

Welcome

We're looking forward to welcoming you to Suffolk Trail Festival 2019 and would like to take this opportunity to thank you for choosing to spend your weekend with us.

This year we're hoping to provide more coverage for you and your supporters via our social media feeds. We'd love to see what you guys get up to, so be sure to use the hashtag **#STF19** or **#SuffolkTrailFest** so we can all share the fun!

We hope you'll take time over the weekend to relax, laugh and of course we hope you smash all of your running goals!

We'd like to say a huge thank you to our wonderful sponsors; Eastern Transformers & Equipment, Ashtons Legal & South Lee School whose support enable us to deliver this event to you. Together with your entry fee, every single penny is invested back into making STF the very best it can be.

We're extremely proud to support each and every one of you and we cannot wait to see how the weekend unfolds!

Kelly & Katie

PS. As organisers we are still pretty new to this! If you feel we could make improvements to the event, please let us know. If you experience a problem during the event please come and speak to us and we'll do our best to rectify the situation. We're passionate about trail running and we're dedicated to ensuring you have a great weekend!



The following pages will provide all the information you'll need to enjoy the STF weekend.

HOW TO FIND US

Shimpling Park Farm,
Shimpling,
Bury St Edmunds,
Suffolk IP29 4HY

Driving from Bury St Edmunds:

Take the A134 to Sudbury. Two miles after the village of Bradfield Combust in a wooded area take a right signed to Shimpling and Chadacre. If you arrive in Alpheton, you have gone too far! After half a mile on the left you will see a sign to Shimpling Park Farm and we are at the bottom of the long drive. If you arrive at the Bush Pub you have gone too far!

Driving from Sudbury:

Take the A134 towards Bury St Edmunds. After the village of Alpheton take a left in a wooded area signed to Shimpling and Chadacre. After half a mile on the left you will see a sign to Shimpling Park Farm and we are at the bottom of the long drive. If you arrive at the Bush Pub you have gone too far!

Driving from London:

There are regular trains from London Liverpool Street to Sudbury (change at Marks Tey) which take approx 90 minutes. Shimpling Park Farm is a 12 minute taxi drive from Sudbury or a good cycle ride through pretty villages if you are feeling fit.

There are regular trains from London Liverpool Street and London Kings Cross to Bury St Edmunds.

WEEKEND TIMETABLE

FRIDAY JUNE 14th 2019:

- 15:00: Campsite opens
- 17:00 – 21:00: Registration open at Race HQ
- 19:00 – 20:30 Map Reading Workshop
- 20:00 approx Guest Speaker – Mimi Anderson
- 20:45 approx Guest Speaker – Lee Kemp
- 21:15 approx Guest Speaker - Dan & Charlotte Lawson (Rerun -Clothing)
- 22:00: Final Friday arrivals
- 22:30 – 06:30: Quiet time on the campsite

SATURDAY JUNE 15th 2019

- 08:00 – 09:45: Registration opens for 3k & 10k races
- 08:00 – 11:00 Registration opens for 12 & 24hour race
- 09:15: Warm up yoga
- 09:55: 10k Race brief & warm up by starting arch
- 10:00: 10k race starts**
- 10:10: 3k Race brief & warm up by starting arch
- 10:15: 3k race starts**
- 10:45: 3k & 10k Presentation for Top 3 Male & Female Runners
- 11:50: 24hr race brief by starting arch
- 12:00: 24hr race starts**
- 20:00: Headlamps or hand torches to be taken on all laps started from this point
- 21:20: Sunset.
- 11:50: 12hr race brief by starting arch
- Midnight: 12hr race starts**

SUNDAY JUNE 16th 2019:

- 04:36: Sunrise
- 11:59: Final laps may begin
- 12:00: 12 & 24 hour race finishes. Laps in progress must be completed by 13:00 to count towards your score
- 12:30-13:30: Trophy & Buckle Presentation
- 13:30: Donut Dash in aid of St Nicholas Hospice Care**
- 16:00 Event village break down & pack up

CAMPING & PARKING

Camping from 15:00 on Friday 14th June 2019 through to 16:00 Sunday 16th June 2019.

The car parking and campsite will be clearly signposted.

Camping is included in the package for 12 hour and 24 hour runners. Additional camping must be booked prior to the event.

On arrival, campers must sign in and complete the T&Cs forms.

