



**MALTBY RUNNING CLUB**  
**BAWTRY FOREST TRAIL RACE AND FAMILY RUN**  
**SUNDAY 8TH SEPTEMBER 2019**  
**10.30 a.m. start**



**RACE DAY INSTRUCTIONS**

**Run under UKA Rules - Permit number 2527\_2517**

**LOCATION** Martin Grange Farm, Martin Lane, Bawtry. **Postcode DN10 6NJ.** Entry is via Martin Lane and continues right into the forest. The approach road is single track and uneven so please take care and allow plenty of time.

**CAR PARKING** Marshals will be on hand to direct parking. There is limited car parking so we ask you to car share wherever possible.

**TOILETS AND CHANGING** Portable toilets will be available. Please do not use the woods unless you are a bear. We don't have changing or baggage drop facilities so please come ready to run.

**EVENTS** The Bawtry Forest Trail Race starts at 10.30 am and is around 11 km or 7 miles. The Family Run is just under 2 miles and starts immediately after the main trail race has set off.

**RACE NUMBERS** If you have pre entered your number will be available for you to collect from 9 am. Please allow plenty of time to reach the start as car parking is a few minutes from the race HQ. The list of race numbers will be posted online and at the registration desk so you can go to the correct desk for your race number.

**ENTRY ON THE DAY** We still have places available for the Trail Race. Entry is £18 for UKA registered runners and £20 for unattached runners. Entries on the day do qualify for prizes and a race t shirt although we cannot guarantee you will get your preferred size. The family run is entry on the day only, £3 per runner.

**START** 10.30 am for the Trail Race and 10.45 am for the Family Run. There will be a race briefing immediately before the start so please assemble at the start line by 10.20 am and listen to any announcements.

**DRINKS** Water will be available at the drink station at around 6k.

**FINISH** Right by the start. Save something for the final sprint as it's uphill. Your t shirt and goody bag will be waiting for you. Family run participants won't automatically receive a t shirt but there will be some t shirts available to buy - and a Lucozade goody bag will be given to every family run finisher.

**PRESENTATION OF PRIZES.** As soon as possible after the finish. We have category as well as spot prizes so please stay and cheer the winners and see if you have won a prize. First man and woman will each receive a Suunto sports watch. Prizes also will be awarded to 2nd and 3rd m/f overall plus winners of age categories as follows: M40, M50, M60, M70+, F35, F45, F55, F65+. Trophies will be awarded to first boy and girl and first family in the family run.

**RACE RESULTS** will be on our website as soon as possible.  
[www.maltbyrunningclub.wordpress.com](http://www.maltbyrunningclub.wordpress.com)

**FOR YOUR SAFETY** **Headphones are not permitted** - you will need to be able to follow marshals' directions. If you are injured or become ill you **MUST** report this to the nearest marshal, who will assist you. Most marshals will have first aid kits with them and there are also first aiders at the start/finish area. The course is a working forest and the ground is very uneven in places, as well as having the usual nettles, brambles and branches. You should not stray off the course as it has not been cleared, is mostly not open to the public and will have wildlife there. If you retire from the race you **MUST** report this to the nearest marshal.

**RESPECTING OUR SURROUNDINGS.** Please do not drop any litter at all - your gel wrappers and drinks bottles will take 10000 years to decompose and although we will inspect the course after the event, we cannot clear lots of litter. Please also do not use the woods as a toilet. We use the forest with the kind permission of the landowners and tenants and do not want to jeopardise future events.

**EVENT WEBSITE.** [WWW.MALTBYPUNNINGCLUB.WORDPRESS.COM](http://WWW.MALTBYPUNNINGCLUB.WORDPRESS.COM). - or look for us on Facebook.

**OUR SPONSORS** Suunto, Lucozade, , Warburtons, Tunnocks, Fyffes, Shepley Spring, Greencore, Morrisons, Soreen Runderwear.

We do hope you enjoy the event. Remember, the proceeds go to the British Heart Foundation Doncaster Branch.



