

# Fell em Doon Festive 5 km

## When is it?

Sunday 8th December 2024

## What time will the race start?

11 am

## How much is it?

£19 for attached UKA club runners and £ 21 un attached (£ 1 per entry goes to the Friends of the Woods)

<https://racebest.com/races/twy99> (enter via)

## Is there an age limit?

Over 12 years old on race day\* Under 16 s will require a Parent/Guardian either running or watching the race. It's preferable that an inexperienced junior is accompanied at all times. Those under 16 s (just like the adults, will need to be able to complete the race within the cut off time – 45 mins).

## Is there a time limit?

We are hoping that all runners will be finished before or around approximately 45 minutes. (If we see you coming towards the finish don't panic we will wait for you). We will have a tail runner at the back of the race.

## Where is it?

Community Woods, Lintonville Terrace, Ashington. NE63 9JX

## Is it off road then?

Yes on very good firm paths, road shoes are usually ok.

## What is the course like?

It's mainly flat, all good underfoot with firm man made wide trails, 2 laps of our tried and trusted course.

## Do I need to collect my race number at an HQ?

**Yes**, we are NOT posting any race numbers this year. please collect between 9:45 am and 10:30 am from **REIVERDALE SCOUT GROUP REIVERDALE ROAD, Ashington NE63 9GH**, (Look for a marshal when you park, it's right next to the car park, up along the road on your right at the right hand side of the car park, its past the green clad veterans hut)

## Does everyone get a new number, even if deferred from last year?

Yes

**Where can we park?**

**Authorized Race Car Park is Reiverdale NE63 9YY.** That is a large and free car park behind and to one side of the old coop building. Located from Woodhorn road, entrances are beside the Paint Shop and Oasis Health Gym. This is right next to race HQ where you collect your race numbers.

It will be marshalled on the day. Its then a few minutes walk to the start (you will be shown the way). PLEASE do not park in any of the supermarket or shop car parks, we don't have specific permission for any other car park but our named car park (which is free for all day). Always great to car share as well!

The nearest bus stop is the main bus station a few minutes away from the start.

We can create 1 or 2 parking bays next to the start for disabled parking, so do contact us via face book or the club website to request this before the race date.

Please do not park on the road to the woods itself, this blocks the road for other woods users.

**Can I fold the race number or put it on my shorts/leggings?**

No please don't, the race number must not be folded in any way. It must show and needs to be worn on the front of your top so the recorders and timekeepers can easily see it. If you are wearing a running club top, then the club identification should also be visible at all times if possible.

**Are there toilets at the Start?**

No, the preferred toilets for the race will be the nearby **Leisure Centre and or Asda** a few minutes' walk away, they are on the way to the start from where you collect your race numbers.

**Is there somewhere to leave belongings?**

Yes, at the stone circle (meeting point), there will be marshals around most of the time but it's all left at your own risk. We should have a tent up, to store your bags.

**Will it be chipped timed?**

No, gun time only.

**Do you have a permit to hold the race?**

Yes through the TRA. (Trail runners Association)

**Is it accurately measured?**

It measured by Tom Toms and Garmin GPS watches only, but should be ok.

**Are buggies allowed on the course?**

No unfortunately not.

**Is there anything else going on at the same time?**

At the stone circle (race meeting point) you will find our charity cake stall, with cakes available for a cash donation. We have cake bags! The friends of the woods may have a craft stalls, we may have our Running Club Shop too. So do bring some cash for a few goodies!

### **Goody Bags**

All finishers will receive a goody bag, within it is your race day tee shirt, medal, water, sweets and maybe another fabulous gift from us!

### **Can I wear headphones or similar devices?**

We rather you didn't, but if you must then UKA approved bone conducting headphones are fine. It's your responsibility to listen out for marshals or the race directors instructions.

If you wear a hearing aid this is fine.

### **Can I enter on day?**

Sorry no entries on the day.