PARKING

The main car park is situated just past the event village approx five minute walk from the main campsite.

You are welcome to pull up alongside the main campsite to unload your camping gear but please ensure you do not obstruct the main driveway.

- All vehicles must be driven on the farm at no more than 5mph and must be parked considerately or, as directed by STF staff. Cars must be parked in the carpark at all times and not on the campsite. Cars are left at owners risk.

CAMPING

SOLO CAMPING AREA

There's a designated area for solo runners closer to the Start / Finish but we are limited on space so only small tents are permitted here. An overflow meadow is available if required. This is reserved for solo runners, family and friends to camp in the main campsite, please.

MAIN CAMPING AREA

The main campsite is situated close to the event village, on the first meadow as you arrive at Shimpling Park Farm. An overflow meadow is available if required.

CAMPERVANS

There's a designated area adjacent to main campsite solely for camper vans. Please note there is no electric for vans to connect to.

DRINKING WATER

There are two fresh water drinking taps on site which will be clearly marked.

CAMP RULES

- On arrival campers should register at the registration desk. Admission to Suffolk Trail Festival (STF) campsite implies a commitment to uphold the internal rules of the event. Tents should be placed only as directed by SFT staff. SFT is entitled to refuse admission when this appears necessary in the interests of the campsite occupants. Campers are requested to arrive not later than 10.00pm
- Please keep the pitch clean and tidy with the minimum of spare equipment stored outside, and tidily placed.
- Tents are erected at owners own risk and there will be limited help available. No tents or equipment are provided by organisers.
- Portable toilets and showers are located nearby and should be used considerately
- Waste must be emptied only in places provided for the purpose, all rubbish to be placed in the dustbins near the showers or taken away with you.
- Children must be under the supervision of their parents or guardians at all times. All children under the age of 10 years must be accompanied by an adult when using the toilets and showers
- As this is a working farm, dogs are not permitted.
- Musical instruments, radios, record players and similar appliances should be used considerately during the day, not at all after 10pm. Between the hours of 10.00pm and 6am quiet should be observed.
- Any games, particularly ball games, which might annoy or inconvenience others are forbidden.
- The washing of clothes and dishes is forbidden at taps which provide drinking water. Regulations concerning fire precautions are published at HQ. The lighting of fires is forbidden.
- The organisers and proprietors shall be under no liability for injury, damage or loss to property however caused or suffered by any occupier or any guest of such occupier whether or not such said injury, damage or loss has been caused through the negligence of the proprietors and/or their servants or agents or at all.
- Except where special arrangements have been made, pitches must be cleared by 4pm on day of departure.
- Accommodation on the farm is provided on the condition that all rules and any instructions given by Suffolk Trail Festival or their agents are observed. Any person in breach of these rules may be asked to leave.
- BBQs are permitted, but only within the designated area and not at any time in the camp site.

EVENT SERVICES & INFO

TOILETS

Portable toilets will be situated at various points throughout the event village. Cleaning is scheduled for Saturday morning, Saturday evening and Sunday morning.

SHOWERS

Mobile shower units will be situated in the event village. Cleaning is scheduled for Saturday morning, Saturday evening and Sunday morning. If queues form we will operate a time restraint to allow everyone the opportunity to use the facilities. Don't forget your towel!

CHILDREN

Children will each be given a wristband which we ask parents or guardians to write their contact number on.

There are two ponds close to the main site and will be using a fire pit – please ensure your children are aware of the risks and are under adult supervision at all times. Ball games are not permitted on site but Shimpling has a lovely play park and playing meadow just a short walk away.

RECYCLING / WASTE

We are doing all we can at STF19 to reduce our carbon footprint. It won't be perfect this year, but we aim to make a significant improvement on last year.

Our bins will be marked clearly for recycling and waste. All black bin waste will be taken to an incinerator and turned into energy. All recycling will be sorted after the event and sent to the correct recycling centres.

We would like to thank you in advance for keeping the grounds of Shimpling Park Farm tidy. Taking pride in leaving the campsite clean and tidy will enhance the image of our sport. Please also ensure you remove all tent pegs when you break camp and please take extra care with glass and bottles.

FIRST AID

Challenge Running will be providing our event first aid throughout the race. If you are suffering physical discomfort please seek their assistance in the main event village.

