



Race Instructions - South Molton Struggle - Sunday 10th October 2010

South Molton Strugglers thank you for entering the South Molton Struggle. We hope that you have a great days running.

The race will start promptly at 11.00am. Please note the start will be in the Rugby Field opposite the Rugby Club at the lower end of Pathfields Industrial Estate. This is also Race Headquarters.

All finishers will receive a memento and basic refreshments will be available at Race Headquarters. Hot food and drinks will also be available to purchase.

There will be a photographer on the course to record your heroic efforts. Prints will be available to view on the website within a few days and can be ordered for a small fee.

Directions and Parking

South Molton lies just off the North Devon Link Road (A361), 25 miles from Junction 27 of the M5.

South Molton Rugby Club (Race Headquarters) can be found at the lower end of Pathfields Industrial Estate which is just a two minute drive from the A361. **There will be no parking at the rugby club for safety reasons.**

Ample parking is available at a number of businesses at Pathfields. Due to the number of pedestrians at the Rugby Club, if driving, we ask that you approach from the higher end of the Industrial Estate, leaving the A361 at the roundabout at Aller Cross as opposed to the junction. A map giving clear directions is enclosed which also highlights the various parking areas. Marshals will be situated from the top of the estate giving you clear directions and to answer any questions. It is no more than a five minute walk from your car to the Race Headquarters. **Please do not park on the side of the road at any point through the estate as the run takes this route.**

South Molton Rugby Club – Race Headquarters

At the Rugby club you will find further information about the race, toilets, changing rooms, showers, refreshments, kit store (kit stored at own risk), first aid, information desk etc. Entry on race day will also take place here.

First Aid will be provided on the day by St Johns Ambulance at various points throughout the route and Race Headquarters. We also have the benefit of marshals and race officials providing vital communication support throughout the course.

If you are unable to take part and wish to transfer your number to someone else, please let the race organisers know before the event.

Runners are strongly advised not to wear MP3 Players or such like as these prevent you being aware of what is going on around you.

The Start

The Start line is situated in the field opposite Race Headquarters.

The race will start promptly at 11.00am. Please listen to and heed the pre race announcements – they will be important and provide valuable information regarding the race. Your race number must be worn on the front of your person, not cut down or otherwise defaced. Please fill in the emergency details section on the rear of the form.

The Course

The route takes you across a range of terrain including public footpaths, agricultural land and public highways. You commence by going up through Pathfields Estate and you join the footpath through South Molton Recreational Ground. At the top left corner you will cross the B3226 and join a public footpath that continues through a number of undulating fields and farms. Marshals will be in place to give clear directions and stop traffic when necessary but please ensure care is taken when crossing the roads. Please also show respect when running through the farms. They may be public footpaths but they are also someones' home.

There will be a drinks station situated at approximately two miles providing water only. This will also be the 5 mile point and therefore provide further water if necessary. Novices are advised to take a small plastic bottle of water with them.

Mile 3 – 4 takes you along the B3227. Please ensure care is taken when running along this stretch as cars may be travelling along. Despite our best endeavours to ensure a safe course, the danger posed by impatient, negligent or downright stupid other road users cannot be eliminated. Please keep to the left and follow all marshals instructions at all times.

At mile 5 you rejoin the route taken on mile 1 and 2 and follow this back to the finish.

A map of the course is available to view on the website www.southmoltonstrugglers.co.uk

All runners enter at their own risk and the organisers do not accept any responsibility for any injury sustained during or after the run.

The mile points listed above are a guide as this event is a multi terrain event and distance is approximate.

All wheeled vehicles including cycles, skates, skate boards are banned from the race and runners must not be accompanied or followed by others in or on such vehicles or by dogs.

If at any point you wish to withdraw from the event, please notify the nearest marshal who will assist you and ensure that your withdrawal has been registered.

The Finish

The race will finish in the same field as it started. Stay in the same order as you go down the finish funnel (or the results will be inaccurate) and collect your memento and water. Further refreshments will be available in the Rugby Club house for a small charge. If you have left belongings in the kit store, this can be collected from the club house. Do not stand about getting cold once you have finished and change into warm and dry clothes.

Shower facilities will be available in the club house although they will be limited.

We hope to have the results available and commence the awards ceremony at approximately 1.30pm. Please join us for these, soak up the atmosphere and enjoy a few moments relaxation. Results will be displayed upstairs in the Rugby club and also online.

Accommodation and Public Transport

There is an extensive range of accommodation possibilities in the South Molton area, ranging from town centre hotels to farmhouse B & B. To obtain further details please contact the South Molton Tourist Office on **01769 574122** or www.visitsouthmolton.co.uk

Transport links are not as helpful especially on a Sunday. A train service links Exeter with Tiverton and Barnstaple although from there the bus service is limited and taxi (which can be expensive) is likely to be the only option.

Meals

There will be some refreshments provided at the finish (for a small charge) although if you require further sustenance following the run, there are numerous pubs and restaurants in the area providing a variety of food types. Options include The George Hotel, The Coaching Inn, Northgate, The Tiverton Inn and The Corn Dolly, all within a one mile radius of South Molton.

Feedback

As this is the second running of this event your feedback is invaluable. Our aim is to provide a top class event which everyone enjoys however, if there is anything you feel we could do to improve next year please do let us know. We would also appreciate your positive comments if you feel they are deserving.

Please drop us an email on julie-clarkeandhood@fsmail.net or philpennington.406@btinternet.com or in the comments box that you will find at race headquarters.

Thanks

May we take this opportunity to thank all those who have helped make this event possible including our sponsors : North Devon Journal, Norbord, Samuals Solicitors, Western Power and....., The Territorial Army and St Johns Ambulance, Marshals, Volunteers and Helpers, many of whom have no interest in running but simply turn out to help us on the day and without whom this event would not be possible. And finally a big thank you for entering and making this event happen.