



hoohaah Barr Ellison 10K at Ickworth

Address The Rotunda, Horringer Bury St Edmunds IP29 5QE, UK

Please don't use the postcode in your SatNav – the main entrance to Ickworth is via Horringer Village on the A143 – follow the brown signs.

What3words:///signature.slimy.stunt

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

Parking Parking for race participants is free.

Please note that all spectators/supporting family and friends will be required to pay entry admission, unless they are National Trust members displaying their current NT membership sticker and in possession of a membership card. Spectator admission charges can be found here; <https://www.nationaltrust.org.uk/ickworth#Prices> Tickets allow access to the estate as well as Ickworth House.

Please note these charges are levied by the National Trust and not hoohaah.

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

Registration Anyone who entered before 18th May will receive their race number in the post by Friday 20th May. If you are expecting a race number in the post and it does not arrive, you will be able to collect a number at the registration desk on the day.

Any entries after midday on 18th May will not be posted and entrants should collect their packs from registration on the day.

Registration will be open from 07:30am until 08:45. Please arrive in sufficient time to collect your race number.

Race start The race starts at 9am with a pre-race warm up from 08:45 provided by the fantastic Emz from Stemz Fitness - <https://www.stemzfitness.co.uk/>

Toilets Toilets are located in the main car park next to the Welcome Point/Plant Shop. Please read the notices on the doors as some toilets are unisex. From 10:00 additional toilets will be available in the West Wing of Ickworth House.

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 single lap course follows the Monument Trail - a multi-use trail so road or trail shoes will both be fine. A water station is provided at approx. 5km.

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 is strictly prohibited as you will not be able to hear marshals' safety instructions or other warnings. However, we will allow bone conduction headphones.

Dogs Unfortunately, while we love dogs and have them ourselves, this event does not allow dogs. If your spectator is planning to bring a dog please note that all dogs must be kept on a lead throughout the estate.

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 both the hoohaah and ActiveTrainingWorld Facebook pages 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.

Refreshments Refreshments are available from The Porters Lodge Café from 07:30am.

Series runners If the Ickworth 10k is the 3rd hoohaah 10k race in the series that you have completed you will be able to collect your hoodie after the race. Please join the queue of your chosen size. If your third event is next month at Shuttleworth you will be awarded your hoodie there instead.



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

BAGS FOR LIFE, VEGETABLE OIL 500ML/1 LITRE, STOCKS/GRAVY, NOODLES/PASTA 'N' SAUCE, RICE PUDDING, UHT JUICES/CORDIALS, JAM, TINNED VEGETABLES, SAVOURY SAUCES, BISCUITS, COFFEE, TEA, SWEETS, BEANS, UHT MILK



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