



Ed & Phil



Poets Path Potter

Saturday 25th March 2017 – Start 9.00am

Held under UK Athletics rules – TRA Race Permit No: 867

This is a charity fund raising promotion for runners or walkers with a choice of five mainly off-road events of approximately 8 (two route options), 10, 16 and 26 miles (a marathon). They are based in Dymock and held over the locally famous Gloucestershire paths of Poets Path I, Poets Path II and the Daffodil Way.

Limit 100 entrants in total for all events. Closing date for postal entries is 18th March. Entries on the day may be possible if limit not reached. Entrants must be 18 years of age or over on the day. Online entry is also available at www.runnersworld.co.uk/events with a closing date of 21st March.

Awards: Medal or certificate to all finishers of each event entered with prizes for the first 3 men and women in the marathon. Spot prizes of Wigwam socks for all events. Each entrant will also be given a commemorative map for each of the race Paths entered. There is a 10 hour total time limit. We will have a fun reading of running poetry before the start by Ed & Phil 'Resident Poet' and runner, Kathy Tytler.

Surname..... First name

Address

..... Postcode

Date of Birth Age (on day of race) Male/Female

UKA/EA Affiliated club..... TRA/EA Mem No

Telephone (landline): (mob):email address:

Entry Fees:

8 mile events: £10 in advance if a member of an affiliated club or £12 if unattached, £11/£13 on the day

10 mile event: £12 in advance if a member of an affiliated club or £14 if unattached, £13/£15 on the day

16 mile event: £15 in advance if a member of an affiliated club or £17 if unattached, £16/£18 on the day

26 mile event: £20 in advance if a member of an affiliated club or £22 if unattached, £21/£23 on the day

I enclose my entry fee of £ For the 8 miles (Poets Path I option), 8 miles (Poets Path II option)/10 miles/16 miles/ 26 miles event (delete non-applicable). I am a runner/walker (delete non-applicable)

Note you can scale down to a shorter distance on the day if you wish and still get a finish time and medal/awards.

See attached notes for those entrants wishing to bring their dogs with them

Please note that a signed form will be considered as a declaration that you will take part entirely at your own risk and that you have no medical disabilities that would endanger you or others taking part. You will be expected to have read the important event information beforehand and as normally attached to this form - please email the organiser if not received or go to the Ed & Phil website at www.edandphil.co.uk to download the form and event instructions. Entry fees are strictly non-refundable. In the event of cancellation, all proceeds after costs will go to the nominated charities. Data Protection - your entry details will be stored on a computer and your name and other information will be included in the event results which will be posted on the Ed & Phil website and elsewhere. Photos taken of you in the events may be used in appropriate publications and on the internet solely for the purpose of promoting our events now and in the future. Your entry details will not be passed on to other agencies.

Signature: Date:

Entries with appropriate entry fee (cheques made payable to 'Ed & Phil Ltd') to: Phillip Howells, 28 Kempley Brook Drive, Ledbury, HR8 2FJ phillip@edandphil.co.uk mob: 07802 260906

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Important event information for all competitors

The event HQ is at Dymock Cricket Club, The Pound, Dymock, Gloucestershire, GL18 2AD and will be open from 7.30am on the day. The cricket club is easy to find on the left off the B4215 Newent Road as the main road bends to the right at a road junction as you come out of the village. Map location is OS Landranger Map 149 GR704312. For more info see their website <http://dymock.play-cricket.com>.

If you need overnight accommodation there is not much available in Dymock itself, but there are lots of other local options such as at Ledbury at link https://uk.search.yahoo.com/yhs/search?p=ledbury+accommodation&hsimp=yhs-alpexus&hspart=alpexus&type=7407_resource-id-2. Nearby Gloucester and Newent will also offer convenient options. If you have a mobile van (but not a towed caravan) that you would like to park up the night before the event, it may be possible to do this in the cricket club grounds for a limited number up to early evening and then locking you in for the night - please ask well in advance if you would like to see if this is available.

