



TUESDAY 20 MAY 2025

ARRIVAL/ PARKING

Rudding Park postcode - HG3 1JH.

You can enter via the main hotel entrance or golf entrance, the marshals will then direct you to the different car parks. Please car share if you can to ensure that everyone has a car park space and to reduce the races carbon footprint. Share a selfie of your car share to ruddingparkrace@ruddingpark.com to be in with a chance to win afternoon tea at Rudding Park for everyone in your car.

Allow plenty of time so you can park and go the registration point to collect your race number.

When departing after the race, use the exit signs marked on the map. Please take care when leaving, as there may still be runners on course.

RACE HQ

The Deerhouse is Race HQ. Runners should collect their race number from the registration point at the Deerhouse.

REGISTRATION/ COLLECTING RACE NUMBERS

When you arrive head to Race HQ (the Deerhouse) where race numbers will be distributed, in alphabetical order (by surname). Race HQ will open at 5.15pm

There is a timing chip on the back of the race number.

Whilst we will have some safety pins to attach your race number, we encourage participants to bring their own.

Please write your emergency contact details and any medical information stated when you registered on the back of the race number.

TOILETS

There are toilets & portaloos available at Race HQ (the Deerhouse).

FIRST AID

The first aid team will be located by the finish. The marshals on course will be in contact with the team if needed. In the case of an emergency, call 999 directly.

SPECTATOR AREA

There are numerous areas to spectate, however we recommend:

Spectator Zone 1: The start

Spectator Zone 2: 'The Italian Boot shape'

Spectator Zone 3: The Finish

RACE START/FINISH

Race starts promptly at 7pm.

Start line is opposite HQ (the Deerhouse).

Please be ready in the 'enclosed runner only area' 10 minutes before the start.

Finish line will be in front of Rudding House.

When you finish the race, all competitors will receive a well-deserved medal and goody bag. Make your way though the finish to collect your hog roast and your 'Race Finisher' complimentary refreshment (volunteers will mark on your race number when you collect any of these items). Additional refreshments will be available to purchase.

A bar and hog roast will also be available for spectators to purchase. A vegetarian, vegan & gluten free alternative will be available.

COURSE INFORMATION

The course is an undulated single loop, fully marked. Follow the tape, directions, signs or any instruction from the marshals. Please take care and look out for roots, branches, uneven surfaces, stones etc.

Depending on weather conditions leading up to the race, trail shoes may be recommended.

As stated on the race entry page there is a time limit of 1h 45mins, anyone who reaches the 5k mark after 55mins will not be allowed to continue and will be directed to the finish. There will be a tail walker going round at 1h 45 pace.

No dogs allowed on the course.

Risk assessments for this race are available on request.

WATER STATION

There is a water station at 5km and at the finish line.

To ensure the race is as environmentally friendly as possible we have replaced all single use plastic from our water stations this year. The water at 5km will be in paper cups and the finish water in cans.

RESULTS AND PRIZES

Live results will be available on the Racebest website - https://racebest.com/results

Prizes will be presented at around 8.15/8:30pm at the front of the house. Prizes for overall winners male and female 1st, 2nd and 3rd.

Age category winners M40, F40, M50, F50, M60, F60, M70, F70 - Overall winner takes priority over age category.

Team Prizes will be awarded to the fastest male and female team, three runners to count

Spot prizes will also be given out on the night, please note you must be present to collect your prize

The fastest male and female Rudding Park employees will be awarded the Jane Scales Trophy, in memory of Jane, a valued and much loved member of the Rudding Park team for over 25 years.

PHOTOS

Get social: Use #Ruddingrace on Instagram

Rudding Park will be taking photos at the event. These images will be used by Rudding Park to share news about the race, and to publicise future events. Images may be used in press releases, printed marketing and published on Rudding Park social channels. If you would prefer not to be photographed, please advise at the point of registering. If you would like to see your images, or would like us to delete them, please email ruddingparkrace@ruddingpark.com

THANK YOU

This race would not be possible without our partners, so we would like to say a big thank you to:

McCormick Solicitors, Saffery, Taylors of Harrogate, Sykes House Farm, Caterite, Lets Run, Delifresh, Molton Brown, Elis, Molson Coors, Country Valley Foods, Northern Bloc, Yorkshire Agricultural Society, The HACS Group, VIDA Healthcare, FAIRFAX Plant Hire, Brown & Brown, FG Factor Drinks