



**7th Annual Wild Night Run, Sat 9th Feb 2019**

**SOUTH BRENT VILLAGE HALL, SOUTH BRENT, DEVON, TQ10 6PJ**

**REGISTRATION OPENS AT 4.00PM**

#### **IMPORTANT**

**Kit Checks:** We will be checking everyone's kits at registration. If you don't have the mandatory kit, you can't run. Sorry no exceptions. This also means having trail or fell shoes with sufficient grip to keep you upright on the muddy sections.

**New safety measures:** You will need to sign back in when you finish your run and go to pick up your medal in the village hall. We will be accounting for all of our runners with this new back-up policy. This applies to ALL runners.

NB: You'll be pleased to hear that Brent Hill is back in the route after a year on the side lines.

#### **Parking**

Please park considerately as parking is quite limited. If you can't find a place in the middle of the village, please park on Vicarage Road which is the road next to the Village Hall which goes North up towards Shipley Bridge. Or you can park at the Palstone Rec about 1km from the village hall. On Saturday you can also park in the spaces marked private near the Station. Please do try and lift share as it's always quite tight for parking, even with 200 people.

#### **Registration**

You collect your pack before the race. It will contain your race Number. Wristband, timing chip and pins. **IMPORTANT:** We will be checking all Kit for the 10 mile race. If you do not have the correct kit you will be switched to the 5 mile race.

#### **Start times and race schedule**

**4.00pm** Registration opens.

**6.00pm** The Wild Night Run and the Mild Night Run start together just outside the village hall.

**6.40pm** approx First Mild Night Run finishers expected

**7.20pm** approx first 10 mile finisher expected

**8.00pm** prize presentation. Please stay for the prize presentation. If you have to leave earlier please take great care driving past the Village Hall as runners will still be finishing.

### **The Fell Runners Association & Trail Runners Association.**

The Wild Night Run is a fell race held under Fell Runners Association rules. The Mild Night Run is held under Trail Runners Association rules.

### **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 are re-using chips. We do have to scan your chip so don't bury it under 3 layers of gloves and clothing if possible!

SO PLEASE DON'T FORGET TO RETURN YOUR CHIPS & SIGN BACK IN WHEN YOU FINISH!

### **Course marking and finish lines**



Both races will be marked out with reflective arrows, snow poles, flashing lights and orange surveyors flags. The finish line is next to the Village Hall. At the split 10 Mile runners will be turning left (LONG) and 5 mile runners will be turning right (SHORT) and you'll see signs as shown above.

Here is how to put on your chip!



### **T-shirts**

If you ordered a t-shirt in advance, you can collect your t-shirt on the night. We also have some for sale for £12 for technical

### **Feed station**

This year there is one feed station at the 5 mile/10 mile split after approx 2.5 miles with water and jelly babies. If you think this won't be enough for you please carry additional food and drink with you. There will also be water in fully biodegradable PLA cups at the finish line.

The Kitchen Table will also be offering their thoroughly delicious, local and seasonal hot and cold treats at the club, before and after the race. The Kitchen Table is a Totnes-based outside catering company, often with gluten free and vegan options and always a vegetarian choice. Twitter:

TheKitchenTable [www.facebook.com/TheKitchenTable](http://www.facebook.com/TheKitchenTable)



### **Kit List for all runners (compulsory)**

- Head torch with fresh batteries (and spare batteries depending on your type of torch)
- Hi-viz or brightly coloured clothing
- Trail or fell shoes
- Long-fingered gloves
- Hat
- Long-sleeved waterproof jacket

### **Additional compulsory kit for 10 mile Wild Night Runners to carry NB Kit will be checked at registration!**

- Waterproof trousers. A space blanket or bivy bag is also a good idea but not compulsory. If you sprain an ankle and can't run you cool down very quickly!
- Whistle
- Mobile phone (we can accept no responsibility for phone lost or damaged on the moor) To register your phone with emergency services (and therefore dial 999 on any network with

any phone) text the word Register to 999 and when you get a reply, reply yes. You can also add the organiser numbers at the bottom of this email to your address books.

- Energy bars or gels
- In the event of very cold and/or wet & windy conditions we recommend all runners wear leggings or running tights that extend below the knee. However you may still run in shorts if you wish.
- All the above kit should fit into a bum bag or small rucksack!

### **Mud in the building**

There will inevitably be mud on the 10 mile course. Everyone will need to take their shoes off (and possibly their socks) before entering the building.

### **Cut-off times**

We expect all 10 mile trail runners to finish inside 2 hours 40 minutes. We may pull runners out if they are behind this schedule. We expect all 5 mile Mild Night runners to finish within 90 minutes.

### **Medals, Prizes and results**

Every finisher will get one of our special hand made wooden medals. We have category prizes and also a special prize for any man who beats the King of the Night or the Queen of the Night. Please stay to collect your prize if you've won one as we won't be posting uncollected prizes out. Results will be posted live to our website

<http://www.wildnightrun.co.uk/results-wild-night-run/>

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](http://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](http://www.strava.com/clubs/wildnightrun)

### **Maps of the routes are posted on this page**

<http://www.wildnightrun.co.uk/the-wild-night-run/>

### **Emergency contact Numbers**

Emergency Event phone 07434 979 538

Ceri Rees 07773 560 335

Ben Tisdall 07866 567 894

Kay (First Aid) 07737 064 960