SPORTS MASSAGE

Melody Easey will be providing sports massage on Saturday.

LIVE MUSIC

Saturday from 11am.

Adam Thomas, Serena Grant and Man Vs Machine will be keeping you and your supporters entertained throughout the day and into the evening.

GUEST SPEAKERS

Friday from 8pm

Mimi Anderson, Lee Kemp, Dan & Charlotte Lawson

FREE MAP READING WORKSHOP

Friday 7pm

Limited places please book your place;

<https://www.suffolktrailfestival.co.uk/product/map-reading-workshop/>

EQUIPMENT & GEAR

MYRACEKIT will be providing a pop up shop with the latest trail running gear and equipment plus those race day essentials.

RERUN CLOTHING SWAP SHOP & COLLECTION AND GINS RUNNING STITCH

We are proud to support the rerun clothing movement and encourage you to bring along your old running kit to either donate, swap or reuse.

For more information on ReRun Clothing please [Click Here](#)

CHILDRENS ACTIVITIES

Saturday 9am-2pm

WILD PLAY Ltd will be providing some forest-themed crafts and activities for children of all ages.

Lawshall Pre-School will be offering face painting, and a few festival games for children and adults to enjoy for a small fee.

All proceeds from these activities will be donated to Lawshall Pre-School.

CATERING & BAR

The Suffolk Coffee Pod will be providing delicious locally roasted artisan coffee and cake.

Macs Kitchen will be serving up cheesy Mac 'N' Cheese straight from their vintage ambulance.

The Mobile Pizza Co. will be offering a variety of delicious wood fired pizzas

The George, Cavendish will be providing breakfast in the form of bacon butties & porridge, as well as all your drink refreshments needs.

Vegan & GF options available.

Self serve tea & coffee facilities will be available to you throughout the weekend but we will not be providing cups, so please ensure you bring your own.

Not all vendors offer card facilities so please ensure you bring cash.

THE RACES

START

The 24 Hour race will start at midday on Saturday 15th June 2019

The 12 Hour race will begin at midnight

TIMING CHIPS / BIBS

Your timing chip / bib must be worn at all times.

You will be able to follow race progress on a screen near race HQ with live updates. Live results will be available via our website.

Each team member has a unique timing chip, so laps can be identified to the individual.

SOLO RUNNERS

Solo runners start the main race at 12:00 and then complete as many laps as they can in 12 or 24 hours.

They can have support crew in the event village and we have no problem with support crew running with them on a lap. Solos can rest at any point - just cross the timing mat and then step off the course. This will record your recent lap and start the clock on your next one.

DO NOT cross the mat again until you complete the next lap.

Solo Runners have a dedicated area close to the start / finish to set up camp, where they can access their kit or take a rest.

PAIRS AND TEAMS

Each member of your team must complete one lap minimum for your team to be in the competition.

Each lap will count towards your total. There are no restrictions on how many consecutive laps one team member can run.

You can only swap runners inside the official start and finish area.

You are welcome to buddy up with a teammate on the same lap but only one lap will officially count. Please ensure the buddy has removed their timing chip/bib and does NOT cross the timing mat so as not to record a lap.

LAPS AND BREAKS

You can take a break at any point but always leave and enter the course at the correct point. You can carry on and do more than one lap or hand over to a teammate.

Only ONE chipped team member can be on the course at any point but you do not have to have someone out on course for the entire duration of the race if you prefer to have a rest as a group.

You cannot begin your final lap after 12:00 Sunday, i.e. you can begin your last lap as late as 11:59 for it to count.

Remember this is an endurance race so try not to burn yourself out on your first lap. Your safety and wellbeing is a major part of making this an enjoyable experience.

NIGHT LAPS

It is compulsory to use either a head torch or hand-held torch on all laps run during the hours of darkness. Please bring spare torches or spare batteries for torches.

Sunset is scheduled for 21:20 on Saturday 15th June, so we ask that all laps that begin from 20:00 onwards are done so with a torch.

Even if you think you will have completed that lap well before sunset, it will ensure that, should you get into difficulty and it take you longer to return to the Event Village than expected, you will have a light with you.

We reserve the right to stop you running if you do not have a torch for night running.

RACE WITHDRAWAL

If you are withdrawing from the race please inform Race HQ.

