

RACE THE ESTATE

Revesby Estate
PE22 7NU



**21ST JULY
2024**

prepared by :
Trident Sports Events

INTRODUCTION

Your race is nearly here!

This race pack has everything you need to know; from how to get there to finding your result. Please take some time to get familiar with the details now to ensure you have a brilliant day!

If you have any questions before then, that aren't answered here, there are details on how to get in touch at the end of this pack.

We always love hearing your training stories, session highlights and generally enjoy keeping in touch with our community so please continue to connect with other runners on social media in the run up to the event using #TridentSportsEvents and tagging us @TridentSportsEvents.

We have a wide range of social media channels (Facebook Page/Group, Instagram YouTube etc), there is also lots of information on our website. If you want to stay in touch why not fill in our contact form at the bottom of every page on the website and you will then be part of our mailing list.



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EVENT SCHEDULE

Here's your at-a-glance schedule for race day. Remember to leave plenty of time to ensure a stress-free build up to your race. Race numbers are to be collected on the morning of the race at the Trident Sports Gazebo.

Sunday 21st July

7:00am Car parks open access off Park Lane
([What3words ///yappy.flight.snowboard](https://www.what3words.com/yappy.flight.snowboard))

7:30am Race HQ open - number pick-up, toilets etc.

Challenge The Estate Stage 1

7:50am Challenge Race Brief

7:55am Registration closes, Move towards gantry area for starts orders

8:00am Challenge the Estate START.

Half Marathon Run

9:45am Registration closes, Move towards gantry area for "V Fitness' warm-up

9:50am V Fitness Warm Up

10:00am Half Marathon START.

5K Run

10:00am Registration closes, Move towards gantry area for "V Fitness' warm-up

10:05am V Fitness Warm Up

10:15am 5K START.

10K Run

10:15am Registration closes, Move towards gantry area for "V Fitness' warm-up

10:20am V Fitness Warm Up

10:30am 10K START.

Presentations (Top 3 Overall)

12:00am (See map)



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8:00AM - Challenge Stage 1

8:50AM - Challenge Stage 2

9:35AM - Challenge Stage 3

10:00AM - Half Marathon

10:15AM - Challenge Stage 4

10:15AM - 5K

10:30AM - 10K

10:50AM - Challenge Stage 5

11:20AM - Challenge Stage 6

11:48AM - Challenge Stage 7

12:14PM - Challenge Stage 8

12:38PM - Challenge Stage 9

13:00PM - Challenge Stage 10

GETTING TO REVESBY

By Car

Please plan your journey carefully and check the Highways Agency tools for planned closures, roadworks or expected traffic. Trident Sports Events also encourage you to car share where possible to limit the environmental impact of our events.

This run is in the main park however the entrance is off Park Lane **NOT** the main gates. The What3Words reference for the entrance is [///yappy.flight.snowboard](https://www.what3words.com/yappy.flight.snowboard).

On approach, follow the Black/Gold signs directing you to the entrance gates, where our big flags will be greeting you along with parking marshals.

