



STORT
10 & 5 MILE

2024 RACE PACK

Thank you for entering the 39th Stort 10 race.

We are delighted to return this year to Cammas Hall Farm with a sell out field for what is looking to be another great event and we look forward to welcoming you on race day. This year there are a few changes to the event, so if you are a returning runner, please make sure you are familiar with the contents of this document.

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.

Having been awarded Gold status by independent review company Racecheck again last year, we are really keen to bring such a great experience to those at our event. If it's your first time running with us - we really hope you enjoy it and for those returning - welcome back!

Should you have any questions not answered in this guide, please do feel free to contact us at stort10@bsrc.org.uk or send us a message on our Facebook page and we would be more than happy to help!

Mark Lawrence
Race Director
Stort 10 & 5 Mile



YOUR ENTRY

Thank you for entering the 2024 Stort10 and 5 Mile Event.

You should have received an email with confirmation of your entry details - please check these are correct before arriving at the event. 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. You can however transfer your place or chosen distance up until you check in at the event. After this time, no transfers will be accepted.

We ask that you check all the details in your entry before the event to make sure they are current, including any medical information and emergency contacts listed.

Should you need to transfer your number but have no one to transfer it to, please email: **s10transfers@bsrc.org.uk** and we will see if we have anyone on our waiting list that you could transfer to.

RACE NUMBER COLLECTION

This year your race number will be allocated to you when you check in at the event. To check in, please head to the shed just outside the main entrance to Cammas Hall where one of our volunteers will be happy to check you in and allocate you a number.

You will need to provide your **full name and date of birth** when checking in.

Should you wish to change distances on the morning, this is possible but we ask you let us know before the starting horn sounds!

After the event, we will be collecting your race number back from you, so that the chips can be recycled for future events.

Please ensure your race number is the **correct way up and is visible on the front of your person.**

Safety Pins will be available for you to use on the morning.

Any **pre-ordered merchandise** will be given to you when you collect your race number.



CHIP TIMING

Both the 5 and 10 mile races will be chip timed by our timing partner [racesonline](#). Your chip will already be attached to the reverse of your race number. Please take care not to damage your race number or the foam timing chip when attaching your number as this may lead to the timing mats not being able to register your time

RESULTS

Live results will be available as soon as you cross the finish line, you will receive a text message and email with your individual result. You can view the full set of results [here](#).

PRIZES

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

5 Mile Race

Male and Female:
1st place finisher
2nd place finisher
3rd place finisher

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

ADDITIONAL RACE NUMBER COLLECTION

This year, we will be offering you two additional chances to grab another 15 minutes in bed on race day, by giving you the chance to collect your race number before race day itself!

WEDNESDAY 8TH MAY - 18:30 - 20:30

Bishop's Stortford Running Club, Beldams Lane, CM23 5LG

Our club house will be open as part of our regular Wednesday evening giving our numbers to any local participants - please do feel free to come and grab your number!

SATURDAY 18TH MAY - 10:30 - 15:00

Cammass Hall Farm, CM22 7JT

Come and visit us the day before to collect your race number and visit the craft fair that will be running! Race numbers can be collected by going through the tea barn and heading to the Marquee next to the "band stage"

MERCHANDISE

This year we are excited to bring the return of Stort10 Merchandise to the event, in the form of our Stort10 Buff. These are available for pre-order only and will be given to you on the race morning when you collect your race number.

Buff's can be added to your entry (using your change entry link) and cost £10 each. Note that these are available whilst stocks last and cannot be purchased on the day.



VENUE OPENING TIMES

Parking at Cammas Hall is available on the day, but please do car share where possible to help us make best use of the available space, not only for our event but for others visiting the farm.

Gates will open at 9am to entrants with runners to collect their numbers from our Race Registration Shed which is located to the front of the Cammas Hall Shop.

Once you have registered and collected your number, please make your way through the tea barn where you will find ample seating, toilets and bag drop, before making your way to the start line.

If you have pre-collected your number you can head straight through!

SPECTATORS

There are plenty of opportunities to spectate on the course that are only a short walk away from our Race HQ for anyone wanting to cheer you on. A large map will be available in the waiting area should you wish to identify any places to watch from. Please ask one of the Stort10 team if you would like any directions!