There is a local bus service 132 which connects Gloucester, Newent, Dymock and Ledbury, but the only possible time table options that seem to work for the event are out to Dymock from Ledbury Tesco at 07.29 on Saturday and last time back from Dymock to Ledbury at 16.38. Journey time is 20 minutes. You can easily get to and from Ledbury by train and Tesco is only a five minute walk from the station and the town centre if you find accommodation there.

Unless you provide a legible email address you will get no formal acknowledgment of postal entry before the day and all entrants will need to register for your event on the day at the HQ, even if already entered in advance. You will be given an event number (which you should pin to the front of your vest and ensure it is visible at all times during the event), your map(s) and some landmark questions to answer en-route. There are toilets and changing rooms in the club pavilion, and as long as it is not freezing hard, there will be a water supply. You could leave baggage in the changing rooms, but note this is at your own risk - we will not have a secure baggage area.

Car parking is available in the club grounds by the pavilion which should be sufficient for all participants, but if the ground is wet and sodden, as it could be at this time of year, it may be that some entrants will have to find parking space in the village. Whilst one of the attractions of these events is their very rural nature, Dymock is a small village with limited free road space, so be prepared to have to look around to find an appropriate space which will not inconvenience local residents or other road users and allow at least an extra 10-15 minutes to get to the HQ.

If all else fails there is likely to be space on the right at Anchor Bridge in an old road loop off the road on the B4215 going towards Leominster and just outside the village (sign saying Maypole Farm - make certain you do not block the road, leaving enough room for cars and tractors to pass because this is the entrance to the farm and a house at the end of this closed off loop of old road). Please do not park in the pub car park or in the Village Hall car park at the back of the pub. Use the pavement on the right of the road from the village when walking to the HQ, crossing to the HQ side when it is safe to do so and ideally at the footpath sign on the left where the road is straight and **before** reaching the main club entrance at the bend (see instructions below).

There are four distance options with all entrants starting together at the same time for all routes

- Those entered for either of the 8 mile options will complete either Poets Path I or Poets Path II as per their entry
- Those entered for the 10 miles option will complete the Daffodil Way route in an anti-clockwise direction
- Those participants going for the 16 miles options will complete Poets Path II first then go on to complete Poets Path I.
- Entrants going for the 26 miles marathon option will complete Poets Path II first then continue on the 10 miles Daffodil Way in an anti-clockwise direction and then complete Poet Path I to finish (note for dedicated marathon runners - the course has not been officially measured, but the distance is almost certain to be above the official marathon distance, especially with the extra distance from the HQ to the Church start for each loop at 8 and 18 miles, so we believe it fully qualifies as a Trail Marathon; Garmin owners in past events have been satisfied that the course is over 26.2 miles!).

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All routes are rural, scenic and rolling, but surprisingly tough going across fields and paths which will be heavy under feet and probably with lots of mud and water. There are also lots of stiles and kissing gates so do not expect fast times and you will find it to be a very good test of fitness and stamina

The events will all start together on Wintour's Green in front of the Lych Gate to St Mary's Church just past the Beauchamp Arms Pub in Dymock village centre which is a 10 minute walk from the HQ. The start map location is OS Landranger Map 149 GR700312. The race start time is 9.00am.

An event information and safety briefing will take place at 8.45am at the start

Please ensure you arrive early enough to leave time to park, change and walk to the start in time for the safety briefing. The start time has been arranged with the Church Rector so as to cause least inconvenience for people using the church.

After the briefing there will be a fun, running poem reading from Ed & Phil's 'resident poet', Kathy Tytler, who is herself a long distance runner. She will read a selection from her collection of running poems (eg. 'The Hill that is better than sex!') which will hopefully send you on your way with a smile. Kathy will also be selling copies of her poetry books at the finish with donations to charity for funds raised.