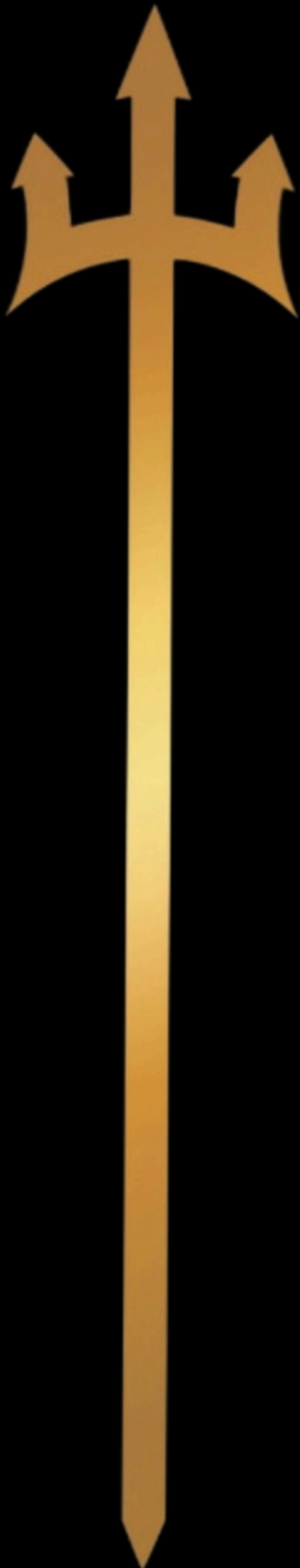
PARKING

We have ample free parking at the event however, to ensure everyone moves safely on site we will have parking attendants on site directing you where to park. Please follow their directions and park accordingly.

Parking is situated on the grass fields within the estate boundaries but close to the finish area **WHICH IS DIFFERENT TO LAST YEAR** and registration is at our Trident gazebo which will be visible from the parking area. See Map(s) of the race village below...

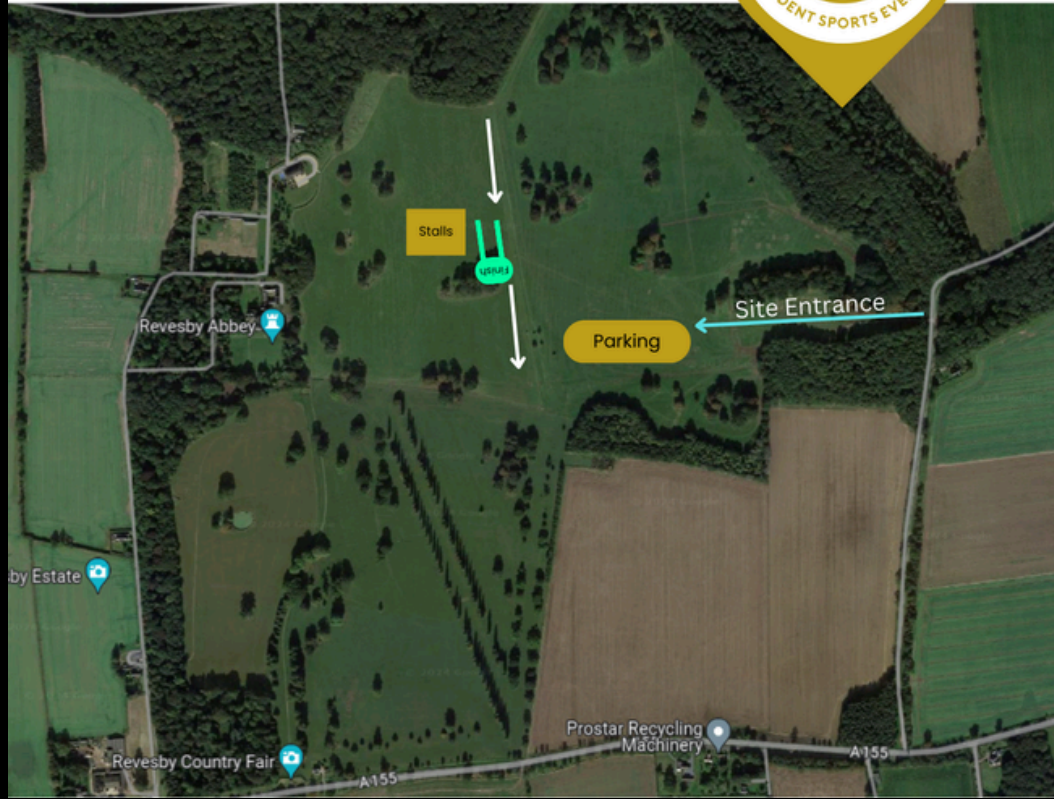
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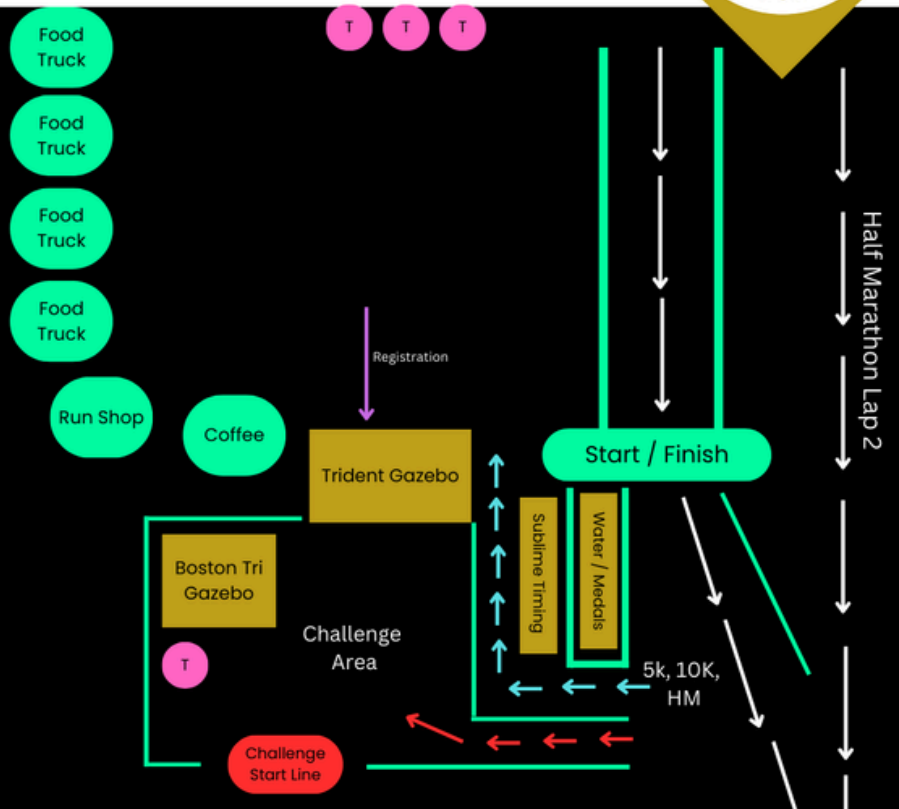
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REGISTRATION