SIGNAGE

The course will be marked by yellow signs sporting black directional arrows in accordance with the governing rules. In places there will be red and white barrier / reflective tape.

THE ROUTE

This is a multi-terrain race and includes footpaths, meadows, country lane, woodland and hard packed dirt stretches, the terrain could be uneven under foot.

Each lap measures approximately 5 miles.

Potential Hazards:

Two small ponds, please don't fall in!

Narrow wooden footbridge which you will need to take extra care on, especially at night.

A small section takes you through a very quiet country lane passing houses so please be mindful of its occupants by keeping noise to a minimum, especially during the night. This quiet lane will have some cars driving to and from the cottages too.

The route is exposed in places so please ensure you use plenty of suncream and stay hydrated if hot weather is forecast.

[**CLICK HERE TO VIEW ROUTE**](#)

KIT & EQUIPMENT LIST

The trails are reasonably hard packed so you may find road shoes will offer you more comfort, there's no harm in bringing both and deciding on the day.

Please note it can become very cold at night.

Mandatory

Head Torch

Suggested

Sun hat

Sun Cream

Gloves

Hat / Buff

Waterproof Jacket

Base Layer

Don't Forget

Towel & Toiletries

Cup for hot drinks

Cash

Back up battery / charger

MARSHALS / CHECKPOINTS

Two checkpoints will be manned throughout the event and are marked on the route map. We will also have a number of wandering marshals who can be identified wearing hi-vis vests. If you are unable to complete a lap, please go to your nearest marshal. They will be able to take your name and runner number and inform Race HQ by radio with your location and whether you need assistance getting back to base.

If you see another participant in distress it is your responsibility to raise the alarm and contact our medical team or contact your nearest race marshal who will radio for help. **If you pass somebody who is in serious medical difficulty without offering to help, you and your whole team will be disqualified from the event.**

If a marshal asks you to stop please listen as they may need to inform you of an obstruction up ahead and any diversions from the route you need to take.

All of our marshals are volunteers so please be polite.

RACE REFRESHMENTS

A range of race refreshments will be available on the main check point, including a variety of gluten free and vegan options, Tailwind and Pulsin Nutrition Bars.

Please only access race refreshments when completing your individual lap.

Please note this is a **cupless** race, with this in mind, we will be issuing every 12 and 24 hour runner a reusable soft cup at registration. These are complimentary and we hope you will enjoy using them. We will also have mugs for sale at HQ for your hot drinks and as a souvenir of the race.

CHEATERS

Cheaters are not welcome in this race! Anybody caught taking short cuts, cutting corners, registering additional loops, substituting unregistered runners and any other forms of cheating will be instantly disqualified – either the cheating solo runner, or the whole team. We have a zero tolerance policy to cheating.

WINNERS

The winning team is the team who completes the most laps in their category. In the event of there being a tie, it will then be determined who completed those laps in the quickest time period. For example...

1st Place – Team A – 10 laps completed in 24:04:00 2nd Place – Team B – 10 laps completed in 24:13:00 3rd Place – Team C – 9 laps completed in 23:10:00

To confirm, we will judge the winning teams based on who has completed the most amount of laps in the shortest time.

PRESENTATIONS

Trophies will be presented to the following categories:

- Solo Male – 1st, 2nd, 3rd
- Solo Female – 1st, 2nd, 3rd
- Pairs – 1st
- Small groups 3-5 – 1st
- Large groups 6-8 – 1st

We will endeavour to begin presenting these as soon as possible after the event.

PHOTOGRAPHY

Epic Action Photography will be there to capture the action. Images will be available via the website shortly after the event.

MEDALS

Every participant will receive a medal & goody bag. Solo participants completing 100 miles will receive a buckle.

T-SHIRTS & MERCHANDISE

Finisher shirts, hoodies, cotton t-shirts and cups are available to purchase

Please order online in advance as only a handful will be available to purchase on the day.

