



Eastnor Castle
Eastnor
Ledbury
HR8 1RL

T: 01531 634 066
E: enquiries@mudrunner.co.uk

Dear <<participant firstname>> <<participant surname>>

Thank you for entering into Mud Runner "CLASSIC JUNIOR" 2013. A race timing chip and race number are enclosed.

Entry Details

Entry details are as follows:

First Name: <<participant firstname>>

Surname: <<participant surname>>

Race Number: <<race number>>

Race Timing Chip: The disposable chip is already attached to the back of your race number. In case you lose your race number (and so your timing chip) during the race, as a precaution we record the finish. Please make the finish line Marshalls aware of your race number if it has been mislaid.

Race Number: Please complete the emergency contact details on the reverse of the race number and affix to the front of the running shirt.

Start Time: 10.15am. Please note that there are three start waves according to how fast you expect to complete the course, further details attached.

Merchandise: There will be some Mud Runner merchandise (hoodies and t shirts) available to purchase on the day, so please remember to bring enough cash to buy a dirty burger after the race and perhaps a hoodie.

Health and Safety: There will be a health and safety briefing before each wave of the race to which we ask you to pay attention. Runners are advised to not wear jewellery (including rings) and the course is not appropriate for barefoot runners.

Photography: We will not directly photograph and will never display a photograph which contains an identifiable image of a participant who has not opted in to the photography. I have attached a full copy of our policy, if you have any suggestions or complaints please do not hesitate to contact me on photography@mudrunner.co.uk

To ensure that any photographs we display for the Mud Runner JUNIOR are in line with the policy, no Mud Runner JUNIOR images will be available to download/purchase until Wednesday the 23rd October.

Car Parking: Will be free & at the Race Village we have a secure Key Drop facility (if it fits into an envelope you can leave it).

Best of luck with the race, in the interim if you have any questions please do not hesitate to contact me.

Regards

A handwritten signature in black ink that reads "Kester Wilkinson".

Kester Wilkinson
Race Administrator



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WAVE STARTS

Timing and Start: Due to the large numbers of people taking part in the Junior race, we stagger or phase the start process to ensure that each runner can enjoy the full experience of the run. This will NOT affect your personal time, as your chip will record this on an individual runner basis. Depending upon final numbers, we will release runners in up to 3 waves, at 5 minute staggered intervals

How will it work? We will have a number of clearly marked enclosures that will each hold circa 150 runners. Upon the first start signal the first wave of runners will cross the start line and complete the race. We will then bring the next wave of runners forward and start them on the second start signal, after a 5 minute interval has elapsed. This process will continue until all the runners are away.

This method ensures that course congestion is kept to a minimum, and any 'pinch points' clear more quickly than using a mass start. In short, a wave start creates a safer, more enjoyable experience for all participants.

What wave am I in? We would ask you to approach this situation realistically, and place yourself in the wave that is most appropriate to your ability/level of fitness; as a rule of thumb, please use the following grid as a guide:

We have chosen 3 waves based on how you would like to take part in the race:

- 10:15 Wave 1 – "Athletes" - Really keen to compete and get a great time
- 10:20 Wave 2 – "Endurers"- Think I might be able to get round in under 30 minutes
- 10:25 Wave 3 – "Survivors" - Just happy to get round and enjoy the race

If you are asked to move from one wave to another to balance the numbers, please do so graciously – it will not affect your time adversely. In previous years some of the fastest times have come from the later waves.

What are the benefits? Wave starts have been implemented in a large number of road races during the past few years, with overwhelming success and praise from runners. Ultimately it is safer, the density of runners on the course will be reduced allowing for greater running as well as easier access for race officials and medical personnel

And it's more fun...runners will participate in groups with others of a similar pace; each wave will have its own start, creating many smaller races instead of one large one, enabling participants to run freely, at full stride from start to finish without dealing with disproportionate levels of congestion.

VERY IMPORTANT – PLEASE READ

Detailed below is the photography policy held between Mud Runner and Peachysnaps who are our photography provider.

Safeguarding Children Online

We feel strongly that our service provides a fun memento and we want to be able to include children in this, but we want to make very sure when we do this that we do not put them at any risk.

On any occasion where our photographs feature images of children and young people, we will follow our policy, which is based on guidelines as laid out by the **NSPCC**. This is an issue we take very seriously and work within this policy with any employee we use and any partner we are affiliated with.

If you feel that any questions are unanswered by this policy please do not hesitate to get in touch with us at help@peachysnaps.com

To view the **NSPCC** guidelines the best place to start is their website [Using photographs of children on websites](#) which is the basis for our policy.

Our Policy

We want to provide participants with a safe and fun memento of their achievement

We ensure that all involved; peachysnaps.com, its employees, its partners, the parents/guardians of participants and – importantly – the participants themselves, are fully aware of our intentions and commitments in advance of any event.

We will give all parties a chance to ask further questions, and to give parents/guardians and participants plenty of opportunity to safely opt into this service.

We will not directly photograph and will never display a photograph which contains an identifiable image of a participant who has not opted in.

We will not advertise access to any photo gallery containing children or young people outside of the group of people participating.

We will provide a quick means to identify an image as being unsuitable and a process to remove this image from the website within 24 hours.

We will never publish the names of the participants featured in the photographs – this does, unfortunately, mean that we cannot offer the ‘Facebook Brag’ purchase option for these images.