Participants and supporters going to the start should take great care on the road up to the start. Although a B road it can be quite busy. Cross the road and use the pavement on the left hand side and walk in single file, before crossing the road again with care by the pub and church to the start. To get to the start (but not in the events - see notes below) you can go via the main road entrance or follow the instructions below for the 18 and 26 mile options (which is safer).

Safety note on the use of headphones, music players and mobile phones - the UKA ruling on the use of these devices and the race permit for this event strongly advises that runners do not wear personal headphones/earphones to listen to iPods, MP3 players, smartphones or other personal music players whilst participating in the event. This is because running whilst wearing headphones/earphones, or using mobile phones other than for event information purposes and then when safe to do so, significantly reduces your ability to hear traffic, individual vehicles (which would include tractors or other farm vehicles which could be working in farm areas or fields you are crossing), any instructions and warnings from the police, marshals and other people, and generally distracts your attention, increasing the risk of accident or injury to yourself and possibly other people.

If however you choose to participate in the event using such a device please note that you will be deemed to accept full responsibility for your own safety and for the safety of anyone else who may be affected by your acts or omissions.

NOTE THAT YOU MUST REMOVE ANY EAR PLUGS COMPLETELY WHEN APPROACHING A ROAD JUNCTION OR MAKING ANY ROAD CROSSING AND YOU WILL BE DISQUALIFIED IF YOU ARE SEEN AS NOT ADHERING TO THIS REQUEST.

If an emergency occurs during the event either to yourself or to others and the emergency services are needed, you are advised to call 999 or 101 in the first instance for the quickest and most effective likely response, and only then to call the organiser (ensure you have the number before you start) for the event first aid. Specialist First Aid personnel will be based at the race HQ.

After a recent presentation by female long distance running legend Anna Frost who pointed out that very few organisers provided for the specialist hygiene needs of female runners, we aim to ensure the First Aid personnel are also equipped with a free supply of female personal hygiene/sanitary products for women competitors who may need them on the day.

Although there will be prizes for the quickest 26 miles event runners, we would like to think that all participants will treat the events as great training over some lovely rural Gloucestershire countryside with some worthy charity causes benefiting from your efforts. The reason for starting with Poets Path II for most participants is because this route is the safest start since it has no road element until about 2 miles into the route.

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However you should note that there is a narrow start through the Lych Gate and around the Church to a gate out of the Church yard (which is too attractive as a start to miss out and also saves gathering in the alternative farm field after the Church yard, but in which there could be livestock) after just 100 metres and then on Poets Path II with at least 7 stiles and/or bridges over streams in those first 2 miles that will result in queues, so you will have to be polite and patient with other participants! The advantage is that you will be well spread out by time you hit the first road section.

There will be no support, water stations, marshals or distance boards anywhere on the course and no check-points, other than at the pavilion HQ at the end of each route. Whilst there is no compulsory kit list, remember this is still early spring and the weather can not only be very bad at the start, but can also change significantly during the day. It is strongly recommended that as a minimum you consider wearing or carrying the following:

1. Conditions will be very wet and muddy in parts, so ensure you are wearing tough trail running shoes or walking shoes/boots with good grip - road running shoes will be very unlikely to be appropriate or adequate
2. Wear full length running tights or walking trousers
3. Ensure you have a warm hat and gloves; consider taking a neck warmer
4. Wear appropriate and sufficient upper layers with long sleeves and consider carrying at least a windproof and waterproof jacket and ideally, waterproof trousers
5. A map case or plastic bag for your maps and take a pen to answer the course questions
6. Sufficient water to last you for at least one of the race routes; note that if conditions are really freezing there may be none or only limited fresh water available at the HQ
7. Sufficient food to last you for your chosen distance
8. A basic First Aid kit and a space blanket
9. If you think there is a chance you may finish after 5.00pm, take a torch/head torch
10. If you have a mobile phone take it with you and kept in 'on' mode; make a note of the organiser's mobile number - 07802 260906

These are therefore self-supporting and self-navigation events and you are entirely responsible for finding and following the routes. You will be given souvenir Poets Path and Daffodil Way printed maps for each route for which you are entered (make sure you bring a map case or large plastic bag to keep them in – it could be very wet and they are paper maps!), which also have route instructions.

