



**Rough 'n' Tumble Sunday 12th January 2020 -
11.00am
'Mud, sweat and hills'**

**PLEASE COLLECT RACE NUMBER ON THE
DAY FROM RACE HQ FROM 9AM**

Dear Runner, Thank you for your entry to the
Rough 'n' Tumble 10. You do realise you've
entered one of the toughest multi terrain races in
Wiltshire ??

Important: If you suffer from any medical condition,
please write this on the reverse side of your
number.

Race HQ & refreshments – Milton Lilbourne
Village Hall, Milton Lilbourne, Pewsey, Wiltshire,
SN9 5LQ. Tea, coffee and cakes are available
before & after the race. This year, hot bacon rolls &
soup available.

Car Parking - Signposted from the B3087. Follow advice given by marshals. PLEASE DO NOT PARK ON THE VILLAGE ROADS as we are reliant on the residents goodwill for the race to take place. Please respect resident's privacy and property. Car parking is limited so please share transport where at all possible, especially with the recent wet weather making some of the fields too wet to use. Parking marshals will direct you.

Toilets & Changing – At the Village Hall. Changing is limited so please come ready changed if possible. There will be baggage storage available. Ensure that you hand in your baggage early to avoid queues. Please warm up on playing field at race HQ.

The Start – The race starts at 11.00am from the Village Hall. Please note it is about 10 mins walk from the car parks.

Drink Stations – At the 4 & 8 mile points & finish, approx 10.2 miles.

The Finish – Back at the Village Hall. Don't forget to collect your baggage!

The Course – Mostly on footpaths and tracks. Trainers with good grip required. Spikes are not recommended. No dogs please as there is likely to be livestock on route.

First Aid & Safety – You are responsible for your own safety and should be medically fit to take part and should run within your capabilities for the conditions of the day. This event takes place in January on an off road course. Please be prepared for winter weather, undulating and slippery conditions underfoot. There will be coverage

provided by St John Ambulance on the course and at the finish. If you have to pull out please report to the nearest marshal who are in contact with Race

HQPrizes – 1st-3rd overall Male, 1st-3rd overall Female, 1st Male Vet o40, 1st Female Vet o40, 1st Male Vet o50, 1st Female Vet o50, 1st Male Vet o60 1st Female Vet o60, 1st Male Vet o70, 1st Female o70. 1st Male 080, Male Team (3 to score), Female Team (3 to score). Medal to all finishers. If you finish in the top 3 and you are a Vet you will receive two prizes because you're worth it.....

Results –. Full results will be on our web site www.grassrootsevents.co.uk by Sunday Teatime. Presentation 1. 30pm– approx Two good reasons why you should stay for the presentation.

Prize Draw – This will be drawn at the presentation from your race number so make sure you stick around to see if you can win a hard cash prize. Our legendary home made cakes - need we say more.