



hoohaah Barr Ellison 10K at Thetford



PLEASE REMEMBER THE CLOCKS SPRING
FORWARD ON THIS DAY
SO SET YOUR ALARM CORRECTLY!



Address Thetford Forest, High Lodge, Brandon IP27 0AF

Please allow plenty of time for your journey and share lifts where possible.

Parking Race parking is located in the regular visitors car park. Please follow the RACE START signs from the car park to the start/finish area.

Parking for race participants is at a reduced rate of £5 per car for the day so participants are free to enjoy the forest after the event for no extra charge. This is a charge levied by the Forestry Commission and not hoohaah.

The code for event parking is ████
Please make a note of the code to use at the pay station.

Entries We have a limited number of 'on the day entries' at £25. These are subject to chip availability.

Registration Race numbers and chips are collected on the day from the registration tent located by the race start. Please follow the signs from the car park to the RACE START. The registration desk will be open from 8.30am.

Race start The race starts at 10:00am with a pre-race warm up from 09:50am provided by Ems at Stenz Fitness.

Toilets Forestry Commission toilets are located at the back of the 'Information Point' building near the High Lodge Café. Please note they are approximately 800m from the race start area so allow yourself adequate time.

What to bring Please bring 4 safety pins or race magnets/clips with you to attach your race number to the front of your vest/t-shirt.

It may well be chilly on Sunday morning so please make sure you have adequate clothing to keep you warm both before and after the run.

If you take any medication or use an inhaler please ensure you have that with you.

The route The course is a multi-terrain route involving just one lap. NB There is no water station on the route but water will be available at the finish line. Please bring your own water bottle if you like to hydrate during the race.

Chip timing Your chip will be attached to your race number. Please ensure that you wear it on the front of your running top/vest.

DO NOT REMOVE THE FOAM STRIP FROM YOUR NUMBER.

Please use the pens and table provided to fill in all emergency information on the back of the race number.

Baggage We will be providing a manned baggage store at the race start in one of our gazebos. To leave your baggage please pick up a luggage tag when you collect your race number or from the baggage store and write your name, race number and mobile number on the tag and attach it to your belongings. To retrieve your bag you will need to show your race number to the person supervising the bag store. Please note all valuables are left at your own risk.

Headphones The use of head/earphones are strictly prohibited as you will not be able to hear marshals' safety instructions or other warnings. However, we will allow bone conduction headphones. Sections of the course are fairly narrow and are crossed by cycle trails so you could be a danger to yourself and other runners/cyclists if you fail to hear them approaching. It is important you are able to hear any instructions given to you by our marshals or medical team.

Dogs Unfortunately, while we love dogs and have them ourselves, this event does not allow dogs. If you or a spectator are planning to bring a dog with you please note that all dogs should be kept under control and/or on a lead at the race start/finish area and near the race route.

Photography & filming We may take photographs and video of our events; a condition of entry to a hoohaah run is that you have given permission for us to use all footage in our marketing campaigns.

In addition to our own photographs, we have an event photographer on the day, the photos will be uploaded to the ActiveTrainingWorld Facebook page shortly after the event; www.facebook.com/eventsatw/photos

Prizegiving We aim to award prizes to the first 3 men and women at approximately 11-11:15am. Timing is subject to receiving the results from the chip timing company. We may read out the age category prizes if we have them at the time of the prize-giving but, will post them to winners, if they are not present at the time.

We award trophies for the winning categories on a 'cascading down' basis whereby any man or lady placed first, second or third is not entitled to the age group prize as well. Please do check the results as you may well win an age category even if you weren't one of the first 3 runners across the line.

Results Official results will be live on the EventChipTiming website results.eventchiptiming.com after the race. We will send out an email after the run announcing the winners and these are also posted on our social media.

Post- Run massage Post-run massage is kindly offered by Liv Therapy & Hannah Tabram Sports Therapy.

Refreshments Refreshments are available at the High Lodge Café from 09:00.

Series runners This year we are awarding a Forest Green hoohaah hoodie for all those runners that have completed at least 3 out of the 4 of our 10km runs this year.

Hoodies will be awarded at either the hoohaah Barr Ellison Ickworth 10K or the hoohaah Barr Ellison Shuttleworth 10K depending on when your final event is.



A final word We put on our runs with the aim of raising funds for a charity. This year all of our runs are in aid of Power2Inspire whose founder John Willis will be sending you off and cheering you in!

Finally all of our marshals and helpers are volunteers who give up their time to help us put on this event. We thank all of you as well as them for your support. If you have the spare breath please do say hello and give the marshals a wave as you pass I know they really do appreciate it.

We look forward to seeing you all on Sunday!



Cambridge City Foodbank are currently appealing for the following items

TINNED VEGETABLES, COOKING OIL 500ML OR 1LTR, CUSTARD, TINNED FISH, JAM, NOODLES/PASTA SAUCE, BAGS FOR LIFE, TINNED FISH, TINNED MEAT (E.G. CORNED BEEF, CHICKEN IN WHITE SAUCE, MINCED BEEF, STEWING STEAK), TINNED MEAT (E.G. CURRY, HOT DOGS, MEATBALLS, STEW, CHILLI CON CARNE - NO RAVIOLI OR SPAGHETTI BOLOGNESE PLEASE), TINNED VEGETABLES (E.G. CARROTS, SWEETCORN, MUSHROOMS, RATATOUILLE), UHT JUICES, OLIVE OIL 500ML, LAUNDRY LIQUIDS, NAPPIES (SIZE 4 & 5), PASTA SAUCE