We also plan to put up some tape route marking and there are good way-markers/sign-posts for each of the named three routes in many places, so getting around should not be a huge challenge with a bit of care and thought. The course is not suitable for pushchairs or wheelchairs, For those entrants wishing to bring their dogs please note that insurance conditions from UK Athletics makes it very clear that neither dogs nor owners are covered by the event insurance.

Should you nevertheless bring your dog with you it is entirely at your own risk and you will be assumed to take full personal responsibility for your dog and have your own full insurance to cover any third party incidents with no liability whatsoever to the events' organisers. You must ensure that dogs do not disrupt other runners or walkers and are kept well under strict control in fields where there are farm or other animals that are likely to be encountered on any of the events. There are a number of stiles and gates which may prove very difficult for dogs to negotiate.

About 80% of the course is off-road with most of the rest on quiet country lanes. Run or walk on the left hand side in single file on road sections, taking especial care on corners. You have to cross several B roads during the different loops. 'Caution Runner' signs to warn motorists will be posted either side of these B road crossings, but you should take great care when crossing. The road numbers are marked on the maps, so please watch out for them.

At all times please be aware that this is a very rural event held over public paths which cross fields and go over countryside which is actively farmed. Most farmers and landowners have no problem with and indeed are quite supportive of people legitimately passing over their land, but this can be a sensitive issue for some and a few may not be so welcoming. So do behave as you would do if it was your land that was being crossed, keep only to the public paths and ensure you follow these instructions fully so that no landowner could have any cause for any complaint.

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Although we are only using public footpaths for which no permission is needed, we have taken the trouble to deliver a courtesy advice letter to all the known farmers and landowners over whose land the paths cross, so they should be well aware that you will be around on the day.

Remember that there is likely to be livestock in many of the fields you cross, including probably young cattle and lots of sheep with lambs. Give them a wide berth if possible and walk if in doubt. Always run or walk in single file when passing through planted crops. If you have to climb gates, please do it on the side nearest to the hinges. Take great care when climbing gates or crossing stiles; they are likely to be very slippery and some may have been damaged during bad weather. Do not throw stones into fields since this may cause expensive damage to farm machinery. Be courteous and say hello to those you meet.

Please ensure you obey the Countryside Code at all times!

1. Fasten all gates
2. Keep to public paths across farmland
3. Keep in single file across growing crops
4. Guard against all fire risks
5. Use gates and stiles to cross fences, hedges and walls
6. Leave livestock, crops and machinery alone
7. Take your litter home*
8. Help keep water clean
9. Protect wildlife, plants and trees
10. Take special care on country roads
11. Make no unnecessary noise

***NOTE: YOU WILL BE DISQUALIFIED IF SEEN OR REPORTED AS DROPPING LITTER. WE ARE PASSIONATE ON THIS SUBJECT AND ASK ALL PARTICIPANTS TO NOT ONLY STRICTLY COMPLY AND TAKE ALL YOUR LITTER AWAY WITH YOU, BUT ALSO TO PLEASE POLITELY ASK ANYONE YOU SEE DROPPING LITTER TO PICK IT UP AND TAKE IT WITH THEM. IF THEY DO NOT, THEN PLEASE ADVISE EVENT OFFICIALS OF THEIR EVENT NUMBER AT THE HQ.**

To ensure you complete all your selected route(s) we will give you a few questions to answer when you get back to the HQ to help prove you did actually do it - that makes it fair for all participants.

These are scenic and very varied routes steeped in literary and other history; if you are not in too much of a rush try to enjoy the many fine views and take in a bit of the culture. 2014 was the 100th anniversary of the beginning of World War 1 when a group of six poets, from which the paths derive their names, also came to settle for a short while in the area. The poets included Rupert Brooke (famed as the author of 'The Soldier'), Robert Frost and Edward Thomas and their lives, as well as countless millions of others, were soon to be torn apart by the conflict. When enjoying the lovely countryside, spare a thought for them and how the rural idyll they believed they had discovered together was not to be long appreciated as you are able to on the day.

