



THE ROTARY CLUB OF KENILWORTH
& Leamington Cycling & Athletic Club present
THE TWO CASTLES RUN
Incorporating the Warwickshire AA 10k
Championship
SUNDAY 12th JUNE 2011



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 pins), electronic timing chip and 2 Kenilworth Castle entry tickets have been posted to you. If you have not received yours by Monday 6th June please contact FR SYSTEMS at pam@frsystems.co.uk.

No hard copy of these joining instructions will be sent to you. Please print off a copy and bring it with you. 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 this year 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. **Ample 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 by 7.50am.**

Runners can only access the start of the Run via the Stratford Road car park of Warwick Castle. Access will not be possible via the front entrance, opposite St Nicholas Church, nor the Stables car park in Castle Lane, as they will be shut. 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.**

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 entrance.

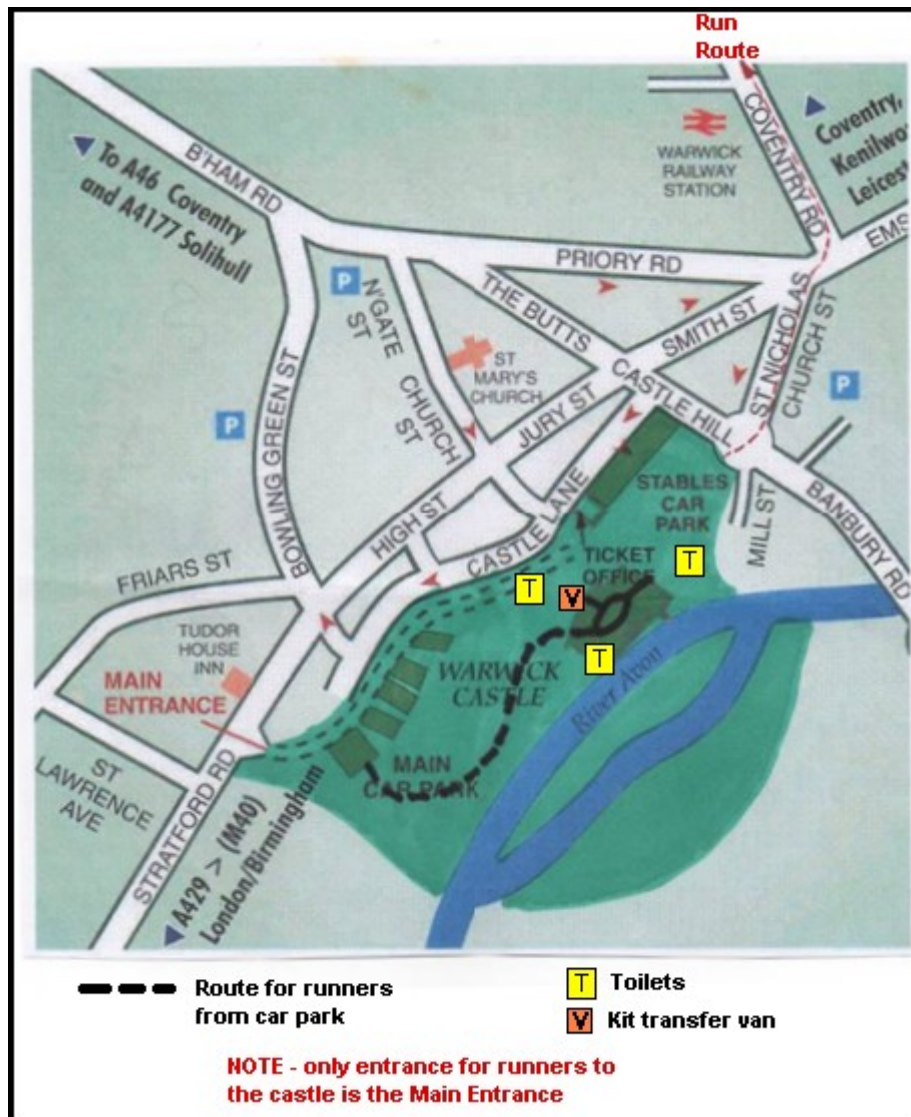
HEALTH & SAFETY

Runners are responsible for their own health and safety. Participation is at your own risk. Please take care before during and after the Run. The Race Director, Race Referee & the Emergency services reserve the right to stop the Run at any time if deemed necessary. This would be in circumstances beyond our control and no refunds would be given in these circumstances.

