



Event Brief Notes – Rising Sun Trail Run

Welcome to the Rising Sun 10k Trail Run.

Timing chip

All competitors will have received a Bib Number at Registration; The Bib Number has your timing chip embedded into the number. You need to keep your Bib Number on for the duration of the event to get a finish time & placing.

- The Start is on the road, just opposite the main car park within the country park. you will run on the road towards country park, passing the house on your left and onto the main run route. (Please see the course maps)
- The course is fully marshalled with signage; keep to the footpath unless otherwise instructed by a Marshall or a sign.
- Run on the inside and overtake other competitors on the right. Please be aware of any members of the public on the footpath as it is a public area.
- Race number clearly visible on the front.
- Please navigate the course with safety, especially through the woodland areas, i.e. tree roots - could be slippery.
- Take care around the course – there could be standing water on footpaths.
- Wear appropriate footwear for this trail run.
- Please do not drop litter on the course, carry it with you where necessary and use the bins provided.
- **Finish** – Have your race number on show at the front for the finish photos and SMILE!
- It is the competitor's responsibility to know the course.
- Presentations from 1145hrs.

MEDICAL COVER

Full medical cover will be available on site and ready to respond to any incident on the race route before, during and at the end of the event. if you have any medical conditions, please make sure you mark them on the back of your event number. If you have had a cold or illness recently, please consider deferring your entry to another one of our future events or let us know as if in the event of a medical emergency we will need to get you the correct medical attention as quickly as possible.