The route maps give lots of information on interesting places en-route including Preston Church where Poet Laureate John Masefield was christened and The Old Nail Shop (Poets Path II). The Garland Hut facility for walkers and cyclists at Ryton on Poets Path I is worth looking at and the panoramic views after Redmarley should be enjoyed (Poets Path I). Kempley Old Church and Boyce Court are interesting landmarks on the Daffodil Way.

The HQ pavilion will be the check-in point at the end of each loop and the finish for each event. Entrants in the 16 and 26 mile options **must** check in at the HQ before proceeding on the next loop to ensure they receive an official finish time. Participants going on to the 16 and 26 mile options should leave the pavilion to the stile straight across the cricket pitch (but do go around it!) each time and **not** by the main road entrance.

This is safer and the official route anyway. Turn half left after the stile and follow the hedge around to the kissing gate by the road. Cross the road at that point with care onto the pavement opposite. Run or walk in single file up the pavement

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until opposite the start area. Cross the road again with care to once again go through the Church yard to start your next loop.

Depending on weather and frost allowing use of the water facilities in the HQ, it is expected to have water available and also complimentary tea, coffee and biscuits and maybe some cakes after each loop, but you should regard this as essentially a self-supporting event.

There is also a runner and walker friendly pub, The Beauchamp Arms, in the village right by the start and at the end of each of the loops. They will know the events are taking place and your hosts Linda and John are very friendly to runners, walkers and dogs. You will be supporting a community owned pub with your patronage for a perfect recovery after your race (or your supporters during it!).

All proceeds after deduction of event costs and a donation to the cricket club to thank them for their support will be equally divided between three charities, which are anticipated to be the following:

1. Dymock Cricket Club (to help with costs of development of a new and modern pavilion which will of course benefit our events in future; this was built during 2016, but there are still substantial funding and ongoing costs to cover).
2. Friends of The Dymock Poets (for upkeep of the Poets Paths)
3. Sport for Good (the Ed & Phil charity which aims to support sports type activities with small donations for local community sports which need just small sums of money to achieve something specific, such as supplying balls to a young cycle polo team)

Any contributions to the cakes, or voluntary donations to the tea and biscuits, to say thanks to the cricket club, or to contribute to the charities, will of course be welcome on the day.

Presentation of the 26 mile event prizes will be in the HQ pavilion and anticipated to take place at about 3.00pm after which time the first 26 miles finishers will be expected to be home. Prizes are not being given for the fastest finishers in the 8, 10 and 16 mile events because the Poets Path Potter is primarily organised as a marathon, with the other events being put on for supporters or others who are not up for the full marathon distance, but would still like to take part in some way.

All participants will be expected to finish their chosen route options within the 10 hour limit, ie. by 7.00pm. Please do not proceed on to the 16 mile or 26 mile options if it looks likely that you will not finish within this time limit. The organisers reserve the right to pull you out of your event if it seems probable you will not finish within the time limit, whether you are about to start a new loop or already on the course and running behind time.

If you can't turn up after entering in advance for any reason, although we are unable to refund your fee we are willing to send your race number, any goody bag items, route descriptions, souvenir map(s) and medal/certificate if you request them within one week after the event.

If you liked our promotion or have any suggestions for improvement let us know, we'd be pleased to hear feedback from you. Watch out for our 'Running order' fun event held in conjunction with the Ledbury Poetry Festival week in July and usually on the Tuesday or Wednesday of that week. This is a run in the evening on one of the Poets Paths, starting and finishing at the Cricket Club with some more poetry from Kathy. We then have fun in the pub afterwards as we reassemble and read the 'new' poems put together from stanzas given to runners before the start and re-ordered according to how the runners finished.

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