- **Please ensure you arrive in ample time.** Warwick is likely to be congested with many runners being dropped off. If you are parking then, depending on where you park, it could take you up to an hour to walk to the castle entrance and check in any kit you want transported to the finish. It is suggested that you should be inside the grounds at the Stratford Road entrance of Warwick Castle by 7.50 am at the very latest.
- 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 3 water stations on the course at Leek Wootton, Rouncil Lane and Scott Road and one at the finish. Dehydration can cause major problems.
- Please take care of any traffic – there maybe 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 maybe 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

- Please note that **the only runner access to the start line in Warwick Castle is through the Stratford Road car park of the Castle.** The front gates of the Castle, Castle Lane and the Stables car park are all closed. There are no other entrances to the Start. **No spectators will be able to enter the grounds of Warwick Castle.**
- Runners should be dropped off at the Stratford Road car park or they should park in one of the public car parks shown on the map and walk from there through the Stratford Road car park. **This is the only entrance for runners so make sure you allow sufficient time to get into Warwick Castle grounds as it will be very busy in and around Warwick Castle**
- Drop-off is best in Stratford Road or in the Warwick Castle car park which is accessed from Stratford Road and which is free until 9.45am from which time usual charges will apply.
- No stopping will be allowed in Banbury Road so that traffic will be kept moving near the Castle.
- Rob Coster of Life Fitness Camp will help you with the warm-up in the central court yard from where runners will be called down to the start.
- Please ensure that the electronic timing chip is fastened to your ankle. If not, your time cannot be recorded.
- Bags with labels will be available to transport tracksuits, etc. to the finish. Please put your Run number on the label provided and stick 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 will be marked and can be seen on the plan.
- Bus transport is available from Kenilworth Castle back to the island by the front entrance to Warwick Castle.
- Locations of toilets will be signposted and are shown on the map below which maybe subject to change.
- **Please allow serious runners to line up at the front.** Please comply with the signs that indicate your estimated finish time.



The pre-race warm up session will be run by Rob Coster of Life Fitness Camp

Life Fitness Camp are pleased to be supporting the Two Castles Run. Visit our website for more information <http://www.lifefitcamp.co.uk>

