



RACE INFO

8th MAY 2022 | CAMMAS HALL

Dear Runner,

Thank you for entering the 37th Stort 10 race.

After a two year hiatus following the pandemic, we are delighted to be returning this year to Cammas Hall Farm and holding a 5-mile race again as part of the same event.

At Bishop's Stortford Running Club, our goal is to see as many people as possible enjoy the sport of running – irrespective of age or ability. As such, holding a 5 mile and a 10 mile at Cammas Hall is the perfect blend; appealing to those runners aiming to make the step up from parkrun distance, those runners looking to kick on from a 10k distance as well as those seasoned runners looking to post a good time on a fast trail course.

We are delighted that you will be taking part in our event and hope that you have a fantastic day!

In the following pages, you will find lots of information about the race, all of which is designed to make your race-day experience as pleasurable as possible.

Simon Ellice & Mark Lawrence
Race Directors, Stort10 & 5 Mile



**Weston
Homes**

CONNELLY GROUP
Drylining & Facades



**PRESIDENT'S
SPORTING CLUB**
&
THE ESSEX DISABLED
SPORTS FOUNDATION



**Bishop's
Stortford
Running Club**

ARC PERMIT: ARC 22/134

ENTRY DETAILS

Thank you for entering the 2022 Stort10 and 5 Mile Event.

You will find your entry details on the race website which you can access at any time via the link below: bsrc.racesonline.uk

Please check that your entry details are correct. If anything is incorrect, please contact stort10@bsrc.org.uk as soon as possible.

We regret that we cannot offer refunds or deferrals once you have entered the race.

Due to the nature of the course terrain, we regret that this race is not suitable for wheelchair competitors.

RACE NUMBERS & TIMING

Entrants will need to collect their race numbers on the day of the race. Numbers will be collected at Race HQ situated near the entrance to Cammas Hall shop and café. Safety pins will also be provided when you collect your Race number.

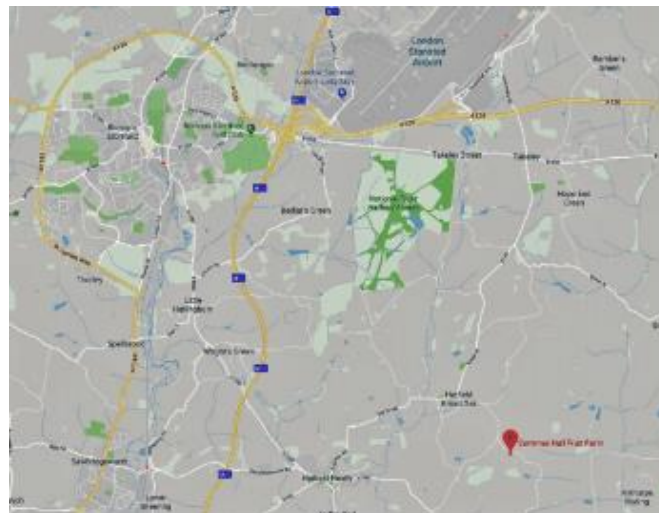
On a practical note: please ensure you complete the Medical Block on the reverse of your race number before pinning it securely to your running top. Please ensure your race number is the correct way up and is visible on the front of your running

Both the 5 and 10 mile race will be chip timed. Your chip will already be attached to the reverse of your race number. Please take care not to damage your race number or the foil timing chip when attaching your number as this may lead to the timing mats not being able to register your time

Unfortunately, there is no facility to collect race numbers prior to race day and they can only be collected from Race HQ on the day of the event

DIRECTIONS

The event takes place at Cammas Hall Farm, Hatfield Broad Oak, CM22 7JT



If you are reading this document on a mobile device, click or tap [here](#) to view detailed directions

The farm is situated approximately five miles south-east of Bishop's Stortford, just outside the village of Hatfield Broad Oak.

The post code for navigation is CM22 7JT. The postcode will take you to the entrance of the arable farm. The entrance to the fruit farm is located on the same road, approximately half a mile away. Please follow the signs.

MEDICAL ARRANGEMENTS/COVID-19

Please do not run if you have symptoms of COVID-19.

A team of first aiders will be present on race day, both at the finish area as well as out on course. If you have any doubts about your physical ability in the lead up to the race, we regret that we cannot refund entry fees.

Please do not run if you are feeling unwell or have consumed excessive alcohol in the 24-hour period leading up to the race.

