

THE ROTARY CLUB OF KENILWORTH
& LEAMINGTON CYCLING & ATHLETICS CLUB
PRESENT

THE TWO CASTLES RUN

Incorporating the Warwickshire County
Road Race League

SUNDAY 9th JUNE 2019

Principal Event Sponsor:

BLYTHE
LIGGINS
SOLICITORS



Joining Instructions



START TIME: 9.00 am

INTRODUCTION

Thank you for entering our Two Castles Run and supporting Rotary funded charities and projects. We hope you enjoy the experience and will want to do it again.

Your race number with electronic tags attached to it, pins and a Kenilworth Castle entry ticket admitting 2 has been posted to you by Fullonsport. If you have not received yours yet please contact Fullonsport at support@fullonsport.com

NO NUMBER = NO RACE

You will not be sent a hard copy of these joining instructions. Please print off a copy and bring it with you for reference if required for you and/or your supporters. Please ensure that all those who will be present at the Start or Finish are made aware of the relevant contents. Parking can be difficult at both places and there will be road closure notices on **ALL** roads along the route from Warwick Castle to Kenilworth Castle but these roads will be opened once the runners have passed through and it is safe to do so

STOPPING WILL NOT BE ALLOWED IN BANBURY ROAD AND ENTRY TO WARWICK CASTLE IS ONLY AT THE STRATFORD ROAD ENTRANCE. PLEASE REFER TO THE INSTRUCTIONS RELEVANT TO THE START AT WARWICK CASTLE

As last year the route for runners into Kenilworth Castle is through the Brays car park and then along the Tiltyard. **BUT** please note that the **only** access for pedestrians and supporters, using the complimentary tickets to Kenilworth Castle, is via the **Silver Gate** opposite Castle Green and the Queen and Castle public house, **and only until 10.00 am**. There will be no spectator access to Kenilworth Castle via the Brays Car Park entrance or the Tiltyard.

HEALTH & SAFETY

The Race Director, Race Referee & the Emergency services reserve the right to stop the Run at any time if deemed necessary. This would in circumstances beyond our control and therefore no refunds can be made.

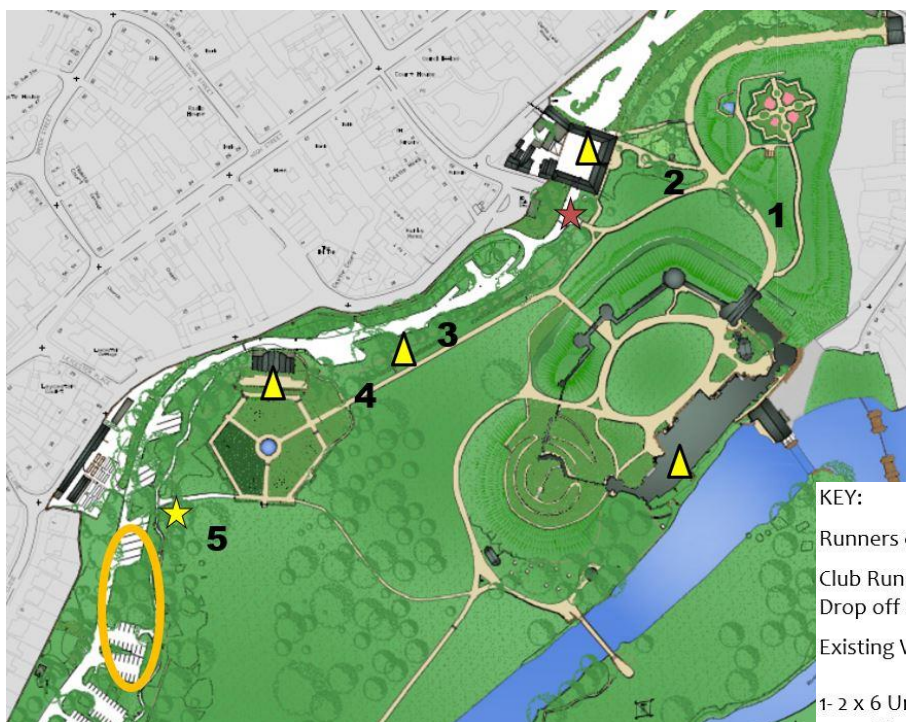
Runners are responsible for their own health and safety. Participation is at your own risk. Please take care before during and after the Run.

