



**TWO  
CASTLES  
RUN**

**JOINING  
INSTRUCTIONS  
2016**

# TWO CASTLES RUN - SUNDAY 12<sup>TH</sup> JUNE 2016

START TIME 9.00AM

## 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 and pins and a Kenilworth Castle entry ticket admitting 2 has been posted to you.

If you have not received yours yet please contact FullonSport at [support@fullonsport.com](mailto: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.**

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.

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## 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 be in circumstances beyond our control and **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 3 water stations on the course at Leek Wootton, Rouncil Lane and Fishponds Road and one at the finish. Dehydration can cause major problems.
- **PLEASE DISPOSE OF YOUR EMPTY BOTTLES IN THE BINS EN ROUTE OR AT A MARSHAL LOCATION.**
- 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 will be emergency vehicle traffic which you must not obstruct, it is vital 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.



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## THE START - WARWICK CASTLE

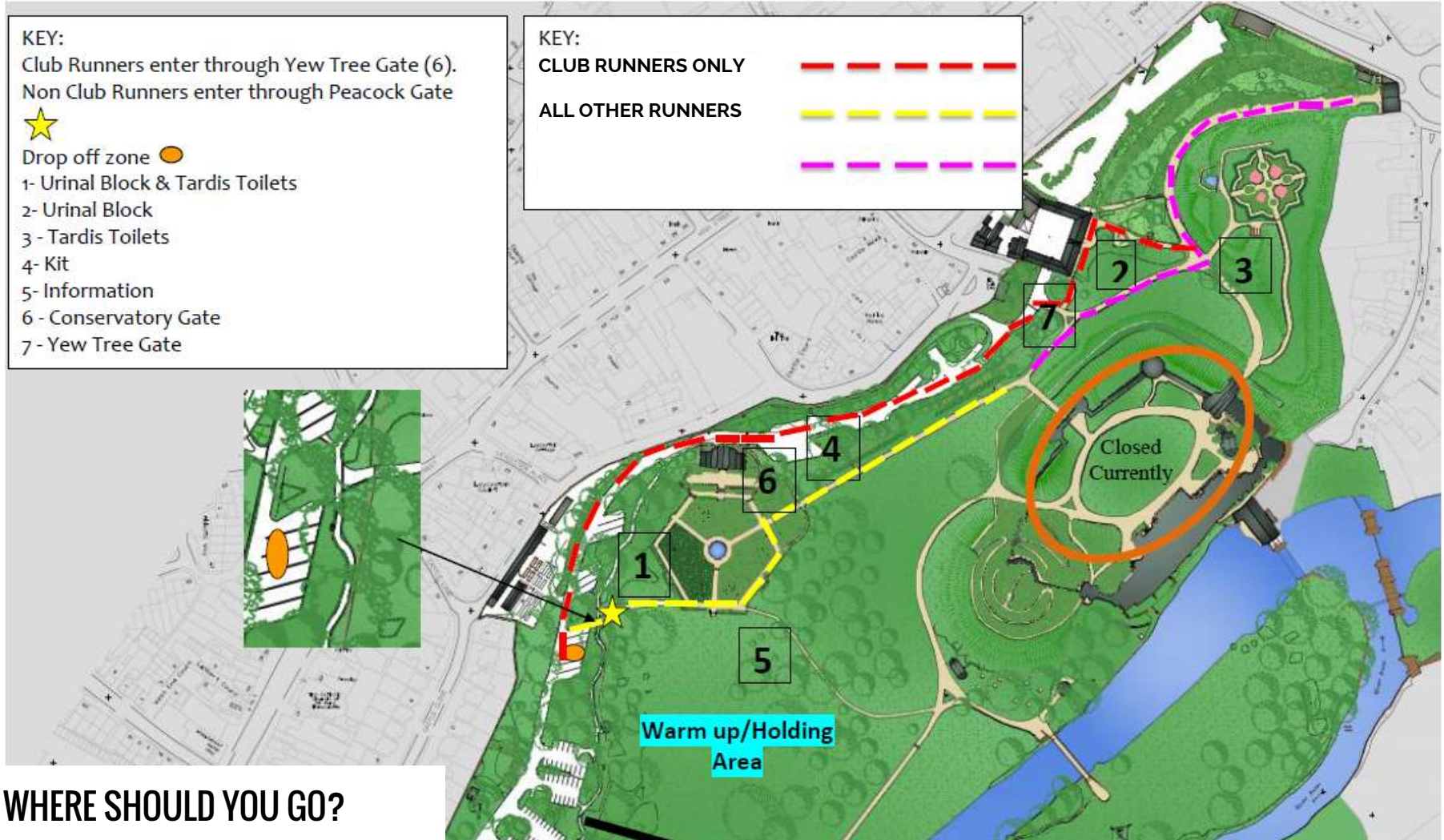
GATES OPEN AT 07:30AM - GATES CLOSED AT 08:45AM

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.**

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.