On arrival at the HQ, please give your name, but please be prepared to show us ID to verify who you are if asked. We will ask you to verify your emergency contact details for our medical team.

In the pack you will find your race number and safety pins.

Please attach your number to the front of the shirt you'll be running in. Your number must be visible at all times during the race.

The Gold numbers are for the Challenge event, Blue is for Half Marathon, Red is for 10K and Black numbers are for the 5K run.

If you have any questions please don't hesitate to ask one of the volunteers who will be more than happy to help.

TOILETS

We will have toilets available for everyone's use during the event, these will be near the start line and the food trucks, however we expect that these will get busy near race start so we ask you to allow the half marathon to use first as they have to be ready for 10:00am.

There will be one toilet specifically for the Challenge event.

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START PROCEDURE

1. Ensure your race number is visible from the front
2. Use the toilets for last time before you run
3. Get ready to race and check you have everything you need
4. Runners in the challenge event will need to be ready to begin at 8am for Stage 1.
5. Runners in the Half Marathon need to be under the finish gantry for 9:50am ready for a 'V Fitness' warm up and then the starter's brief will follow immediately!
6. 5km runners will gather at the same point straight after the half marathon start at 10:00am for their 'V Fitness' warmup. Which will be followed by a race brief ahead of the 10:15am start alongside the Challenge athletes starting Stage 4.
7. Once you are at the finish gantry and the race brief has been completed you will be under starters control.
8. Straight after the 5K starts, the 10K will be called to the start/finish funnel to prepare for their start at 10:30am.



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COURSE MAPS

Please note there has been a route change from 22/23

All routes are outlined below. If you want to download before the race a .gpx file is available through the events page on our website. Both the Half Marathon and 10 KM routes will have access to aid stations (water only).

This has also moved slightly from last year so be aware.