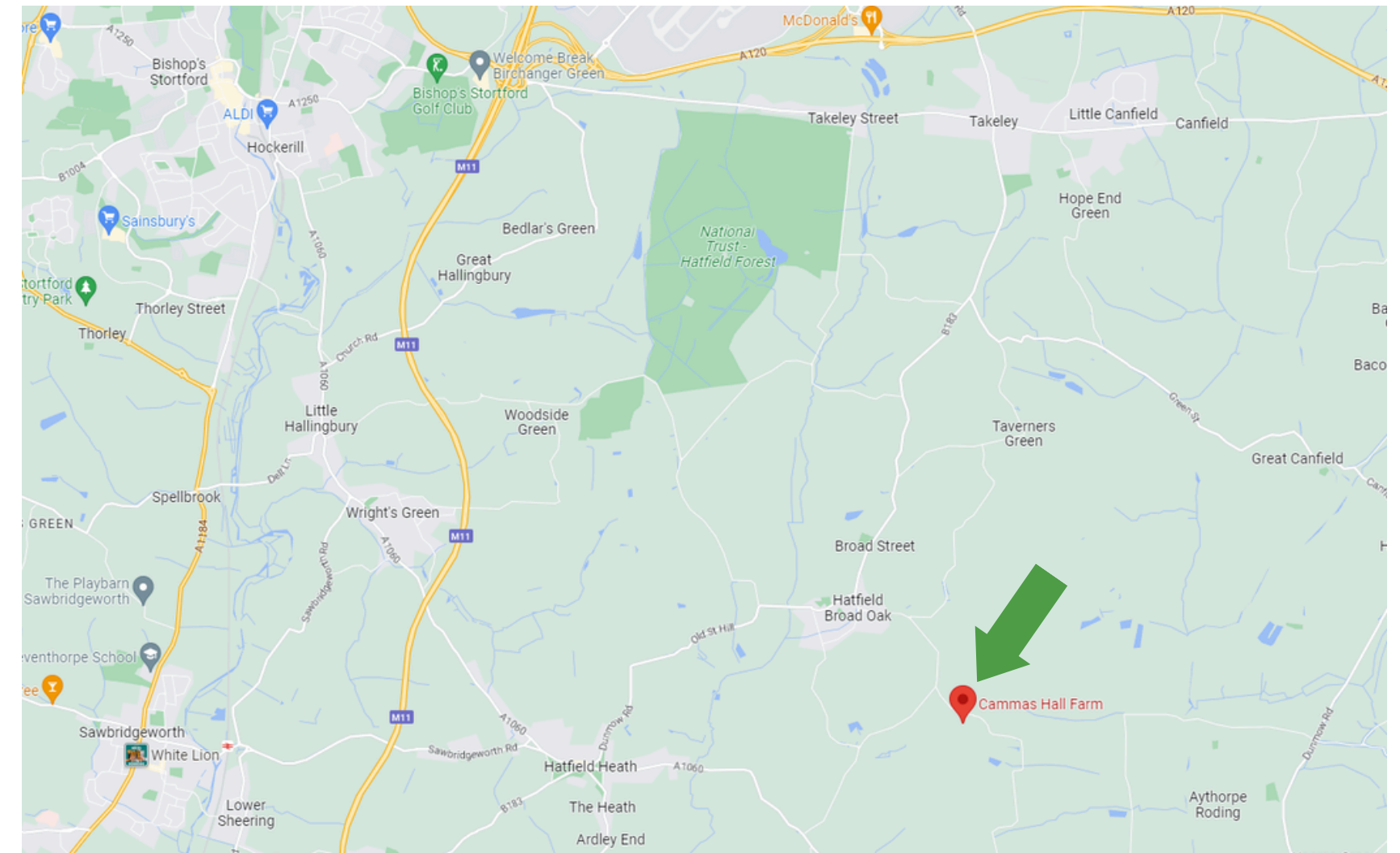
DIRECTIONS

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

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. You will see the entrance well signposted from all directions and will be met at the gate by one of our volunteers.

Please follow the instructions of our marshals when parking as the farm will be open to non-race entrants too, so please park considerately and where possible, please car share.

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[For more detailed instructions on how to arrive at Cammas Hall Farm, please click here](#)



Cammass Hall

CAMMAS HALL FARM FACILITIES

Cammas Hall offers us the perfect location, not only for you to enjoy your run, but for the great use of their facilities too! Having been voted best Pick your Own Farm in 2021 and again in 2023 - we are really lucky to be able to host our event here.

The Tea Barn will open from 9am with breakfast butties, hot drinks, cakes and snacks. At 11am the team at Cammas Hall will be opening their BBQ and Pizza Oven. The Beer Tent will also be open from 11.30am serving a selection of beers, cider, wine, Pimm's and cocktails!

The childrens play area will also be open should family wish to come and cheer you on, whilst providing something to keep the kids entertained.

