

SWINLEY FOREST 5km & 10km Trail Run

in aid of **Sebastian's Action trust**



Sebastian's Action Trust

Sunday 14th September, 2014

JOINING INSTRUCTIONS

Thank you for your entry for the Swinley Forest 5 & 10km Trail Runs for Sebastian's Action Trust.

Parking

The races will start at **10.00am** and the Start line is behind the Look Out, Nine Mile Ride, Bracknell, adjacent to the main car park. Please arrive in good time as we do not have exclusive use of the car park and parking is limited. Parking charges apply in the Look Out – 4hrs cost £2 and all day £4 – payment at parking meters around the car park.

If the Look Out car park is full you can park in Coral Reef across the road – parking charges are also applicable at Coral Reef and it will take you 15mins to walk across to the race start area.

Registration

Please come to the registration tent to collect your race number on the day – please pin your race number to the front of your running vest or t-shirt – there will be spare safety pins available at the race HQ.

Race Head Quarters

The race HQ is located in the picnic area behind the Look Out – you can access this area from the car park either by going around the Bike Hut or through the children's play area/cafe.

Start/Finish/Route

The run uses good trails on undulating land through Swinley Forest towards Caesars Camp.

After the start, you will head out on a wide path before turning right towards Caesars Camp at the beginning of a loop. Runners in the 5km will do the loop once before returning to the start area for the finish line, while the 10km runners will be directed around the loop a second time.

The loop consists of wide forest trails and some interesting single track. There are a number of hills on the route with a 'sting-in-the-tail' short sharp climb just after 4km (and 9km). On our last inspection the trails were fairly dry with a couple of large puddles to cross early on in the loop so you may get your feet wet. If there is heavy rain in the days leading up to the event it may become muddier so you should consider wearing running shoes that have a good grip.



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Please keep to the marked trails at all times – the route will be marked by black arrows on a yellow background and there will be route marshals at all the turns. There will be signs for each kilometre.

There will be other pedestrians out and about using the same trails and many mountain bike trails cross the route so please be courteous at all times to other users and keep an eye open for bike riders.



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Drinks

There is a drink station on the route at the end of the first lap with **bottled water** for those and continuing on for the 10km – please do not drop water bottles in the Forest, either drink the water and drop the bottle in the bins near the drink station or carry them on to the next marshalling point where they can be quickly cleared away preventing danger to animals. There will be bottled water at the finish line.

Route Closing Time

There is no time limit for completing the run.

Mementos

Each runner will receive a goody bag and finishers medal at the finish line.

Results

A full results listing will be emailed 24hrs after the run and will also be available on www.209events.com.

Charity

This is a charity fundraising event for Sebastian's Action Trust and all profits from entry fees will go to the charity – however, with 300 runners the event entry fees will only just cover costs and you are encouraged to make a donation or raise sponsorship for the charity.

Sponsors

Sebastian's Action Trust are grateful to the two main sponsors of the run:



***We hope you have a great
run and good luck!***



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