- Dress appropriately for the event and display your allocated number on your vest front (**having completed the emergency data required on its reverse**).
- Please only run if you are fit enough. Even a cold or flu can cause real problems.
- Ensure that you have taken enough liquids. There are only **2 water stations** this year at Leek Wootton (4.5km) and Farm Road (8km) and one at the finish. Dehydration can cause major problems. **PLEASE DISPOSE OF YOUR EMPTY BOTTLES IN THE RECEPTACLES EN ROUTE OR AT A MARSHAL LOCATION AS THIS GREATLY ASSISTS IN THE CLEARING UP**
- Please beware of any traffic – there may be some even though all the roads will be subject to a road closure notice. Please keep to the left as much as you can and on the footpath or cycle-path where possible.
- Because there may be some traffic, it is vital that you can hear any vehicle and follow any instructions given by a Marshal. Failure to follow these instructions may result in your disqualification or exclusion from the Run. It is therefore strongly advised that you **do not** wear earphones which inhibit you from hearing vehicles or instructions.





THE START AT WARWICK CASTLE

IMPORTANT new arrangements

- The **ONLY** entrance to the start of the Run is via the Warwick Castle Stratford Road Entrance. Post code **CV34 6AH**
 - Health & Safety concerns require that Drivers **must not stop and drop off runners at the kerbside on Stratford Road** as it causes severe disruption. Drivers must follow the entrance road into the Castle car park to the runners' drop off and turning location as indicated * on the attached map **and then return to the Stratford Road**. There is no charge for entering the car park for drop off but if you intend leaving your car then the usual parking charges will apply. Drive slowly as there will be many runners on the **entrance** roadway.
 - Runners on foot should follow the same route and keep to the **RIGHT** to avoid car traffic.
 - **Runners are also requested to keep the size of any kit bag to a minimum - there will be a security presence and there may be random searches which could cause delay and you are asked to allow sufficient time to arrive and to proceed to the start area.**
- Please follow the signs to the Start. For map please see below. **Allow at least 5 minutes to jog from Stratford Road car park and 20 minutes from any other parking. Please note the gate from the car park into Warwick Castle will be closed at 8.45 am. No entry can be allowed after this time. Without your race number you will not be allowed into the Warwick Castle grounds. If you have found a substitute, he/she MUST have your number to gain entry into Warwick Castle**
- **Sufficient time should be allowed for drop off, parking and getting to the start, finish or vantage point. It is suggested you aim to arrive within the grounds of Warwick Castle via the Stratford Road entrance ONLY by 8.15am.**
 - **Ensure appropriate clothing is worn to allow for adverse weather conditions.**
 - The Warwickshire Golf Club will again provide staff to help you with the warm-up.
 - The disposable electronic timing chips will be attached to your bib number. Please dispose of these if you wish in the bins provided **outside** the finish compound but you will need your number to collect your kit.
 - Bags with labels will be available to transport kit to the finish but see above regarding possible check being made. Please put your Run number on the label provided and stick/tie it it firmly to the plastic bag also provided. The vans will be located in Warwick Castle and well-marked. At the finish, the location of the kit in Kenilworth Castle will be marked. We regret that we are unable to transport cycles to Kenilworth Castle. You should leave these in the car park at Warwick Castle securely locked.
 - Locations of toilets will be signposted. **THERE MAY BE QUEUES SO PLEASE CHECK WHICH OTHERS ARE AVAILABLE**
 - **FOR SAFETY REASONS Please allow faster runners to line up at the front and comply with the signs that indicate your estimated finish time.**
- Runners with push chairs or similar should start at the rear for safety reasons and be aware of any runners being passed during the race.**



KEY:

- Runners enter through Peacock Gate 
- Club Runners enter through Yew Tree Gate 
- Drop off zone 
- Existing Warwick Castle Toilets 
- 1- 2 x 6 Urinal
- 2- 10x Tardis toilets (carol concert stage area)
- 3- 20x Tardis toilets & 2 x Urinals (oak tree lawn area)
- 4- Kit transfer
- 5- Information Desk

PARKING- WARWICK

Warwick: There is time limited on-street parking in Smith Street. Please note that Castle Lane and the Stables car parks will be closed