The fruit picking fields will not be open during our race, however the fruit season will open slightly after our event - so if you loved your day, please keep your eyes peeled to the Cammas Hall website for more information on how to come and pick some of their great Pick your Own produce!

CAMMAS HALL FARM SPRING CRAFT FAIR

The Cammas Hall Farm Spring Craft Fair will be running from 10am to 4pm on Saturday 18th and again on the race day, Sunday 19th May.

There will be a lovely selection of products to browse from local suppliers, including plants, jewellery, and gift items.

On Sunday from 12:30pm the talented singer, Kyle Chater, will be providing a live music performance for you to listen to as you relax and unwind after the run.

LITTER

Cammass 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.

TOILETS

There will be an ample supply of toilets on the day. You are reminded that Cammass 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. These toilets will consist of Portaloos as well as urinals and will be located near the start line.

BAG DROP

This year, we are excited to be able to bring back a bag drop. However, 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 or in our bag drop are done so at your own risk. Neither the Event Team or Cammass Hall Farm can take responsibility for losses. The Bag Drop will be located next to the band stage which is just through the Tea Barn on your right hand side.

MEDICAL ARRANGEMENTS/COVID-19

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

Should you require medical assistance out on the course, please find one of our marshals who will be able to contact Race HQ for support.

Please do not run if you have symptoms of or have tested positive for COVID-19. Please do not run if you are feeling unwell or have consumed excessive alcohol in the 24- hour period leading up to the race .



THE COURSE

The 5-mile and 10-mile races both start in the same place. Please proceed to the start area at least 10 minutes prior to the start of the race where the briefing will take place. 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.

START / FINISH

The race will take place on 19th May 2023 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.

The race will start on time. If you arrive late and the start mat has been removed, you will not receive a chip time, but one based on the gun time. Please base your position in the start line on your expected finish time. We would, therefore, ask faster runners to start nearer the front

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

TERRAIN

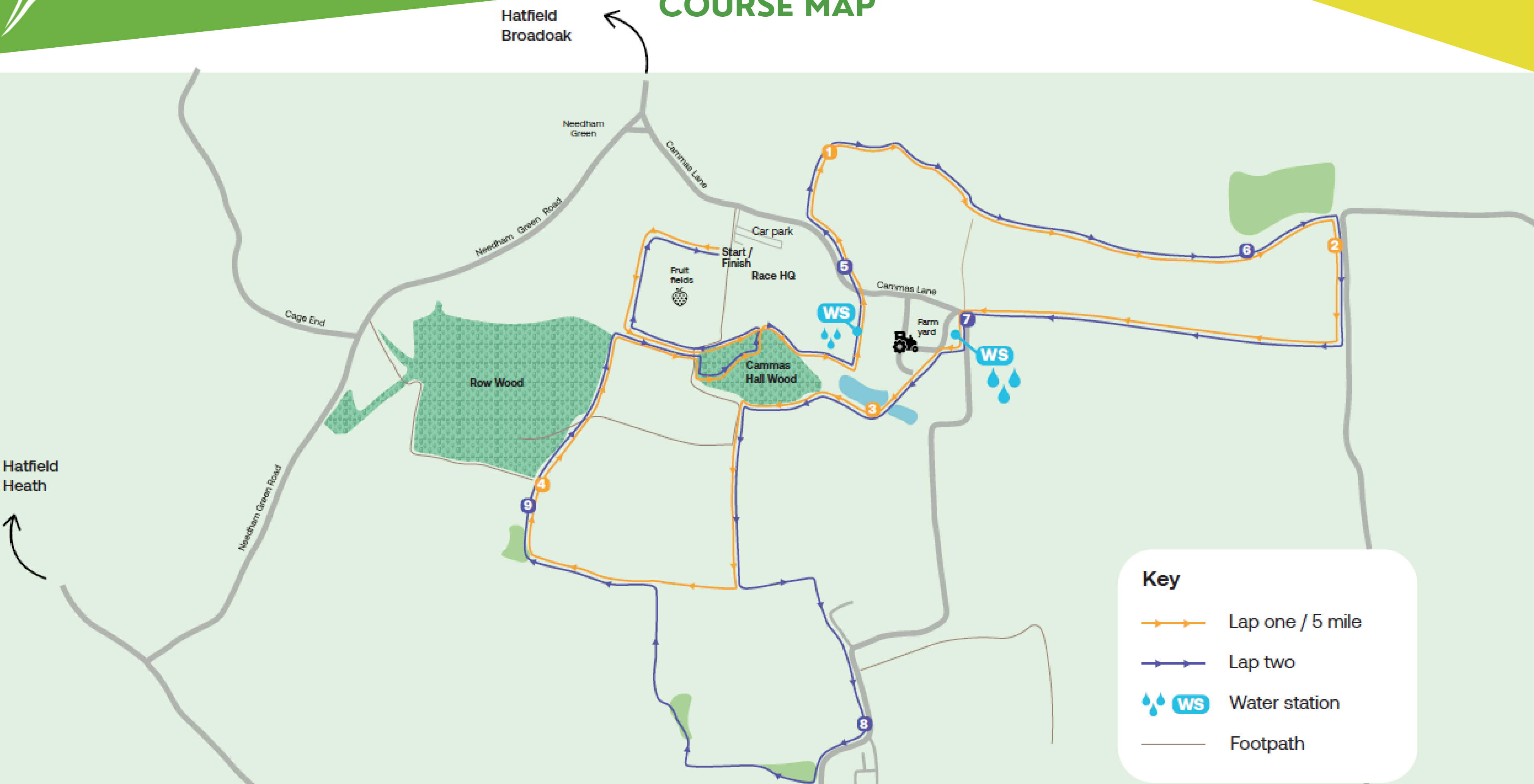
With the exception of short sections on roads, the majority of the race will be on grassy trails and dirt tracks. Depending on weather conditions in the weeks leading up to the race, some sections of the course may be muddy. Some of the tracks are rutted and uneven, so mind your step. There are two ditches to cross (one for 5-mile course). In some places there may be low-hanging branches or animal burrows. We will do our best to mark these where appropriate, but as a trail event, please be mindful to your footing.