Life FITNESS
CAMP

Life PERSONAL
TRAINING

PARKING- WARWICK

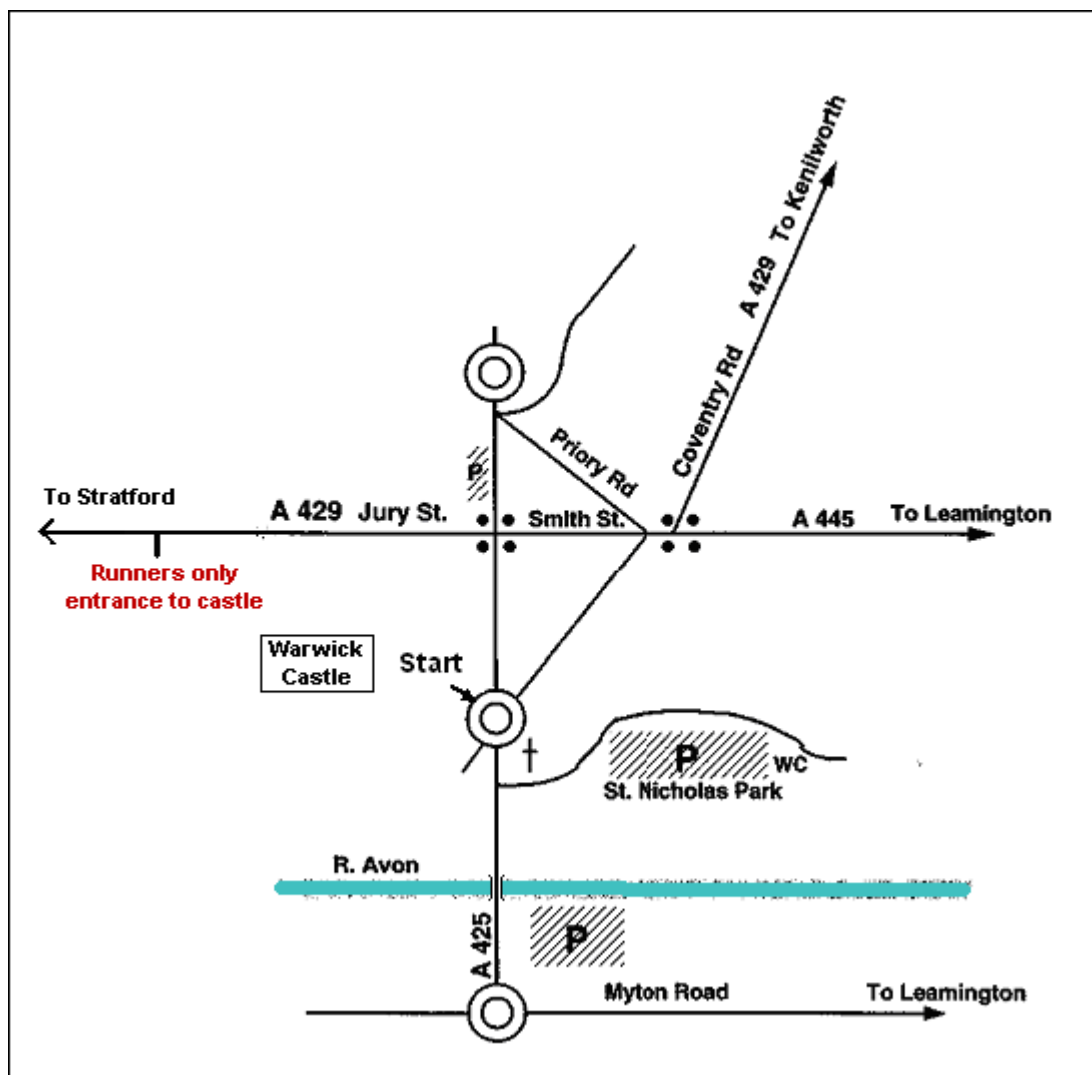
Warwick: There is time limited on-street parking in Smith Street. Please note that Castle Lane and the Stables car parks will be closed

Warwick Castle's Stratford Road car park can be used for dropping off and **limited** parking is available but usual charges (£4 at time of writing) apply after 9.45am.

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 meadow beyond the bridge in Myton Road and
- 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 minute jog from these car parks and another 5 minutes to the start.



THE ROUTE

Start Timing starts at the exit from Warwick Castle, Warwick



The Run leaves the grounds of Warwick Castle, heads through Warwick and on to Leek Wootton. 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. The Run then skirts through the back of Kenilworth and finishes inside the grounds of Kenilworth Castle.

Note The Run will again be entering Kenilworth Castle via the Brays car park.

For a detailed map of the route, please see <http://www.twocastlesrun.org.uk/> and follow the “route map” link.

Finish inside 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 10.00am, Mortimer Road by 10.50am and the Finish by 11.00am. This is equivalent to a fast walking pace. Marshals and 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.