FAQ

How will you identify participants who have opted out of the service?

They will be given an identifying item of clothing which is large enough to be seen by the photographer. The details of what this will constitute will vary depending on the event, but will usually be a bib/badge/ribbon of some sort.

How will you avoid taking pictures of opted out participants?

We recognise that in images with large groups this may prove difficult, but we will never directly photograph the participant who has opted out, and we will take care in the edit to delete or modify any images which contain an opted-out participant.

How do I report an image on your web site that is unsuitable?

You will see a button on any image containing a child or young person called ‘report as inappropriate’. When clicked you will be asked to give your contact details and a brief description of why you feel the image is unsuitable and offered the chance to report this image along with your complaint to us.

What do you do with images reported as unsuitable?

Any reports of unsuitable images will be treated with the utmost urgency and careful consideration. We will reply to your concern within 24 hours, and if the image does not meet our strict policy on publication of children’s images we will remove it immediately and revisit our editing process to ensure that we better enforce our policies.

Who have you consulted to create your policy?

We started with the **NSPCC** guidelines, but we also value the input of parents and participants like yourself. Please send any suggestions or complaints to help@peachysnaps.com



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Date: Sunday 20th October 2013

Location: Eastnor Castle Estate, Herefordshire

Course Details: 5ish arduous country kilometres around the Eastnor Castle grounds.

Time: Mud Runner will start at 10.15am.

Changing: There is a small changing area. Probably best to arrive in your running clothes and bring a warm, dry change of clothes to get into afterwards.

Timing & Results: There will be a race clock at the finish line. Results will appear at www.mudrunner.co.uk on Monday 21st October.

Race Photography: Race pictures will be available to view and purchase after the event, a link will be posted onto www.mudrunner.co.uk.

First Aid: Medical support will be present on the course and at the finish. You should be relatively fit and have no known medical conditions.

Toilets: Toilet facilities are available at the start and finish. The Eastnor Estate is a wonderfully well maintained estate with SSSI areas (SSSI means - site of special scientific interest - I think!) so please be respectful of this it is definitely not a 5,000 acre toilet or rubbish tip and so please don't treat it as such.

Showers: There are no showers at the site, however, there will be facilities to wash off the bulk of the mud so you are in a reasonably clean state before you have to get back into your car. We are hoping Muddy Tub of Love will make a reappearance as a way to clean off the worst of the mud.

Goody Bag: An event goody bag will be handed out close to the finish funnel. This will include your special souvenir t shirt and some other goodies!

Prizes: The fastest (chip time) 5 boys & 5 girls will be awarded prizes on the day at the venue. There are also age category prizes by gender for U7, U9, U11, U13 and U15.

To clarify, we will align with the school year as follows:

Under 7 is for children who are 5 or 6 years old on 31st August 2013

Under 9 is for children who are 7 or 8 years old on 31st August 2013

Under 11 is for children who are 9 or 10 years old on 31st August 2013

Under 13 is for children who are 11 or 12 years old on 31st August 2013

Under 15 is for children who are 13 or 14 years old on 31st August 2013

Team Prizes: There is a team prize for the fastest team of 3. You will all get your own individual time and your team time will be based on the third member of the team to cross the line. You do not need to all run or finish together, it is up to you.

Refreshments: Emma and her Mud Tucker team will be back with a range of food and drink.

Spectators: Spectators are welcome, please bear in mind that this is a hilly offroad course and not all areas will be appropriate for push chairs.

HELP: "We're Here to Help". For more information or assistance, please contact: info@mudrunner.co.uk or 01531 634066



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Directions

Mud Runner is being held at Boulters Park, Eastnor Castle, Ledbury, Herefordshire HR8 1RL



How to Find the Castle

Eastnor lies between the Cotswolds and the Welsh Marches. The Castle is 2½ miles east of Ledbury on the A438 Tewkesbury road.

Journey Times to Eastnor

Central London 2½ hours, Manchester 2 hours, Birmingham 1 hour Bristol 1 hour
Cardiff 1 hour.

If you are using Sat Nav please IGNORE the directions as you approach Eastnor and follow the Brown Tourist signs - a number of Sat Nav providers are currently directing you the wrong way. In particular do not use CLENCHERS MILL LANE but go via Ledbury

Directions from London

Take M4 West.

Exit M4 at junction 15 (Swindon).

Follow A419/A417 to Cirencester and Gloucester (Dual Carriageway).

Before Gloucester exit A417 onto M5 North (towards Birmingham) at junction 11A and continue as if from North or South.

Directions from North or South

Exit M5 at junction 8 onto M50.

Exit M50 at junction 2 Follow A417 to Ledbury.

Follow the Brown Tourist signs (Eastnor Castle) via bypass and through Ledbury Town Centre onto A449 (signed Worcester and Malvern).

After 1 mile turn right again onto A438 (signed Tewkesbury and Eastnor).

Then follow signs to Mud Runner Parking

Nearest Train Stations

Ledbury - 2 miles (Direct train from/to London Paddington - duration 2.45hrs)

Great Malvern - 8 miles (Direct train from/to London Paddington - duration 2.30hrs)

Gloucester - 19 miles (Direct train from/to London Paddington - duration 1.50hrs)

Taxis are available and pre-booking is advisable.