

Trent Park Triffic Trail Sunday 26th June 2011

Race Information

This is the 26th running of the Trent Park Triffic Trail. It is a 10k race around the beautiful parkland of Trent Park in North London. We are expecting up to 500 runners of all abilities. Please read the following useful information which will make your experience on the day much more pleasant and stress free.

- **Location** The entrance to the Park, which should be used, is in Cockfosters Road, Cockfosters, approximately 400 metres from Cockfosters Underground Station. There are a number of postcodes covering Trent Park but a postcode of EN4 0PS should work with most satnav systems.
- **Parking** There is a significant amount of parking in Trent Park. You will be guided to a parking space by marshals. Please take notice of their instructions, they will be working hard to maximise the use of the space. Please turn up as early as possible in order to get parked. If all the parking spaces have been used you will be asked to park outside of the Park. Cockfosters Underground Station has a car park - there is a small charge. If you end up parking on the road please avoid obstructing other road users and upsetting local residents.
- **Start Time** The race will start at 10:30 am sharp. Please be in position in good time for the start. We will need to make a few short (promise!) announcements prior to the start.
- **Start Location** The race will start on the field to the right of the straight road through the Park (known locally as the Pineapple). It is a short walk from the parking area and will be signposted.
- **Course** The course will be unchanged from last year. It is effectively a figure of eight course. A map of the course can be seen on the Triffic Trail website (www.trentparkrc.org/trif_trail.asp) and will be on display in the start area. The terrain is varied – park road, paths and grass. Care should be taken to avoid hard uneven ground, tree roots and overhanging trees. These possible hazards will, as far as possible, be marked and carefully marshalled. Also the Park is not closed to the public who will be around the course and may have dogs etc. The marshals will do their best to keep the route clear. Please respond to marshal's instructions.
- **Water Stations** We have added an additional water station this year which means that water will be accessible 5 times during the race (at approximately 1k, 3k, 4k, 7k, 9k). There will also be water available at the finish.
- **Junior Race** We will be introducing a junior 5k race this year. This will start at 9:30 am and will be completed prior to the assembly for the main race. Why not turn up early and give the kids a good cheer as they finish their race. This

year this race is only open to Trent Park Running Club juniors but consideration will be given to opening it up in future years.

- **Race Numbers** Please arrive early so that you can collect your race number at the registration tent. You will need to know your race number. This can be checked via the website (www.trentparkrc.org/tt_entries_disp.asp). This list is in alphabetic surname order. Lists will also be displayed on the day. Don't forget your safety pins and remember numbers should be displayed on your front.
- **On-day Entry** Entries will be allowed on the day (subject to the race limit of 500 not being met). Entries on the day will be accepted up to 10:00 am but it would be very helpful if you turned up earlier and you would avoid the chance of the race being full.
- **Baggage** We will have a baggage tent where you can leave items you don't need for the race. Please make sure you have a bag to put them in – we are not geared to handle single items of clothing. We will accept car keys. The baggage will not be left unattended during the race but we cannot accept responsibility for missing items.
- **Changing Facilities** We are sorry but there are no changing or showering facilities at this location.
- **Toilets** There are public toilets in the parking area close to the start of the race. These have been found to be adequate in previous years but you may need to be patient and considerate to other users.
- **Goody Bag** There will be a goody bag for every runner. The goody bag will be handed out at the end of the race (a change from previous years). Look out for the tent marked 'Goody Bag'.
- **Tee Shirts** There will be a commemorative tee shirt for each runner. These will be handed out at the same time as the goody bag. They will be available in small, medium, large and extra large sizes. Please make sure you ask for the appropriate size.
- **Prizes** We have prizes for both men and women in all of the age group categories. The prizes will be Sweatshop vouchers. The age groups and the value of the prizes will be as follows:

| | Male Age | 1 st Prize | 2 nd Prize | 3 rd Prize | Female Age | 1 st Prize | 2 nd Prize | 3 rd Prize |
|-----------|----------|-----------------------|-----------------------|-----------------------|------------|-----------------------|-----------------------|-----------------------|
| Senior | 17 – 39 | £50 | £30 | £20 | 17 – 34 | £50 | £30 | £20 |
| Vet | 40 - 49 | £50 | £30 | £20 | 35 - 44 | £50 | £30 | £20 |
| Super-Vet | 50 - 59 | £50 | £30 | £20 | 45 - 59 | £50 | £30 | £20 |
| 60+ | 60+ | £40 | N/A | N/A | 60+ | £40 | N/A | N/A |

- **Course Record** A prize of £100 of Sweatshop vouchers will be awarded for any male beating the male course record (35 min 19 sec in 2010) and female beating the female course record (42 min 59 sec in 2010). This will be presented in addition to any place prize.
- **Prize giving** The prize giving is scheduled for 12:30pm. If it is clear prior to this time that we have all the prizewinners we will make the prize giving earlier. Please try and stay until the prize giving and cheer all the winners.
- **Spot Prizes** There will be a number of spot prizes that will be awarded. These spot prizes will include the 26th finisher (celebrating our 26th year) and the first woman to reach the road (Pineapple) off the start field. There will a number of other spot prizes.
- **Results** Results for the race will be available on the Trent Park Running Club website (www.trentparkrc.org) later on the day of the race.