



**Saturday 12th July
At 7 pm**

THE MAIDEN CASTLE LOOP 2008

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 Thomas Hardy Leisure Centre, Dorchester. 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 see Tesco's on your right. Take the first left (Maiden Castle road) and follow signs to the Leisure Centre. The enclosed map should help.

Parking

This will be in the Leisure Centre car park and adjoining roads. Parking marshals will be on hand to direct cars.

Facilities

There are changing and shower facilities at the Leisure Centre. Refreshments will be available throughout the evening. Egdon Heath Harriers cannot accept responsibility for loss or damage to belongings. If unsure lock it in your car. The late entries desk is also in the Leisure Centre.

Start - as last year

Will be at 7 pm at the Leisure Centre (Finish at the same place). So please ensure you are in position at least 5 minutes before.

Charity

This year we are donating £1 of the entry fee 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, out of the Leisure Centre turn left onto tarmac footpath between the Centre and the Rugby Club follow this down 0.5 mile until you meet the road out to

Maiden Castle. Turn right onto road towards the Castle. Up and over the track to the right of the Castle until you reach the Winterbourne Monkton road. Along 0.5 mile on this road running east (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 start. By the way there is no castle to see.

Prizes

All finishers in the loop will receive a memento. Awards will be given in the following categories:

Men:	First 3	Women:	First 3
	First 2 over 40		First 2 over 40
	First 2 over 50		First 2 over 50
	Youngest to complete course		Youngest to complete course
	Eldest to complete course		Eldest to complete course
	Team (3 to score)		Team (3 to score)

Only one prize per runner (excluding team)

Results

Will be displayed on boards as soon as possible. Printed results will be forwarded if you leave your name and address and £1.00 in the envelope provided or visit www.egdonheathharriers.co.uk.

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 tread carefully over the castle and keep to the paths.... And remember we do not have right of way over the many 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

Race numbers, as issued for 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.

Should you have any further questions, please contact either Trish England on 01305 263375 or Nicola Smallwood on 01305 266346.

GOOD LUCK AND SEE YOU ON SATURDAY 12th JULY