

MAIDEN CASTLE LOOP 2012

Saturday 7th July at 7 pm

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Thank you for entering the Maiden Castle Loop. We are pleased to welcome you to sunny Dorset to run a loop or two of our ancient monument!

Where to go

The race HQ is at the Dorchester Rugby, Coburg Road, Dorchester, DT1 2HX. If travelling from outside Dorchester you should aim to get yourself on the Dorchester bypass. When you get to the middle roundabout (the one near the football stadium) take the Dorchester town centre turn off. You should shortly pass Tesco's on your right. Take the first left (Maiden Castle road) and follow signs to the Leisure Centre. The Rugby Club is next to the Leisure centre. The website map should help.

Parking

This will be in the Rugby Club. Parking marshals will be on hand to direct cars.

Facilities

There will be changing, showers and refreshments at the Rugby Club. Egdon Heath Harriers cannot accept responsibility for loss or damage to belongings. If unsure lock it in your car.

Start

Will be at 7 pm at the back of the Rugby Club. Please ensure you are in position 5 minutes before.

Charity

This year we are donating to the RNLI. The more runners we get the bigger the donation. So please help us by encouraging your mates to enter and bring a friend to enter on the night!

Route

As shown on the map, down the tarmac footpath from the Rugby Club and turn right onto the road out to Maiden Castle. Up the track past the Castle and down to the Winterbourne Monkton road. Then turn left along this road (with a water station on the way), then a left turn off the road up a nice little hill! You are now on the Castle ramparts – enjoy the wonderful views. Up and down and around the Castle before returning to the road back to the finish. By the way there is no castle to see.

Results

Will be displayed as soon as possible and will be posted afterwards at www.egdonheathharriers.com

Maiden Castle

Maiden Castle is an ancient monument administered by English Heritage. They have very kindly agreed to allow us to hold our race. Please can we ask you to keep to the paths.... And remember we do not have right of way over the tourists who will be on the ramparts on race day (with their dogs!!). Be courteous and careful and hopefully English Heritage will allow us to race again next year.

Safety and Race Numbers

Race numbers, to be collected on the day at the event, must be securely pinned to the front of your vest. On the reverse of the number there is provision for medical information and contact details that must be completed by the runner. There are only two small sections of narrow roads on the course and our marshals will warn traffic but again we have no right of way over cars, tractors etc – so please be careful. Also we will have a sweeper who will run with the last runner in the race.

GOOD LUCK AND SEE YOU ON SATURDAY 7th JULY