

EA Licence:  
No. 2011-102133

Course distance certificate Ref:  
No. 08/044

Thornton le Clay and Foston Village Institute  
Registered Charity: No. 1050428

Organised by: **Foston and Thornton-le-Clay Village Institute**

Promoted by: **Easingwold Running Club**



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**This is the 5th running of the Foston and Thornton-le-Clay Road Races.** We aim to provide a family oriented and colourful event and hope that you have an enjoyable run.

We are running 10k, 6k and 1K events this year.

**Please take note of the following race details and help us provide a safe event for all concerned.**

**Numbers:** Your number must be worn on the front of your vest during the race. Please make sure it is visible at the finish line to ensure your accurate race position.

**Directions and Parking:** The race venue is Foston School Field in the village of Thornton Le Clay. There is limited parking in the surrounding village streets and lanes, please be considerate to local residents. Entrants wishing to eat at the White Swan after the race may use the pub car park. Please follow the signs directing you to the suitable parking areas and follow the instructions of the Marshals.

**Male/Female toilets and changing facilities** will be available at the Village hall but these are limited (no showers available). Baggage may be left at your own risk.

**1K Race Start: 10:30 am at the Old Rectory entrance gate.**

**10K & 6K Race Start: 11.30 in the School field entrance.**

**Please be prompt and be ready at least 10 minutes prior to your race start**

**Kilometre markers** will be displayed.

**Drinks:** Water will be available at approximately 5K and at the finish.

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[www.sydneysmith.org.uk](http://www.sydneysmith.org.uk)

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**to find out more or see our website at**

[www.minsterstrays.org.uk](http://www.minsterstrays.org.uk)

**The 6k and 10k courses** will run on public roads that will be open to traffic. Please obey the directions of the marshals. Starting at the School field you will be directed immediately right up High Street gently climbing for the first 1.5 K before a left turn junction where you gently descend with great views to York Minster. Turn left at a crossroads towards the village of Flaxton where upon sight of the Thompsons Arms you turn left again to return to Thornton-le-Clay. As you pass the 6K mark, the 6K runners will be directed to the finish line while 10k runners will continue down to the neighboring village of Foston. Take care with the right turn in Foston on to a farm lane where the route covers 3k on well made up tracks through Blue Coat Farm. You return to the road where you have a final push to the finish in the school field.

**Safety:** all runners must keep to the left at all times except where advised. Please note that there is a time limit of 1 hour 30 minutes to complete the course. After this time marshals and timekeepers will be withdrawn. The sweep vehicle will be available to collect anyone who wishes to withdraw. If you decide to continue it will be at your own risk. Race Organisers will be unable to accept responsibility for your safety and your time will not be recorded. Please do not stop in Blue Coat Farm drive or yard as these are private premises and abuse may jeopardise the running of future events.

**The finish:** will be off the road in the school field. Please remain in your finishing order and proceed along the finish funnel to ensure that you are recorded in the correct position. Every finisher will receive a race memento providing that you are in possession of your official race number.

**Prize giving:** will take place in the village hall as soon after the race as possible.

**Local Prize Winners:** The 1st local man and woman (resident within 3 miles radius of the race start) with specific trophies kindly donated by **The Sydney Smith Association**. The Association exists to preserve his works and memory of the Revd. Sydney Smith, Rector of Foston and Thornton le Clay from 1806 to 1829 and later rose to Canon of St Paul's Cathedral London. Sydney Smith was an accomplished writer, foremost wit of his time, co-founder of the Edinburgh Review, clerical rebel and leading advocate for Catholic emancipation. Read more about the Revd. Sydney Smith online at [www.sydneysmith.org.uk](http://www.sydneysmith.org.uk).

**Thank You** for supporting our event.

## **Easingwold Running Club**

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**Beginners Club Starting again soon – call to find out more Club Training:**

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