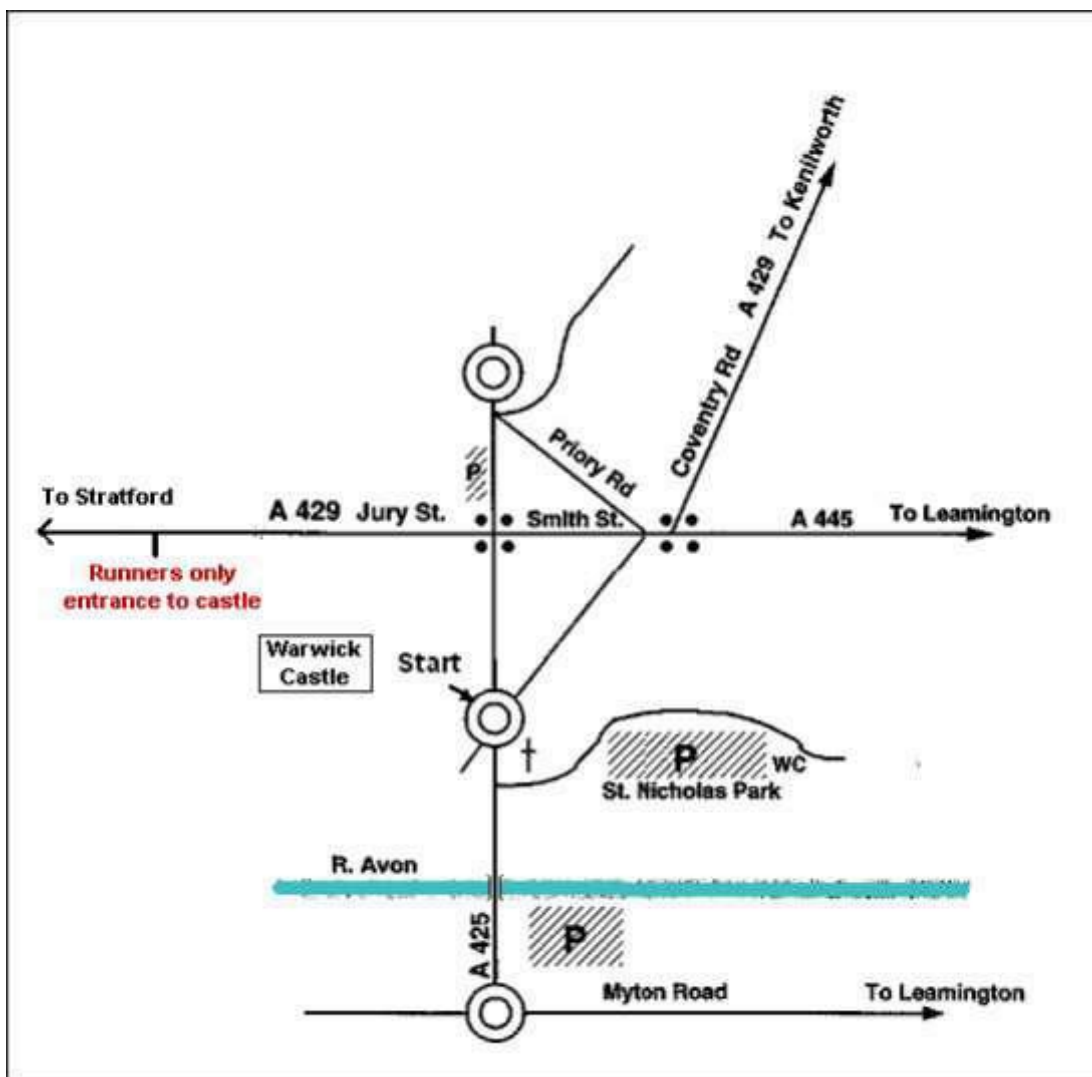
Please be aware that there are ongoing road works in and around Warwick which may delay you getting to the start.

Warwick Castle's Stratford Road car park can be used for dropping off and **limited** parking is available but usual charges (£6 at time of writing) apply after 10.30am. **Drivers must not stop and drop off runners on the Stratford Road entrance**

Owing to the restricted (pay) car parking at Warwick Castle, you are advised to use the public car parks located at:

- St Nicholas Park car park,
- The Butts (opposite King's High School for Girls - see map).

We stress it is important you allow ample time to get into Warwick Castle from your car. It is a 15/20 minute jog from these car parks and another 5 minutes to the start.





Start Timing starts at the exit from Warwick Castle, Warwick

The Run leaves the grounds of Warwick Castle, heads through Warwick, towards Leek Wootton **via** Hill Wootton Road and then right on to the Warwick Road. There it turns left at the Anchor pub and heads up Woodcote Lane. At the end of Woodcote Lane, it turns right into Rouncil Lane and heads into Kenilworth. Turn left from Rouncil Lane into Rounds Hill and then into John O'Gaunt Road, Fishponds Road, Castle Road and left into Brays Car Park to finish inside the grounds of Kenilworth Castle.

Cut-Off times: We are required by the Police to clear roads after set times. You will be out of time and regarded as a normal pedestrian if you have not reached the Anchor Public House in Leek Wootton by 10.20am, Roundshill by 10.45am and the Finish by 11.15am. This is equivalent to just over 3mph, walking pace. Marshals & Signage will be progressively removed. Slow participants are encouraged to use the pavement and the courtesy vehicle at the back of the Run, if necessary. Please be aware that there are safety issues if you continue so **PLEASE** take care if you personally decide to continue and bear in mind that some if not all marshals may have left their post and there could also be traffic. After 11.15am the magnetic mats may have been taken up and you will not have a recorded time.