- 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 ONLY by 8.15am.
- Ensure appropriate clothing is worn to allow for adverse weather conditions.
- 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 10.30am from which time usual charge of £6 will apply.
- The Warwickshire Golf & Country Club will again provide staff to help you with the warm-up.
- The disposable electronic timing chip will be attached to your bib number. Please dispose of this if you wish in the bins provided outside the finish compound.
- 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 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 securely locked.
- Free Bus transport is available from Kenilworth Castle back to the island by the Start entrance to Warwick Castle.
- Locations of toilets will be signposted.
- **Please allow serious/faster runners to line up at the front and comply with the signs that indicate your estimated finish time.**

## PLEASE NOTE - THERE ARE CHANGES THIS YEAR AT WARWICK CASTLE



### WHERE SHOULD YOU GO?

**Runners** will enter at the Peacock Garden Gate & proceed to the Warm Up area – see map above. There are toilets in this area. The Kit & Information desks are also here. With these new arrangements, the Castle's H & S requirements mean that you will not be allowed to proceed past the Kit tent at #4 to the start until 0840. The marshals will then lead you to the East Front of the Castle to the start area.



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## PARKING - WARWICK

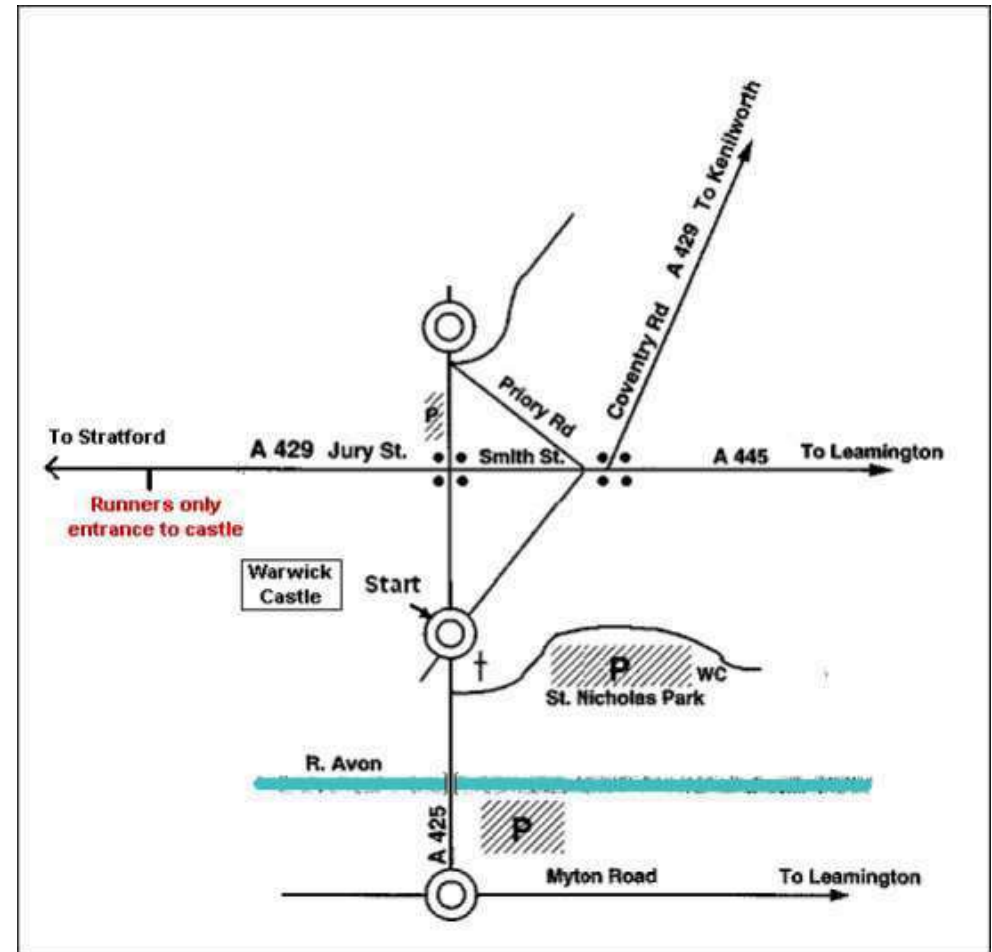
There is time limited on-street parking in Smith Street. Please note that Castle Lane and the Stables car parks will be closed. Please be aware that there may be road works in and around Warwick which will delay you getting to the start.

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.