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

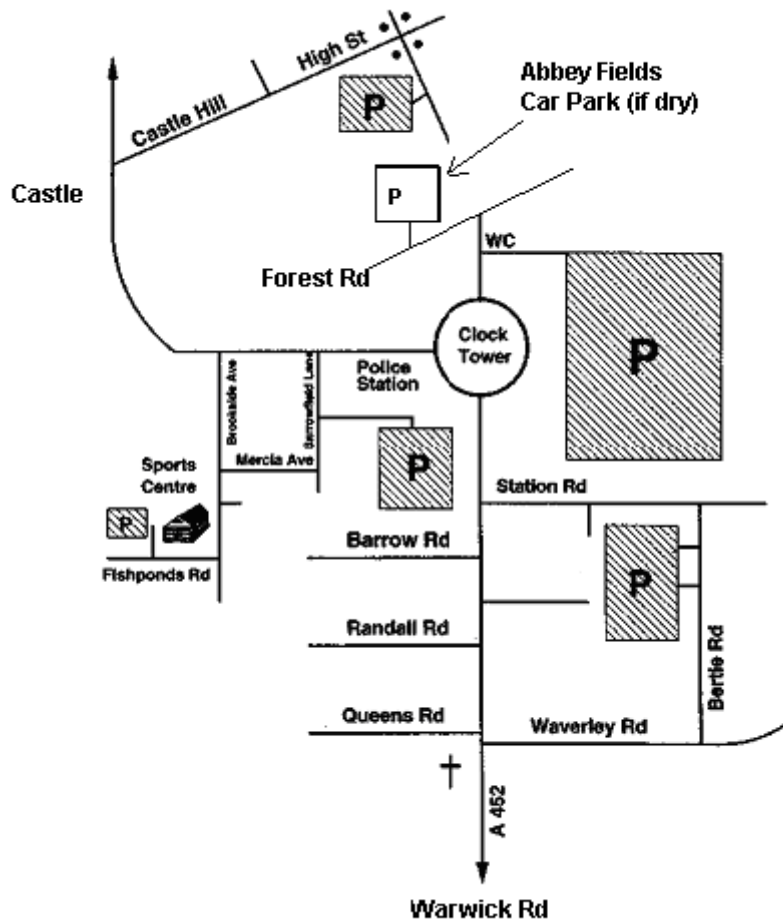
- to the rear of the shops in the Town Centre,
- Abbey Fields Car Park (off Bridge Street)
- Castle Farm Sports Hall Car Park (off Fishponds Road - See map).

If spectators using any of these car parks they should allow at least 20 minutes if they intend to be at the finish inside Kenilworth Castle.

If dry we hope there will be temporary parking (from 8.30 am till 12.00 noon only) on Abbey Fields (access from Forest Road and Bridge Street opposite the Priory Theatre). If wet these temporary parking facilities may not be available. See map.

There will be restricted parking available in Malthouse Lane and High Street and we suggest you use the designated parking areas

Please note – roads closures will be in place on the approaches to Kenilworth Castle from 9.00 – 11.00 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 opposite Castle Green (by the Queen and Castle Public House) **ONLY** 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.