Half marathon route you will pass it at 4.1 miles, 6.5 miles and 10.6 miles (approx)

For the 10 KMs you will hit the aid station at 3.8 miles (approx) and then the finish line.

CHALLENGE /5K

The new 5K and challenge event is bound to bring some excitement to the day and we cant wait! We would love as many of you to come and cheer on these athletes and share the challenge with them.

The Challenge event will start at 8:00am under the main Start/Finish gantry...all stages after this will start from the Start line in the Challenge area. The 5K event will start at the same time as Stage 4 of our challenge event. The course for the 5K and the Challenge are the same and will follow the White & Red signs below:



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COURSE MAPS



The Challenge event has 10 Stages:

- Stage 1 - 50mins
- Stage 2 - 45mins
- Stage 3 - 40mins
- Stage 4 - 35mins
- Stage 5 - 30mins
- Stage 6 - 28mins
- Stage 7 - 26mins
- Stage 8 - 24mins
- Stage 9 - 22mins
- Stage 10 - 20mins

Runners have the allotted time above to complete each stage. The next stage will begin from the rest area after the previous stages time has elapsed. The start times for each Stage are on the next page. There is a rest area, with nutrition and a toilet specifically for the Challenge athletes.

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Challenge The Estate

Stage Number	Start Time	Cut-off time
1	8:00	50mins
2	8:50	45mins
3	9:35	40mins
4	10:15	35mins
5	10:50	30mins
6	11:20	28mins
7	11:48	26mins
8	12:14	24mins
9	12:38	22mins
10	13:00	20mins

TRIDENT
SPORTS EVENTS

COURSE MAPS

After runners complete each stage of the Challenge they will receive a pin badge as prize sign of completion. At the end of the event, as with all Trident events a medal will be awarded.

The 5K and the Challenge event all finish at the main finish line and this is where the timing matt will be for the official time.

HALF MARATHON

This two lap course sets off in the iconic deer park, then after a short section along the estate perimeter you enter back through some picturesque woodland.

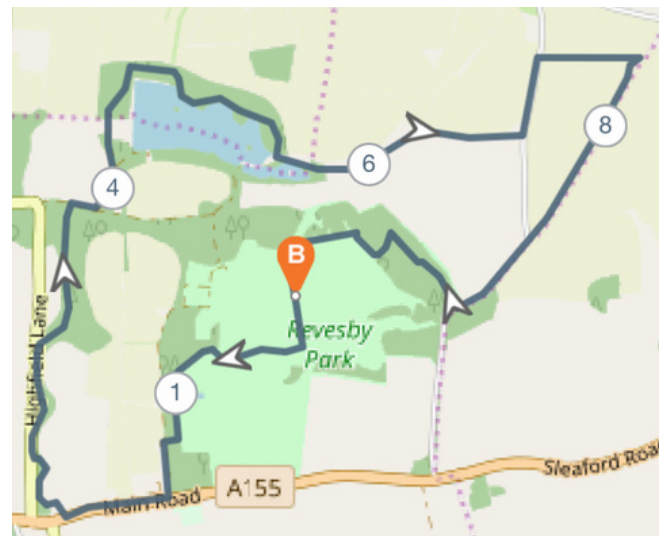
As you reach the end of the woodland track you will find yourself next to the stunning reservoir. This is the point where the two routes split, we will have a marshal here and clear signage. The Half marathon will head LEFT and go around the north side.

After running along the Beck, you run off the estate past the new aid station location and are treated to a mix of hard tracks and trails along the ridge of the Wolds.

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HALF MARATHON

The last section of the run brings you back into the estate grounds through 'The Belt' and you will then run around the perimeter of the estate field before heading back past the start/finish area and out on the second lap.



10 KM

The 10 KM route follows the exact same route as the Half Marathon setting out in the estate ground and heading up to the reservoir.

At the split point, on arrival at the reservoir, the 10 KM runners will head RIGHT and stay to the south of the water. This point will be marshalled to ensure you don't miss the signage. You then run alongside the waterfront and also head out following the Beck.