### **Can I have a refund, defer my entry or transfer my number as I can no longer attend?**

Sorry we cannot offer you a refund or defer your entry, we can however offer race number transfers through race best our race entry provider, (up to 1st December). Should we have to postpone and reschedule the race, you will be automatically entered into the rearranged race.

### **Number transfers to another**

You may transfer your number to another runner prior to the 1st of December. After this date, sorry no more transfers.

## **TRANSFER YOUR RACE PLACE TO ANOTHER RUNNER**

To complete a transfer of your race place to another runner you must complete both your entry details and the new runner's entry details. You must pay the required admin fee. Failure to do so or will make the transfer invalid.

<https://racebest.com/races/f4ki>

Any unauthorised number swapping can be dangerous if anything happens to anyone with the wrong number, it can cause delays in receiving the correct medical attention or will spoil the results and prizes. Both parties will be reported to UKA and may be barred from ours and any other UKA affiliated races. The person in the wrong number will also be disqualified.

### **Do you have prizes?**

Yes the first 1, 2, and 3 (Men and Ladies), also age group related winners (M/F) will all receive a prize. Max of one prize per person, prize of higher value given. If an age graded winner is in the top 3 (male or female) then the next in that age category will win the age related prize. Please note that we may merge any age groups with less than five runners into another age group with regards to actual prizes awarded. Top M/F 1, 2, 3 prizes awarded on the day, age group winners prizes will be e mailed out. Actual allocated Age group's dependant on entry numbers, this may not be the same as listed on the entry/results system.

### **How quickly will the results be out?**

We will try get provisional results out within a few days. These will be posted onto our club and race face book pages initially and website once verified. They may be e mailed from our race entry provider too.

### **Tee Shirts.**

Your goody bag will contain your choice (after the race) of tee shirt size. Do select your size when ordering, details below.

### **Male Sizes**

S:

To Fit Chest - 36 to 38" / 92 to 97cm  
Length Shoulder to Bottom - 28" / 71.5cm  
Arm Length - 4.5" / 12cm

M:

To Fit Chest - 38 to 40" / 97 to 102cm  
Length Shoulder to Bottom - 28" / 71.5cm  
Arm Length - 5" / 13cm

L:

To Fit Chest - 40 to 42" / 102 to 107cm  
Length Shoulder to Bottom - 28" / 71.5cm  
Arm Length - 6" / 15.5cm

XL:

To Fit Chest - 42 to 44" / 107 to 112cm  
Length Shoulder to Bottom - 29" / 74cm  
Arm Length - 6" / 15.5cm

2XL:

To Fit Chest - 44 to 46" / 112 to 117cm  
Length Shoulder to Bottom - 30" / 76.5cm  
Arm Length - 6" / 15.5cm

3XL:

To Fit Chest - 46 to 48" / 117 to 123cm  
Length Shoulder to Bottom - 30" / 76.5cm  
Arm Length - 6" / 15.5cm

### **Female Sizes**

S:

To Fit Chest - 32 inches

Length Shoulder to Bottom - 25 inches

Arm Length - 9 inches

M:

To Fit Chest - 36 inches

Length Shoulder to Bottom - 25 inches

Arm Length - 9 inches

L:

To Fit Chest - 38 inches

Length Shoulder to Bottom - 25.5 inches

Arm Length - 9.5 inches

XL:

To Fit Chest - 41 inches

Length Shoulder to Bottom - 26 inches

Arm Length - 10 inches

2XL:

To Fit Chest - 42 inches

Length Shoulder to Bottom - 27 inches

Arm Length - 10.5 inches

## **Reindeers**

Handmade reindeers made by the Friends of the Woods are available for pre order then collection on the day. These are available for £5. All £5 goes to the friends of the woods, for the upkeep costs of our community woods.

## **I have another question who can I contact?**

Please send us a message via the message section of our face book page and we will get back to you. Or come along to one of our running sessions and see us whilst having a run!

## **Photos**

We try to have a club photographer on the finish line, photos will be posted onto our face book race page within a week if possible.