

It is now just 10 days until our 10 Mile Race and we are busy making the final preparations to the day. I have attached a course map and profile of the race at the bottom of this email. Don't let the profile scare you it is not as hilly as it looks, well apart from that last hill.

Please have a read through the race day information and familiarise yourselves with everything. We will have an army of marshals on the day to look after you all too so don't worry if you forget any of the finer details.

IMPORTANT UPDATE - There is a wedding at Knowsley Hall on Saturday so guests maybe leaving on Sunday morning. It will not effect the majority of the run but will need extra care taken around the Hall and crossing of one of the Hall entrances. Please listen very carefully to any marshal instructions at these points as there may be live traffic approaching.

Date: Sunday 29th September 2019

Venue: Knowsley Safari Park, Prescot, L34 4AN

Start Times: 9am for Monkey Mile Fun Run and 10am for 10 Mile Race. Signs to the start will be displayed in the Safari Park. Please note there is roughly a 15min walk to the start from the car park so keep that in mind. For the past 2 years we have had to delay the start of the Monkey Mile due to late arrivals. We will not be delaying the start this year so please ensure you arrive early.

Car Parking: Parking is £5 per car. Please follow marshals directions in the park. Car park opens from 8am. Do not park outside of the park. Please try to car share as much as possible. Included in the car park price is access to the foot Safari where you can see the wolf enclosure, tigers, elephants, birds of prey and lots more.

Discounted Safari Experience: On entry to the car park you can pay an additional £15, so £20 with parking, for the car to go around the Safari experience afterwards. It covers everyone in the car up to 5 people and is a considerable saving of £50 on the standard gate price. Just inform the cashiers on the gate you wish to take up the offer on arrival. The discount will cease at 9:45am, 15 minutes before the start of the 10 Mile race.

Race Numbers: Numbers will be posted out to you this year. You should receive your numbers from Monday 23rd September. This is quite close to race day but is due to us closing the offer of refunds and transfers only yesterday, the 18th September. **IMPORTANT** - Remember to fill out all medical emergency details on the back of the number.

The Race: The start/finish area is situated up towards the wolf enclosure and birds of prey exhibit. It's a 10-15min walk from the car park. The race will be run on tarmac paths, a little gravel and will involve the crossing of some cattle grids (these will be covered). Please take care with your footing as depending on the weather it could be slippery in places. The course may also be narrow at times so please respect your other fellow runners and pass by safely and courteously. Please keep to the left on the paths. Do not run in the cycle lanes. Do not run outside of traffic cones. Failure to follow marshals instructions will result in disqualification. Water will be available at around Mile 3, Mile 6 and the finish of the 10 mile course. This will be provided in biodegradable cups at not plastic bottles in a effort to reduce plastic consumption. During the race you may encounter some of the Knowsley Estate livestock, please **DO NOT** leave the course and approach any animals or cross any coned off areas. Please refrain from dropping any litter or energy gel wrappers as this may harm the animals. There are no toilets along the route but plenty at the car park and towards the baggage area.

Start Pens: The path at the start is quite narrow so we will have start pens for all runners. You must start in the pen you are allocated with as this will help massively with the overall safety of our runners. All results are chip timed so it will not effect your time.

Spectators: As the majority of the race will take place around the grounds of Knowsley Hall, spectators will not be allowed inside the grounds but will be able to watch at the start and finish areas. As stated earlier the pathway is quite narrow so spectators will be directed onto the field that runs alongside. Please inform any spectators coming with you to wear suitable footwear for the conditions underfoot. Marshals will be on hand to direct spectators to that area. There is a stretch of the run on public roads, along Ormskirk Road and a small stretch of East Lancs Road, that are suitable for friends and family to watch at also. Please see attached map for these points. During the race please feel free to explore the

Safari Park facilities and restaurants, visit the Birds of Prey display, the Wolves in the Wild attraction or explore and take a walk around the Wild Trail. There is plenty to see and do during and after the race.

Baggage: There will be a manned baggage area situated at the Seal house (straight ahead from the car park). Again there is a short walk to the start line so keep that in mind when dropping off. Baggage is left at the owners risk so please try not to leave anything valuable.

Finish: Numbers and times will be recorded. Results will be published asap. The race is chip timed . There will also be food and drink available to purchase at the end of the race in the Safari Park.

Memento: All finishers will receive a medal and a goody bag, again which is paper and not plastic. One per person.

Prizes: First 3 men and women will win a trophy and cash prize. There are also trophies for V40, V45, V50, V55, V60, V65, V70 and V75 age group winners.

Presentation: Will be at the start and finish area around 12:30-13:00. Please keep a listen out to the PA system.

Other Information: Changing facilities and Toilets. Additional food and drink available. There will be a limited amount of Safari merchandise available to buy after the race. Due to the run being held at the Safari Park, unfortunately no dogs are allowed in the race or on the Knowsley Safari Park site.

RACE RUN IN ACCORDANCE WITH UKA RULES. LICENCE No. 2019-37392

If you have any further questions just drop us an email and we will try and answer you as quickly as possible.

We wish you all good luck for the race and see you on the 29th September.

Kirkby Milers AC