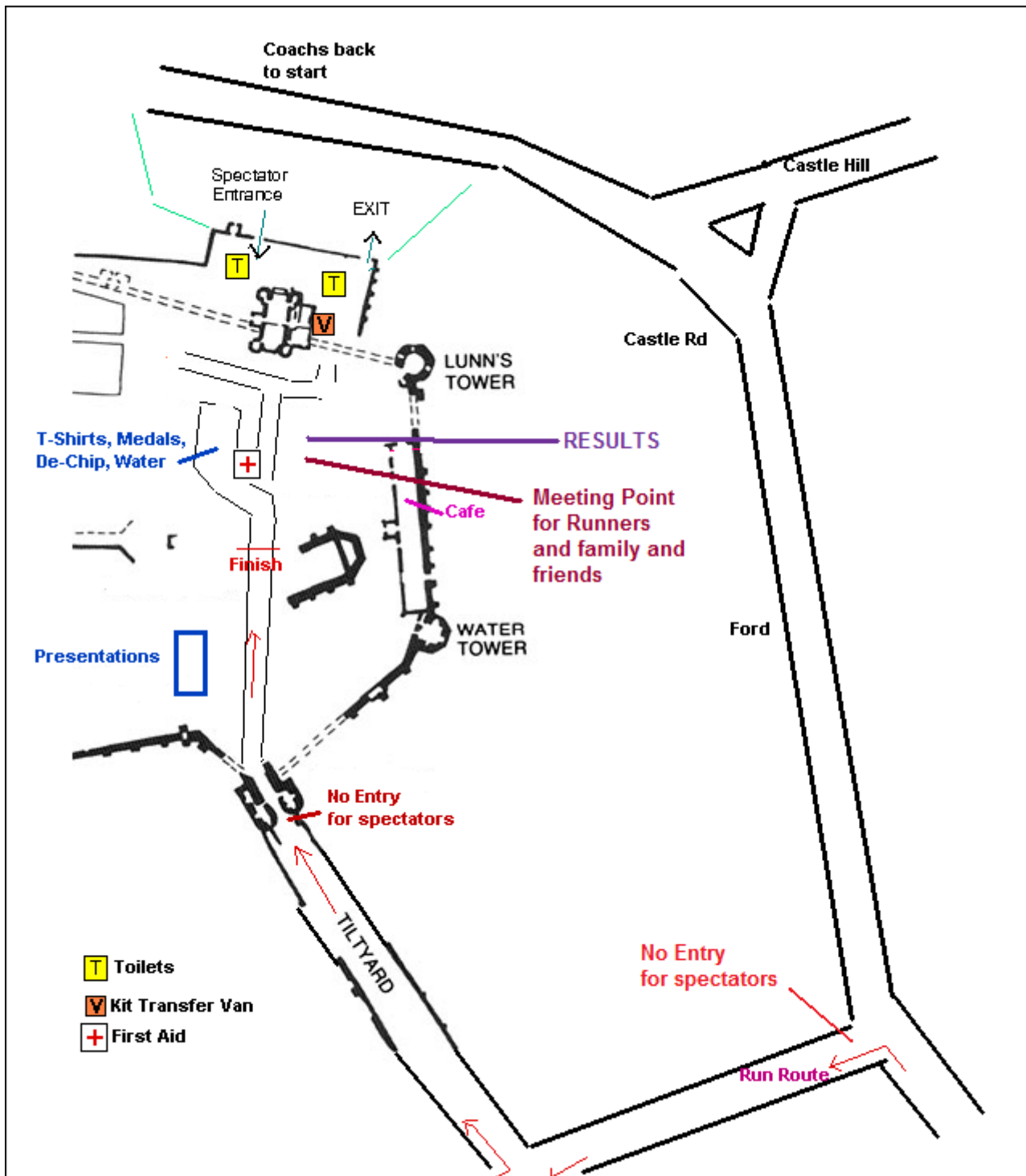
Race Numbers/electronic timing chips: Please return the chip timing device to the collectors at the finish. Please keep your Race Number on your vest until you have collected your T shirt and medal.

- **No number = no prize/medal/T Shirt**
- **No chip = no time. All finishers must return their timing chip on completing the run**

Meeting Point: Please arrange to meet any friends or family near to the marked Meeting Point. Please do NOT wait in the area immediately outside of the finishing compound, and move away as quickly as possible to make space for runners following you.

Presentations: Presentations commence at 10.00 a.m. 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: Please see map below for coach departure point. Coaches will run between 10.15 and 11.30am. Coaches will drop you back at the main gate to Warwick Castle (the race start point).



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 to:
The Treasurer, Rotary Club of Kenilworth, 11 Rosecroft, Kenilworth CV8 1AF
(cheques payable to 'Rotary Club of Kenilworth') **by 31 July 2011.**

If you are raising money for your own chosen charity, please write to the Treasurer giving details of the charity for whom you are collecting and how much you collected by 31st July 2011. For selected charities, The Rotary Club of Kenilworth may boost your sponsorship by up to 20% of the amount you have raised with a maximum of £250 per charity.

Photographs: You can obtain photographs from Sally Evans Photographs www.sallyevansphotogalleries.co.uk You can select your photographs by reference to your race number so please fix it so that it is clearly visible.

Results: Will be available via our web site as soon as possible after the race. <http://www.twocastlesrun.org.uk/>

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.

We will be sending out an online survey after the race. Please watch out for the invitation and take a few minutes to complete the survey. All of your comments will be read and taken into account when planning future runs. If you would like to send us comments separately to the survey, please email 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 wants to thank them all. They include:

- Leamington Cycling & Athletics Club
- English Heritage (Kenilworth Castle)
- Warwick Castle
- Warwickshire Police
- Warwick District Council
- Kenilworth Town Council
- Local Rotary Clubs
- St John Ambulance Brigade
- Phoenix Explorer Scouts, Kenilworth
- Warwick Explorer Scouts
- Emerson Press
- Brandon Hire
- Kenilworth Round Table
- Rotaract
- 8th Kenilworth & Leek Wootton Guides
- Castle Hotels and Taverns
- The Warwickshire Golf Club
- KVR Vehicle Rentals

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