<http://www.suffolktrailfestival.co.uk/product/technical-t-shirt/>

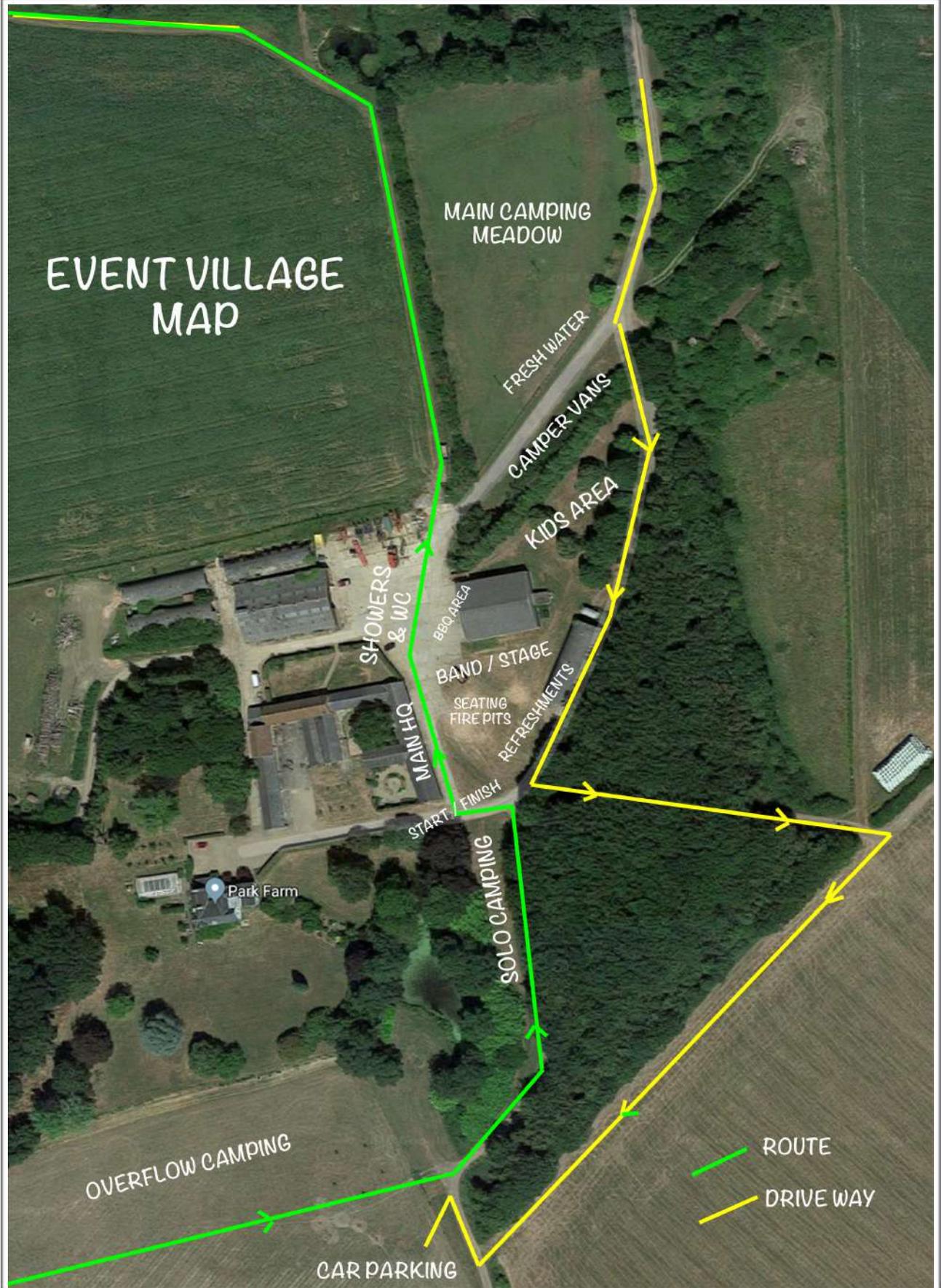
RACE RULE RE-CAP

START Midday (24Hour) Midnight (12Hour) 15TH JUNE;

LAST LAP STARTS 11:59 17TH JUNE

- ONE CHIPPED RUNNER ON COURSE AT ANY ONE TIME -
- TORCHES COMPULSORY ON LAPS AFTER 20:00

EVENT VILLAGE MAP



MAIN CAMPING MEADOW

FRESH WATER

CAMPER VANS

KIDS AREA

SHOWERS & WC

BEQ AREA

BAND / STAGE

SEATING
FIRE PITS

REFRESHMENTS

START / FINISH

SOLO CAMPING

MAIN HQ

Park Farm

OVERFLOW CAMPING

CAR PARKING

ROUTE

DRIVE WAY