



THE MISBOURNE 5K AND 10K TRAIL RUN – 24TH JUNE 2023 10AM

RACE DAY INFORMATION

Dear Runners,

Many thanks for entering The Misbourne 5k and 10k Trail Runs. It's exciting to be running this event again especially since this year we will be part of a bigger event 'The Misbourne Festival of Sport'. There will be lots of stalls to enjoy including a tombola, cross-bar challenge, BBQ, Wild Kite beer tent, tea & cake stall as well as, at 11.30am, a 2k Fun Run for children aged 4-11 years old.

If you have any friends or family who wish to enter there is still time. You can enter online for the 5k, 10k and Fun Run until midday on Friday 23rd June.

<https://register.enthuse.com/ps/event/TheMisbourne5kand10k2023> or via our website www.misbournetrailrun.org.uk

Alternatively, you can enter on the day (please see details below)

Huge thanks to our sponsors, without whom we would struggle to run our event:

- Runners Retreat
- Peterley Manor Farm
- Co Op
- Waitrose
- Hughenden Ladies Running Group
- Prestwood Gym and Fitness Centre

Here are some important details for race day.

1. The Trail races start at 10am sharp. If you arrive late then this will be added to your time since there are no race chips. Times will be measured from the time of the starting whistle.
2. Please note that no dogs are allowed.
3. This year there will be a race warm up at 9.45am and then the briefing is at 9.55am. It is really important that you attend the briefing.
4. Registration and number collection opens at 8.30am and closes at 9.50am. Please wear your race number on your front. If you're able to bring your own safety pins that would be great but

there will be some available too. You will need to write your emergency details on the back of your number when registering.

5. An unmanned bag drop is at Race HQ and toilets are available on site.
6. Registration on the day is available for a cost of £20 for the 5k and £25 for the 10k, or £10 for Misbourne Students. There will be a card reader or alternatively you can bring cash to pay. (Please note that options to give change may be limited)
7. Children can be entered for the 2k Fun Run on the day too, at a cost of £5 per entry.
8. There is limited car parking available on site and we hope to accommodate lots of runners there. If you are unable to park at the school then you can use either the Buryfield car park or the Link Road car park in the town. Please allow plenty of time to walk to the School. Please do consider car sharing to reduce your carbon footprint and to avoid pressure on car parking spaces.
9. In order to reduce our carbon footprint we will not be offering single use plastic water bottles so would please ask that you bring your own reusable water bottle. We will provide a number of refill stations on site and water is provided on the course for 10k runners. A choice of fruit will be offered at the end too.
10. Specially-designed wooden medals will be given to all finishers and special winners medals in the different age categories (including this year for the first time, the Vet 70 category) will also be awarded. The presentation will be at 12 midday or as soon as the last runner has finished.
11. Photographs will be taken throughout the event. Should you not want any photographs taken of you then please advise in advance.

We really look forward to seeing you on Saturday 24th June.

Best wishes

Helen Hinde

Race Director

