



Burrator Noir Race Manual 10 mile & 10K and kid's races

Burrator Discovery Centre, Burrator Reservoir, Yelverton, PL20 6PE

Sat 1 Dec, 4.30pm Children's races (registration opens at 3.00pm for children's races)

10 mile event starts at 5.30pm

10k starts at 5.50pm

NB: Please note we have changed the route for the LONG course this year due to landowner issues. The route will still be 10 miles and we think it's an even better route. (see below)

Parking

There is limited parking in the Visitor Centre car park. When that is full, please park where the road widens, north of the visitor centre (turn right out of the car park) or if that fills up park south of the Discovery Centre closer to the dam and the start of the 10K. Please park tidily and don't leave too much space between cars.

Toilets

There are two toilets in the Discover Centre next to registration. We also have an additional 3 portable toilets in the Centre car park

Start times and race schedule

3.00pm Registration Opens for all races. At Registration you'll collect a wristband and receive an envelope containing your timing chip, race number and pins. Please attach the chip to your right wrist as shown in the photo below. We will need to scan your chip as you cross the finish line.



If you've [ORDERED A T-SHIRT or BUFF](#) from our [SHOP](#) you can pick it up at registration. We will also have some for sale (£12 for technical, £10 for kid's t shirts). We also have buffs available for £5.



4.30pm kids races (Under 8s and under 12s kid's races start. Parents should run round with their children in the Under 8s race and are welcome to for the over 8s race).

5.25pm Race briefing for 10 mile Burrator Noir

5.30pm Burrator Noir 10 mile starts on the path just behind the Discovery Centre.

5.32pm We'll start walking the 10K runners down to the start. It is approx 0.7 miles/ 15 minutes walk. If you prefer you can leave 10 minutes later and jog down (as a warm-up) by turning left out of the gate and following the road and orange arrows to the start

5.50pm Burrator 10K race briefing at the start

5.55pm Burrator 10K starts

You can leave jackets/tracksuits, hats etc at the 10K start and they will be transported back to the visitor centre for you.

6.30pm approx First 10K finishers expected

6.45pm approx first 10 mile finisher expected

7.30pm prize presentation

Chips & timing

We are using NFC chip timing for these races. Please put your chip bracelet on your right wrist and your race number on the front of your clothing. We will need to scan your chip as you cross the line. We will be collecting the chips at the end of the race. Please put them in the bins provided

Finish & distances

Both races now finish at the Visitor Centre. The 10K race is exactly 10K and has been measured and certified by England athletics Unfortunately this year it does not qualify for RunBritain points as RunBritain are currently unable to license night races. For assiduous watch watchers the 10 mile route is actually approx 10.4 miles so keep a little bit of energy left for the finish.

Course marking and finish lines

Both races will be marked out with black and yellow arrows. In addition the 10 mile trail race will use reflective snow poles, flashing lights and orange surveyors flags. The finish line is just inside the gate to the Discovery Centre.

Kit List for all runners (compulsory)

- Head torch or body mounted torch (eg Kalenji run light) with fresh batteries or freshly charged batteries (and spare batteries depending on your type of torch)



- Hi-viz or brightly coloured clothing
- Road shoes are recommended for the 10K runners
- Trail or fell shoes are recommended for the 10 mile runners.
- Long-fingered gloves (do not have to be carried in 10K)
- Hat (does not have to be carried in 10K)
- Long-sleeved waterproof jacket (does not have to be carried in 10K)

In addition the 10 mile trail runners must carry

- Waterproof trousers (if you sprain an ankle and can't run you can cool down very quickly)
- Whistle
- Fully charged mobile phone
- Energy bars or gels
- ½ litre of fluid (recommended but not compulsory)
- We will be carrying out kit checks before the start at registration.

Mud in the building

There will inevitably be mud on the 10 mile course. Everyone finishing the 10 mile run will need to take their shoes off before they enter the Visitor Centre. 10K runners can keep their shoes on if they wish.

