

Nunns Lincolnshire Wolds 10

We are delighted that you have chosen to take part in Caistor Running Club's latest event "The Nunns Lincolnshire Wolds 10" and look forward to seeing you on race day. It is the 37th running of this iconic race. We have detailed below some useful information:

Car Parking

There will be ample free off road parking in Swallow village. Please follow the signs from the A46. As you can see from the race map, the car park is close to Race HQ, so we have not provided a bag drop off area.

Entries

Numbers are to be collected on the day from the Social Kitchen car park (formerly the Swallow Inn) on Grimsby Rd, between 8.30am and 9.30am. Please take the time to complete your personal details on the reverse of the number.

Number transfers

We are happy to transfer places on the morning of the event, for no charge. Please report to the transfer desk in the pub car park. DO NOT swap numbers without completing the transfer process, it is important we know who is running.

Toilets

There will be ample toilets in the pub carpark. We also have use of the pub toilets. There are no changing or shower facilities.

Start

The race will start at 10:00am prompt on Cuxwold Road, approximately half a mile from The Social Kitchen. Competitors should assemble in the village play-park, until five minutes before the start, from where they will be escorted to the start line. Nunns are providing an emissions free vehicle to lead the event.

Course

The course is 10 miles, as certified by UK Athletics. The course will be fully signed and marshalled. The course is entirely on quiet rural roads, although there are narrow sections and some blind corners. A large amount of the route has been recently resurfaced, however the road into and out of Rothwell remains rustic with potholes – please take care. Please keep to the left unless instructed otherwise by Race marshals – there are 3 short lengths on the right in Swallow Village. The finish is in The Social Kitchen carpark. Each mile will be marked. There will be a sweep vehicle behind the last runner.

Road Closures

There will be a road closure in operation for the first 2 miles of the race, where the road is narrow and there are several bends. After that the roads will be open to traffic. Please ensure you run on the left. The course will be well marshalled. Please follow their instructions – they are for your safety.

Water stations

There will be 3 water stations on the route at 2.6, 6.3 and 7.9 miles, manned by a local Scout group. Bottled water will also be supplied at the finish.

Cut off

To be fair to our volunteer marshals, we will cut off at 2 hours 15mins. All runners completed the course comfortably within that time last year.

Finish

We will provide each runner with a special race memento and a quality Lincolnshire Sausage hot dog at the finish, generously provided by The Social Kitchen. We will offer a vegetarian alternative, but to keep the event simple we cannot cater for other dietary requirements.

Head Phones

The wearing of earphones is not permitted at UKA Licensed races where the entire route is not closed to all traffic. Wearing them puts you at risk of injury, and you will be liable to disqualification. **RUNNING WITH HEAD PHONES IS NOT PERMITTED AT THIS RACE**, this includes bone conductor earphones.

Prizes

We will be awarding the following prizes at approx. 12.15 outside the Social Kitchen:

1st male and female £100 2nd male and female £60 3rd male and female £40

1st male and female in each category between 35 and 70 £20 (subject to there being 3 runners in the age group).

Course record £100

1st male and female club teams bottles of wine

Results

We will publish the results as soon as possible on the club website www.caistorrunningclub.com

Facebook

Please like the "Wolds Ten" facebook page, which we hope will be full of useful information before the event and flooded with photos after!

Any questions or queries please feel free to drop us a line

This event could not go ahead without the support of our sponsors. We are grateful for their assistance:

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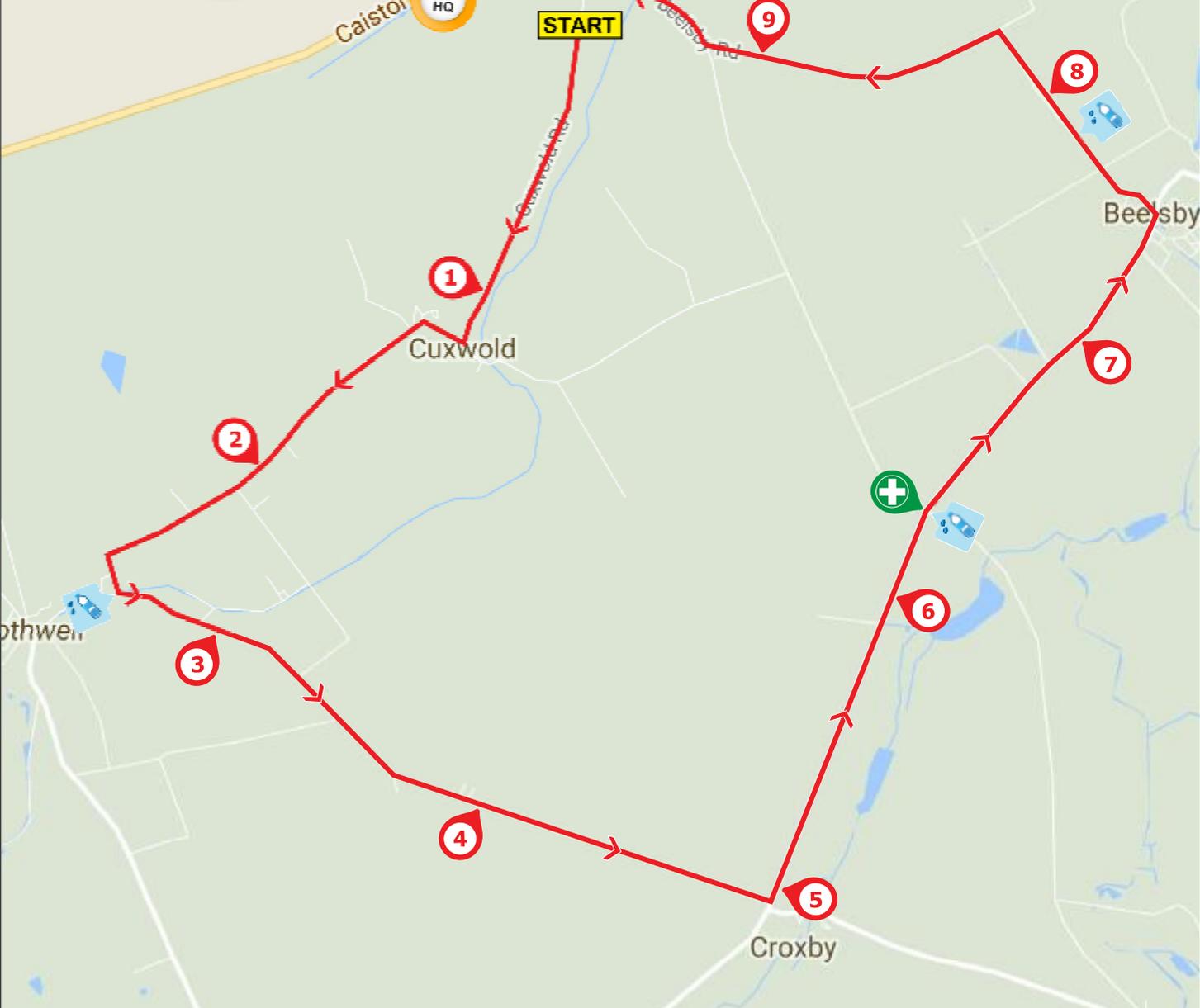
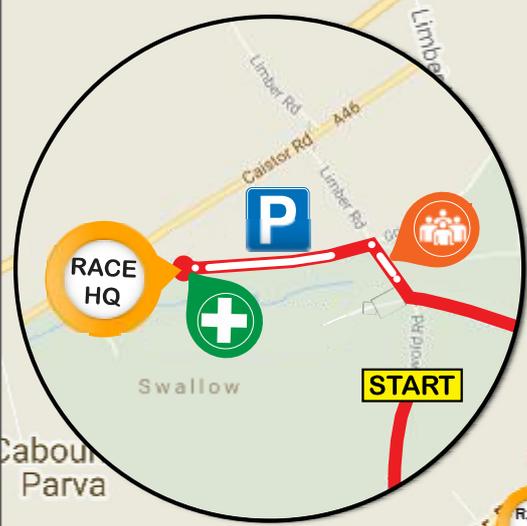


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Route		Route to Start		Race Map Sponsored by	
Start		Finish		Race HQ/Registration	
Mile Marker		First Aid		Assembly Point	
				Parking	
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