WATER STATIONS





There will be water provided at 1, 3, 5 and 8 mile points, as well as at the finish. Water will be provided in comfortable cups and will be fully recycled after the event. If you have a disposable cup which you would prefer to use, our team will be more than happy to fill this up for you.

Should the conditions require it on the day, we may take the decision to place additional water points wherever possible.

COURSE MAP



Key

-  Lap one / 5 mile
-  Lap two
-  Water station
-  Footpath

PHOTOS

We will have photographers dotted around the course, capturing your best side as you fly past as well as capturing the moment when you cross the line.

These are made available to you free of charge as part of your entry and will be uploaded to our Facebook page for you to download or share after the event. Given the number of images, we will upload them as soon as we can - but they will appear over the course of the week following the event.



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 / in ear headphones is therefore prohibited during the race for reasons of safety. However, bone conducting headphones are allowed, assuming you will take extra care of your surroundings during the race.

Runners risk disqualification if found using in-ear headphones during the race. Your health and safety is our number one concern, particularly on a working farm, so please understand and respect this decision.

FINISH LINE

Finisher T-shirts will be handed out at the end of the finish funnel after you have received your **finisher medal**. Please collect the size selected on your entry form to ensure that all runners receive their desired shirt size. We will be able to **exchange** any sizes once all runners have finished, providing we have stock available of your newly desired size.

POST RACE SPORTS 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 Thremhall Park, Takeley will be based near Race HQ at the end of the race offering advice and massage ‘tasters’ on a first come first served basis.

RACE CONTROL/CUT OFF TIMES

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.

CANCELLATION/ADVERSE WEATHER

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



YOUR FEEDBACK

After the event, we partner with independent race review company, Racecheck, to gather your thoughts on the race. Last year we were really excited to see that your feedback helped us achieved a second Gold status based on your experience of the event. Alot of the feedback given was taken into our 2024 event to help us continually improve.

We have partnered with them again for 2024 and would value your thoughts after the event here - <https://racecheck.com/races/stort-10-5-mile/review/>



THANK YOU!

A huge thank you goes out to you all for supporting our event - we believe this event really sums up the spirit of Bishop's Stortford Running Club and are grateful for you joining us this year. Firstly thanks to the members of Bishop's Stortford Running Club for helping to put on this weekend - it takes nearly 90 different people to put on the event and we couldn't do it without each of them. Particularly to the organising committee, who tirelessly put in work over 12 months to bring the event to fruition.

Thanks should also be given to our sponsors for their ongoing commitment to putting on a high quality event - without their support we would struggle to deliver the quality of event that we do. Thanks also go to Cammas Hall for again providing us with an award winning venue to host this event and thanks also to the team at AEL Training for providing our First Aid Support. Thanks to Craig and Rich from Racesonline for providing us with their super timing services as well as race entry system.

We hope to see you again next year for what we hope will be another amazing event! Details on our 2025 event will be shared soon, so keep your eyes peeled for more news soon!