Cut-off times

We expect all 10 mile trail runners to finish inside 2 ½ hours. We may pull runners out if they are behind this schedule, although that has never happened! We expect all 10K runners to finish within 90 minutes.

Food & drink

The 10K has a feed/water station at HQ, approx. 4K into the race. The 10 mile race has a feed/water station at the Princetown road crossing, just past half way. This will provide water and a range of food. There will also be water in compostable PLA cups at the finish. And Headland Coffee will be providing hot drinks & soup from their converted horse box near the finish.

Medals, Prizes and results

There will be a prize presentation at 7.30pm. Please stay to collect your prize if you've won one as we won't be posting uncollected prizes out.

Or you can download the free Webscorer app (for iPhone or Android) to your phone and view the results there.

Facebook & Strava

If you haven't already done so, please like our Facebook page for the latest race news.

www.facebook.com/wildnightrun

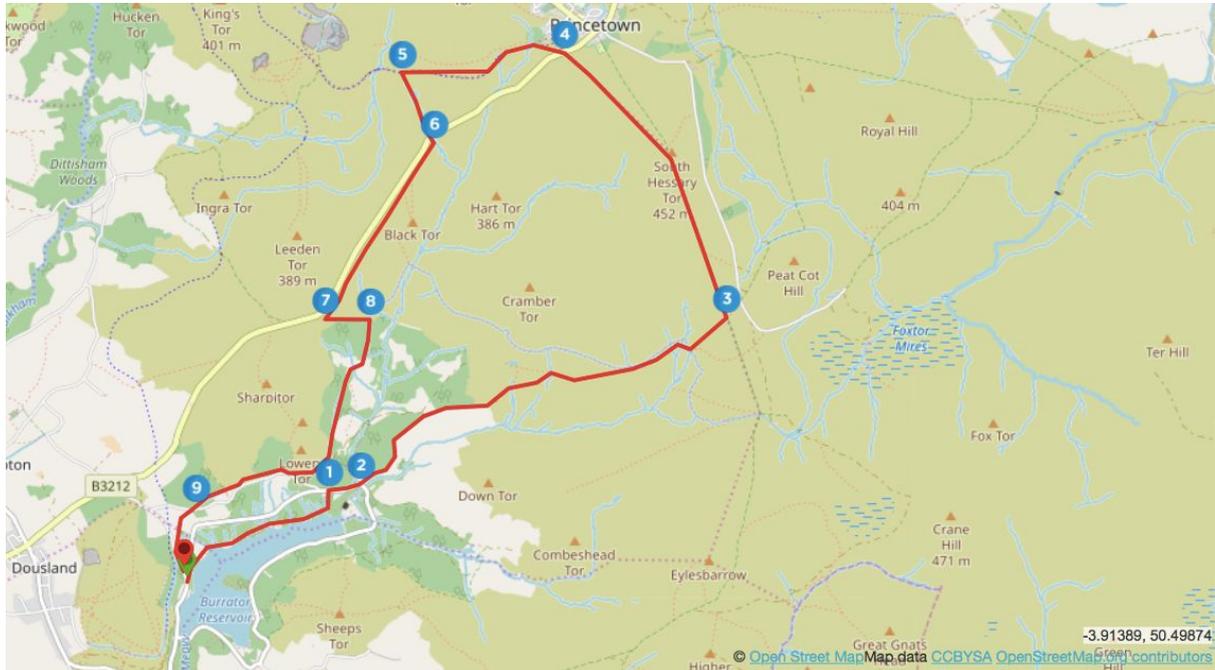


We now have a Strava club on Facebook. If you join it and record your run on Strava you'll be eligible for our spot prize competition drawn in the week after the race.

www.strava.com/clubs/wildnightrun

Course maps

[Link to PDF & OS map of the Burrator Noir 10 Mile](#)



Burrator Noir 10 mile route: NEW for 2019



Emergency contact Numbers

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