PARKING- KENILWORTH

There is no parking at The Brays or Castle Green Car Parks beside Kenilworth Castle on race day.

Public car parks are located

- Off Forrest Road (follow signs) –temporary parking until **12 noon only** and may not be available if ground is very wet. Free parking but donations would be appreciated in the available receptacles.
- To the rear of the shops in the Town Centre,
- Abbey Fields Car Park (off Bridge Street)
- The Queen & Castle car park now has ANPR and there will also be restricted parking

If spectators use any of these car parks they should allow at least 20 minutes if they intend to be at the finish inside Kenilworth Castle. Entry with the complimentary ticket is up to 10am only after which a charge will be made by Kenilworth Castle.

Please note – roads closures will be in place on the approaches to Kenilworth Castle from 8.50 – 11.30 am approx. so spectators should allow ample time to park and get to the finish. There is no free ticket access to Kenilworth Castle after 10.00 am.

FINISH

Spectators: There is **no spectator entrance to the Castle from the Brays Car park and the Tiltyard.**

Spectator entrance to the Castle is through the **SILVER GATE ONLY** opposite Castle Green (by the Queen and Castle Public House) **AND** before 10.00am (after which entry charges will apply). Please ask your supporters to allow sufficient time to get into the Castle or at a vantage point in the streets leading to the Castle. The Tiltyard will be closed to spectators. Exit from Kenilworth Castle is through the double wooden gates opposite the Queen & Castle public house.

Race Numbers/electronic timing chips: The chip timing device is attached to your bib number and is disposable so please discard in the bins provided at the finish. Please keep your Race Number on your vest until you have collected your T shirt and medal.

- ***No number = no prize/medal/T Shirt***
No chip = no time.

Presentations: Presentations commence at 10.00 a.m. or shortly after and will be made by the Mayor of Kenilworth accompanied by the President of the Rotary Club of Kenilworth, VIPs and representatives of our main sponsors

Free Transport back to Warwick and will drop you at the Start Point on the Banbury Road (not Stratford Road Car Park) at Warwick Castle to allow more time for coaches to return to Kenilworth.

GENERAL POINTS

Personal Sponsorship: Participants are invited to obtain personal sponsorship from friends and family in support of their favourite charities. If you do not have a charity in mind, we would ask you to support the Rotary **END POLIO NOW** campaign. See www.rotary.org/EndPolio

For a sponsorship form, please see <http://www.twocastlesrun.org.uk/> and follow the "sponsorship form" link.

Gift Aid: IMPORTANT INFORMATION

If your sponsor is a taxpayer, Rotary can only recover the tax paid on their donation if, on the Sponsorship Form, the donors name is legible and is accompanied by their signature, address and ticked Gift Aid box. The Sponsorship Form must be sent together with the cheque if Rotary is to recover the tax on the donations.

Please send your sponsorship form and money by **31st July 2019** please to:
The Treasurer, Rotary Club of Kenilworth,
(cheques payable to The Rotary Club of Kenilworth) 59 Malthouse Lane
Kenilworth CV8 1AD

If you are raising money for your own chosen charity, it would be appreciated if you would advise us after the run, of the Charity and the amount raised for record purposes. organiser@twocastlesrun.org.uk

Photographs: [Warwickshire Sports Event Photography](#)

Results: Are available from FULLONSPORT at <https://www.fullonsport.com/event/the-two-castles-run-2019/results>
These should be available within a short time after the race is completed..

FEEDBACK

Feedback is always welcome. We like to tell those who help us, and without whom there would be no Two Castles Run, the nice things that you say about them. We also want to improve the experience for next year. Constructive criticism is always welcome so we can improve the race for both runners and spectators.

Please therefore let us have your comments preferably on the post run survey which will be sent out to you after the event. We always take them into account. We want to ensure the Run improves for all so what you say helps a lot. Send it to organiser@twocastlesrun.org.uk

Thank you for your support, enjoy yourself and good luck.

Philip Southwell
On behalf of the 2CR organising committee.

The Rotary Club of Kenilworth is supported by many organisations in making this event a success and we sincerely thank them all. They include:

Hawkesfords Estate Agents
Leamington Cycling & Athletics Club
English Heritage (Kenilworth Castle)
Warwick Castle
Warwickshire Police
Warwick District Council
Warwickshire County Council
Kenilworth Town Council
Local Rotary Clubs
St John Ambulance
Phoenix Explorer Scouts, Kenilworth
Explorer Scouts Warwick
Emmerson Press
8th Kenilworth and 5th Kenilworth Guides

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