station at three miles and a bottle of National Forest Spring Water to all runners at the end.

The Fun Run

The 1-mile family fun run will follow surfaced trails within Conkers Discovery Centre. Fun runners should assemble in Conkers' main hall.

At **9:15am** Moira Fox and Ernest Badger will lead runners to the start line for a prompt 9:30am start. Marshals will be sited around the course.

Goody bags and medal presentation for 1st, 2nd and 3rd place will be awarded directly after the fun run (prior to the start of the 10K race) from the front of the main building, near Race HQ.



10K Race Start/Finish Site plan

- 1 Runners parking
- 2 Toilets and Baggage Room
- 3 Race HQ
- 4 10K Start
- 5 10K Finish
- 6 First Aid
- 7 Fun run entries, Conkers main hall

RUNNERS WEEKEND DEAL

YHA National Forest is offering a 'runners-deal' of a four-bed room for £45 per night (just £11.25 per person). Larger family rooms available. All rooms en-suite. To get this deal call YHA National Forest on 01283 229 662 and quote '10K Run' when you book.

More Deals

Conkers is kindly offering free entry to children who take part in the fun run (with a full paying adult) and half price entry to 10K runners.

The race passes Moira Furnace at around 2 miles. Staff from the museum will be cheering on runners and offering jelly babies. Runners who visit on the day will get a discount on a boat trip along the Ashby Canal.