



TriFerris Promotions Presents the

Flying Monk 10 Miles

Fearless 5 Mile Fun Run

Children's Muddy Mile

Sunday 15 March 2015 Start From 10am

Welcome & Venue

Welcome to a morning of Multi-Terrain Fun and Competition for all the family at Charlton Park; a Private Estate, and home of The Earl of Suffolk. The roads and grounds of the park are private; so please DO NOT enter the park other than on race day. The Earl has kindly allowed us to hire an area of the park for these events which are a unique opportunity for competitors to take in the lovely views and varied terrain of this beautiful Country Estate - have fun!!!

How To Get There

From London/Wales - M4, take junction 17 (Chippenham/Cirencester), follow A429 signed for Malmesbury/Cirencester. Pass Malmesbury on A429 towards Cirencester; Charlton Park entrance is one mile after water tower roundabout on **Crudwell Rd** on right; signed Charlton Business Park, **SN16 9RU**. Once inside Park, Event Field/Race HQ entrance on the left just past business park; follow TriFerris signs and do not park on the drive please.

From Midlands - M5/A417 from Gloucester towards Cirencester. Take exit for Cirencester/Stow, head into Cirencester and follow through traffic, ring road signs for A429/A419 Stroud/Tetbury. Take A429 towards Tetbury/Malmesbury, 1mile after Cirencester take left turn to Malmesbury (A429), pass villages of Kemble and Crudwell. Charlton Park entrance is approx two miles from Crudwell on the left, signed Charlton Business Park, **SN16 9RU**. Once inside Park, Show Field/Race HQ entrance on the left just past business park; follow TriFerris signs.

Parking, Toilets, Race HQ

Please park on the grass to the **right of the gravel track as instructed**. Race HQ is Blue Marquee, Toilets are near Race HQ, close to tree lined hedge.

START TIMES

Flying Monk 10 Miles	10.00am
Fearless 5 Mile Fun Run	10.10am
Children's Muddy Mile	10.14am

Safety/Medical

Emergency response crew will be on duty throughout the event and will be based next to Start/Finish. If you see anyone in difficulty on the course please inform the nearest marshal. If you feel unwell on race morning please don't compete. Please print name and any medical problems on the back of your race number.

Please respect other competitors; run with care overtaking on right where possible. The course should be clear, but please be aware that there maybe other users within the park such as horse riders, and estate vehicles.

Registration/Warming Up

Please collect your race number from **Blue Marquee**. Please warm-up in the centre of the field and not on the course, if you want to see any part of the course on race morning you must do so on foot.

The Course

Flying Monk - 2 laps, Fearless 5 - 1 lap

It starts with a lap around a field, please keep to the right of the markers/tape around the field, then onto wooded trails including '**Boggy Bottom**' and '**Abbots Aisle**', a short section on field, then right turn along a bridle track '**Monastery Mile**', at end of the track there will be a Church in front of you, right turn onto a short down hill stretch of tarmac private road, please **take care here** as Estate Vehicles could be on the road.

Then left across the front of the The House and into a wood on trails which are muddy in places; including '**Friars Frolic**' so take care, then right along a field before turning right again into a short section of wood which can be muddy in places; including '**Monk's Mayhem**' so take care, at end of wood right turn along the edge of the field, crossing the estate road and then left into Event Field. Five mile turn slightly left into finish shoot, 10 mile turn right and repeat lap - all this will be clearly marked and marshaled.

Children's Muddy Mile - 1 lap of field

The Children's Fun run will be 100m out, around a tree lined field and 100m back to the finish. With several areas where parents and spectators can cut across and see their children. Please do not run alongside them on the course.

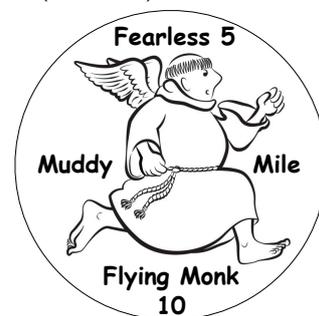
Refreshments

Hot and Cold refreshments will be on sale.

Rules

Race Numbers - Your number, which you will collect at race HQ, must be worn on your front at all times. Numbers must not be folded or mutilated in any way.

Disqualification - The following infringements will result in disqualification: Abusive language, failing to obey marshals, nudity, unsporting impedance, outside assistance/pacing, course irregularities (short cut). Transfer of Race Numbers.



Prizes/Mementos

A special Flying Monk Medal to all finisher. The prize giving will take place as soon as possible after the event near the finish. All prize winners must attend prize giving to receive their prize.

Flying Monk 10

Prizes will be awarded to first three men and women overall. First male and female 40+, 50+, 60+, 70+ (age on Race day).

Fearless 5 Fun Run

First Male and Female overall, First Junior (15-16), First 40+ male and female

Children's Muddy Mile

First 8-11 and first 12-14 boy and girl.

Only one prize per person in all events and categories

Results

Results will be available Sunday evening at:
<http://www.triferris.com/results.html>

Late Entries

On-line entries taken until midnight 13/03/15. If not full there will be entries on the day between 8.40am and 9.35am at £2 extra per person - CASH ONLY. NO extra on the day for Children's Muddy Mile

Contact

Flying Monk 10, 4 Lindisfarne, Woodshaw, Wootton Bassett, Wilts, SN4 8LQ. Tel: 01793 853933 Website:
www.triferris.com Email: triferris@btinternet.com

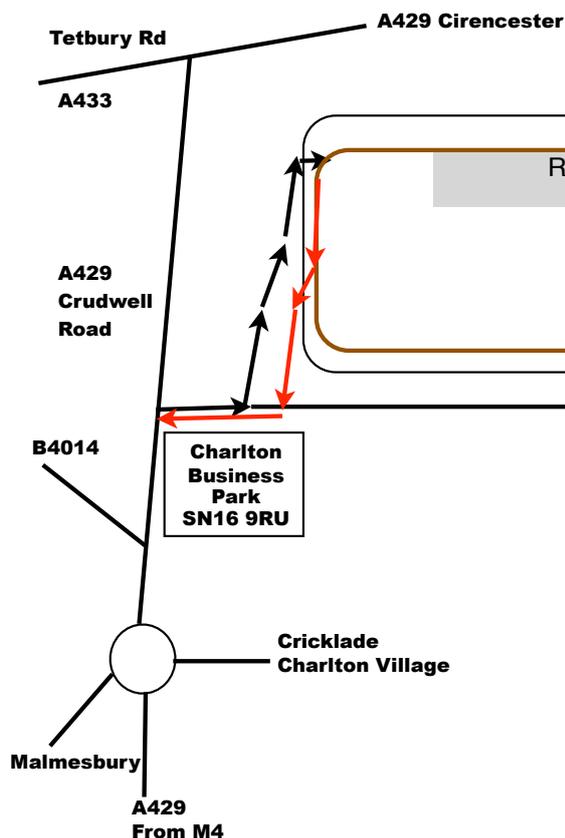
In both the main and short/youth race the emphasis is on FUN, so don't go off too fast you may pay later (if you want to change from the long to the short event please email us).

See you on 15 March and remember to **leave yourself PLENTY of time to collect your race number.**



Association of
Running Clubs
Permit No 15/109

Directions/Site Map - not to scale



Spectators are only allowed in HQ Field, and on Children's Run Course as this is a Private Estate - plenty of chances to see the action. Dogs must be on a lead.

Please make sure you use Business Park Entrance on Crudwell Road.

NOT main entrance in Charlton Village. Please follow one way system way in/way out.

→ Way In Track
→ Way Out → Run lap