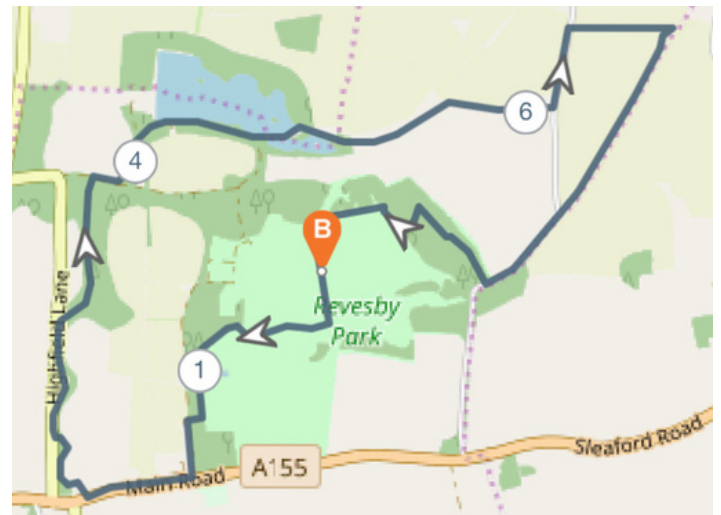
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10 KM

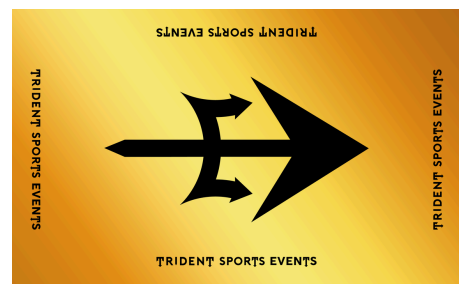
After coming to the aid station you exit the estate and are treated to a mix of hard tracks and trails along the ridge of the Wolds.

The last section of the run brings you back into the estate grounds through 'The Belt' and you will then run around the perimeter of the estate field before heading into the finish chute.



COURSE SIGNAGE

Both the Half Marathon and the 10K routes will be following our gold and black arrows pictured below



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SELF CARE / MEDICAL SUPPORT

Our fantastic Team Trident marshals will be on hand to help you stay on route throughout and keep you safe. It is important that you listen to their direction at all times. They are there to help you have a fast but safe race. They are easily identified by the bright orange Hi-Viz jackets.

If you feel unwell or feel a niggle is becoming an injury, stop and speak to the nearest marshal. No matter where you are on the course we will get help out to you. We also have a professional medical team on site who are readily available to support if needed.

RESULTS

Our race timing partner is provided by Sublime Timing, this means the results will be available on their site virtually immediately.

You can access this through the website <https://www.sublimetiming.com/results>.

We aim to have the link to the results live on our website before the end of the day.

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POST RACE

After finishing your race, we will have a number of food trucks available for a post run treat as well as your medal.



Bringing you the fantastic post-race refreshments is our brand partners Erdinger.

For the longest time, German breweries lead the world in alcohol-free beer that actually tasted like...well, beer. There are lots of other breweries taking alcohol free seriously now, but Erdinger Alkoholfrei really is still one of the best. Full-bodied, but without being sweet and cloying, you'd genuinely think you were drinking a refreshing, fully alcoholic wheat beer!

PHOTOS

On the day we have David Dales, a race photographer, taking shots of the run. The pictures will be available on Facebook after the event to tag and share. Please also head over to www.daviddales.co.uk where David will be selling photos at a very reasonable rate and 50% of these sales will be going to our chosen charities.

Every runner will also receive a free of charge finish line photo.

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CONTACT US

No matter how big or small the question we are always here to help. Always worth a visit to our website as it has most of our information on it.

www.tridentsportsevents.co.uk

If Instagram is more your thing then click [here](#) to go straight to our profile and keep up to date.

Finally, we also have an active Facebook Page and Community Group which are ideal to find any information you need and chat to likeminded individuals.

The Page can be found by clicking [here](#)

The Community group can be found [here](#)