Please note that Mile 1.5/5.5 runners pass close to beehives – whilst they do not pass the hives, those who suffer with severe allergies may wish to carry appropriate medication.

PERSONAL AUDIO EQUIPMENT / HEADPHONES

Whilst much of the course is on private land, you may, in places, encounter other members of the public whilst on the course such as dog walkers.

It is imperative that runners can hear race marshals and other runners, as well as be fully aware of their surroundings at all times.

The use of personal audio equipment / headphones is therefore prohibited during the race for reasons of safety. Runners risk disqualification if found using headphones during the race. Your health and safety is of primary concern, so please understand and respect this decision.

RACE T-SHIRT

Finisher T-shirts will be handed out at the end of the finish funnel. Please collect the size selected on your entry form to ensure that all runners receive their desired shirt size.

TOILETS & KIT STORAGE

There will be an ample supply of toilets on the day. You are reminded that Cammas Hall has generously offered the use of their land to hold the event, so men – please resist the temptation to avoid any queues there may be and do not relieve yourselves anywhere else on the farm. The farm has its own irrigation system!

Whilst we will be providing additional toilet facilities, there may be queues for toilets at busy times so please ensure that you allow sufficient time to use the facilities prior to the start of the race.

The car park is adjacent to the start/finish area where we would recommend you leave any personal items. Any items left in your vehicles are done so at your own risk. Neither the Event Team or Cammas Hall Farm can take responsibility for losses.

REFRESHMENTS

Cammass Hall will be welcoming you on the day. Spectators can enjoy refreshments, light lunches and snacks from the Tea Barn whilst any little ones can let off some steam in the play area. From 11am the BBQ and Pizza Oven will be running with much need draft beer on offer as well as wine, cider and Pimms.



MASSAGE

These are free of charge but should you wish to offer a contribution, Track 1 Fitness will give all donations to their chosen charity.



Track 1 Fitness – a local Sports Therapy Rehabilitation and Personal Training clinic based in Stansted will be based near Race HQ at the end of the race offering advice and massage 'tasters' on a first come first served basis.

LITTER

Cammas Hall has been very generous in allowing us to use their land to hold our event. Please respect your surroundings and do not drop litter anywhere around the course, car parks or start/finish areas. There are bins around the café and Race HQ and if you are looking to dispose of empty drinks containers or gel/food wrappers during your run, please do so near a marshal point where rubbish can be more easily gathered.

START / FINISH

The race will take place on 8th May 2022 at 10:30 am sharp. Please aim to arrive at Cammas Hall at least 45 minutes before the race start in order to have ample time to park, collect, fill in and attach your Race Number and prepare for the race. Gates will be open from 9am for entrants to begin arriving.

Both 5-mile and 10-mile races will start at the same time from the same place which is a short walk from the race HQ. This is a different start area to the last time we ran the event at Cammas Hall. The race will start on time. If you arrive late and the start mat has been removed, your time will not be recorded (however a gun time will still be issued from the time that the race starts). The first 500m of the race route are quite narrow, therefore, to reduce congestion in the early stages of the race, please base your position in the start line on your expected finish time. We would, therefore, ask faster runners to start nearer the front.

PLEASE NOTE: should we experience adverse weather in the week leading up to the race, and the Race Director in conjunction with the owners of Cammas Hall Farm feels the conditions to be too bad, the Race Director reserves the right to postpone the race. In this event, a new race date will be agreed. We regret that should you not be able to attend the new date no refund of your race fee can be made.

RACE CONTROL / SUPPORT

There will be marshals at all critical points on the course. Whilst traffic will be held at the start of the race, you will be running across unclosed roads at certain points. Please therefore obey marshal instructions at all times. Marshals at key parts of the course will be in communication with the Race Director by radio.

The race sweepers will also have radios. If you are unable to finish, please contact the nearest marshal who can, if necessary, call for assistance to help you back to Race HQ. There will be a cut-off time of 2h 30min for the 10-mile race, at which point marshals will be stood down and your finish time will not be recorded.

Running with prams / buggies is not permitted. Running with dogs at this event is also not permitted.

RESULTS

Results will be processed at the end of the event where prizes will be awarded as soon as finish positions for the prize categories are confirmed.

You will receive an SMS confirming your finish time shortly after the end of the race (assuming you have a mobile signal!)