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 15/20 minute jog from these car parks and another 5 minutes to the start.**



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## THE ROUTE

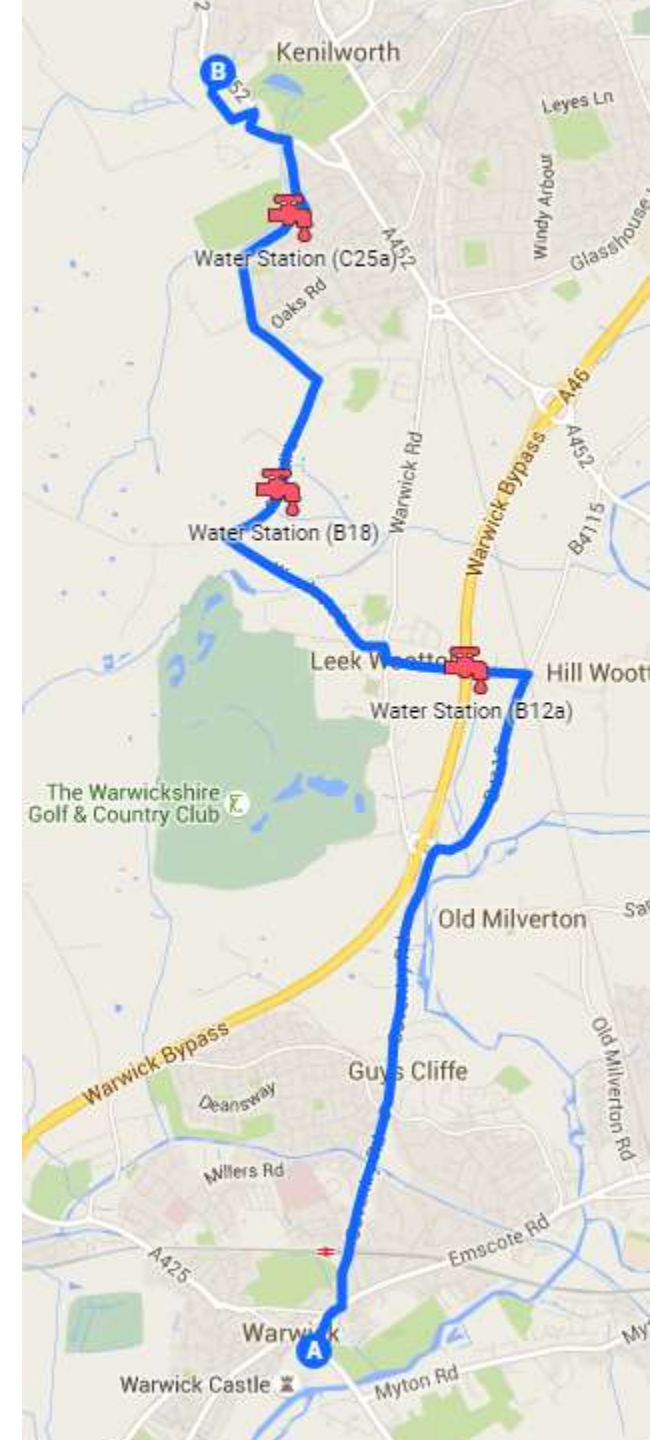
**Start Timing starts at the exit from Warwick Castle, Warwick**

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.

**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 10.15am, Roundshill by 10.40am 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.

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## 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. This area MAY NOT be available if very wet.
- To the rear of the shops in the Town Centre,
- Abbey Fields Car Park (off Bridge Street)

**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.**

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## THE FINISH - KENILWORTH CASTLE

**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 is through the double wooden gates opposite the Queen & Castle.

**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.**

**Results:** Are available from FULLONSPORT at <https://www.fullonsport.com/event/the-two-castles-run-2016/results> These should be available within a short time after the race is completed..

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## 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 <http://www.endpolio.org/>

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 2016** please to:  
The Treasurer, Rotary Club of Kenilworth, 1A Glasshouse Lane Kenilworth CV8 2AH  
(cheques payable to The Rotary Club of Kenilworth)

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](mailto:organiser@twocastlesrun.org.uk)

**Photographs:** We are pleased to welcome back yourraceday.co.uk as official Race Photographer for the 2016 event. Your photos will be available on their website [www.yourraceday.co.uk](http://www.yourraceday.co.uk) from the evening of Monday 13 June.

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## 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. We always take them into account. We want to make the Run bigger and better so what you say helps a lot. Send it to [organiser@twocastlesrun.org.uk](mailto:organiser@twocastlesrun.org.uk)

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

### **Philip Southwell**

On behalf of the 2CR organising committee.

## SUPPORTERS

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

- 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
- 8<sup>th</sup> Kenilworth 5<sup>th</sup> Kenilworth & Leek Wootton Guides





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[organisor@twocastlesrun.org.uk](mailto:organisor@twocastlesrun.org.uk)  
[www.twocastlerun.org.uk](http://www.twocastlerun.org.uk)

Organised by the Rotary Club of Kenilworth  
& Leamington Cycling & Athletics Club