Results will be posted live at the following link <https://my.raceresult.com/200309/live>

THE COURSE

The 5-mile and 10-mile races both start in the same place. Please proceed to the start area (at the Castle!) 10 minutes prior to the start of the race where the briefing will take place before the race start. The 10-mile course is formed of two unequal loops. Runners completing the one-loop 5-mile race will continue towards the finish area, whilst runners of the two-loop 10-mile race will turn right before reaching the finish area as instructed by the race marshals for their second loop

Roads

There are four short sections of the course on quiet country roads. The roads are not closed to traffic, so there may be vehicles. All the road sections will be marshalled. The route will also cross a farmyard – for your own safety please stick closely to the marked course.

Course profile

The route comprises a mixture of farm tracks, footpaths, woodland trails and very short sections of road. There are no major inclines. Some of the course takes place on private land and so please refrain from training on these sections of the route prior to the race date.

Water stations

There will be water provided at 1, 3, 5 and 8 mile points, as well as at the finish.

IMPORTANT DETAILS ON TERRAIN

Details on terrain

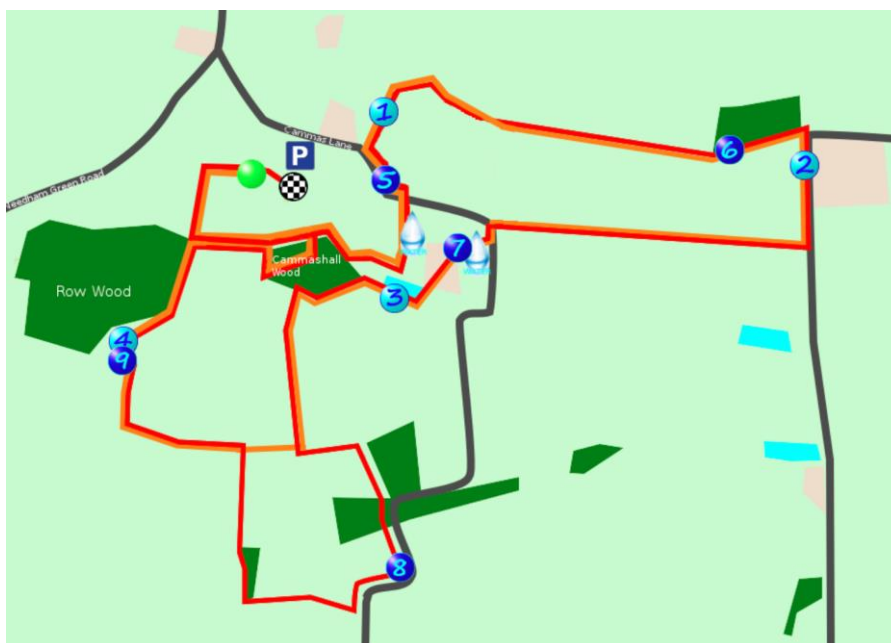
With the exception of short sections on roads, the majority of the race will be on grassy trails and dirt tracks. Some of the tracks are rutted and uneven, so mind your step. There are two ditches to cross (one for 5-mile course). In some places there may be low-hanging branches.

Following a route inspection on 30th April, at this time the course is in a very dry condition and in some places quite deeply rutted. In particular please take care between Mile 1 and 2.5 – whilst every effort will be made to flatten these as best as possible please do be aware of your footing.

Photos of the course walk we performed on the 30th April are available to view on our Facebook page (to help give you a clearer understanding of the terrain)

Overtaking

Sections of the course are on single track borders of the farm fields – as such they may be unsuitable for overtaking. These sections are short in length so please over take with care



AWARDS

Trophies will be awarded as follows based on gun time:
10-mile race 5-mile race Male and Female:

10 mile race

Male and Female:

- 1st place finisher
- 2nd place finisher
- 3rd place finisher

5 mile race

Male and Female:

- 1st place finisher
- 2nd place finisher
- 3rd place finisher

We will be offering a Mixed Team Prize for both races with the top three team members scoring. (At least 1 of each gender needed to make a mixed team i.e 1 Female 2 Male or 2 Female 1 Male)

Please ensure if you are running as a team that you enter the same team name to make sure your times count as a team.

Trophies will be awarded near the HQ area at the following times;

Mens 5 Mile and Womens 5 Mile – 11:30am

5 Mile Team Prize – 11:45am

Mens 10 Mile and Womens 10 Mile – 12:30pm

10 Mile Team Prize – 12:45pm

**THANK YOU AND GOOD LUCK FROM THE
STORT 10 & 5 TEAM!**

Don't forget to like our Facebook page!
<https://www.facebook.com/Stortford10/>