

TRANSPLANT
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the Westfield Health

**BRITISH
TRANSPLANT
GAMES**

Nottingham 2024

DONOR RUN

RACE PACK

Wollaton Hall & Deer Park
Wollaton Road
Nottingham
NG8 2AE

SATURDAY 3RD AUGUST 2024



RACE INFORMATION

Donor Run 2024

Supported by Nottingham Hospitals Charity

(Part of the Westfield Health British Transplant Games)
Wollaton Hall & Deer Park
Saturday 3rd August– First Race Start 6.30pm

Travel to Wollaton Hall

One of the best ways to get to Wollaton Hall is through use of the city's bus and tram routes. Bus 30 from the city centre stops on Wollaton Road at Rectory Gardens. There is then a short walk (10 mins) to the Hall and start line.

Driving

Wollaton Hall has lots of on-site parking at a fee of £5. The gift shop at Wollaton Hall takes payment for parking, this can also be made via the RingGo app using the location code 18914.

<https://myringgo.co.uk/>

Changing / Baggage

There will be a bag drop operating at the Event Information Point in the courtyard of Wollaton Hall. However, competitors are encouraged to bring only essential items with them and leave personal belongings at home. Bags will be marked with the competitor's running number.

The baggage area will be available from 17:00 and the last bag will be collected by 20:00. Any bags that remain after this time will be taken to The British Transplant Games Office at Harvey Hadden Sports Village and will remain there until noon on Monday 5th August. After which, if the owner has not been identified, they will be donated to charity.

Toilets

Toilets are available in the courtyard area of Wollaton Hall.
Please note that there are no changing facilities available onsite at the Donor Run.

Race Administration

The Event Information point will be located in the courtyard.

The Donor Run 2024 is SOLD OUT

There will be no on the day entries and no replacement numbers issued.

If BTG competitors are taking part in the Road Race event you **MUST** wear your BTG Competitor number on the front of your chest and must be visible to the race officials.

If you are taking part in the Donor Run you must wear your allocated Donor Run number which will be included in your registration bag.

If you do not have a Donor Run Number you must not take part in the event. You will not be issued a commemorative medal if you do not have a valid runner number.

Pre-Entrants

Pre-entrants to the Donor Run will receive their race number in their registration pack which is to be collected on Wednesday 31st July or Thursday 1st August during registration. If you have not received your race number in advance, please report to the Registration / Event Information Point at Harvey Hadden in advance of Saturday 3rd August so a replacement can be issued.

No replacement numbers will be issued at Wollaton Hall.

Race Numbers

The swapping of race numbers can place runners at risk and is prohibited. Your race number is unique to you; please do *NOT* give it to anyone else if you are unable to take part in the race.

Fasten your race number securely to the front of your vest or t-shirt using four pins, one at each corner. Write clearly on the reverse of your race number details of any special medication or special medical conditions the organisers should be aware of.

Race Timing

Runners should use the clock at the finish line and record their own time for completing the event. The Donor Run is a fun run, and therefore not a race and no chip timing or publication of times on a website is available.

Race Timetable

The following table summarises the events and their start times. Please note the competitors in the Games use this event to complete their “mini-marathon” (2km or 5km) and will start at the front of the race and will set-off first. These Competitors **MUST** wear their allocated BTG Race Numbers.

Event Day	Activity	Start Times
	Registration Opens	5.00pm
Saturday 3 rd August	Runner Briefing	6.15pm
	Competitors in position	6.20pm
	Road Race Event / Donor Run 5K Start	6.35pm
	Road Race Event / Donor Run 2K Start	6.45pm

Participants

The Donor Run is part of the 2024 Westfield Health British Transplant Games. Competitors in the British Transplant Games have all received a major lifesaving organ or stem cell transplant. Members of the Games Family will also take part including, Donor Families and staff and supporters of the teams that are attending the Games.

Race Information

Participants must follow the instructions given by the racecourse personnel. Private escort of participants on bicycles or otherwise is prohibited. Any deviation from the set course is prohibited. The course is off roads.

The route is attached with the Start and Finish, both points being located on the grass area outside of the Wollaton Park Museum.

2km Runners will complete one part of the course; those doing the longer distance will follow the same initial route before travelling towards Bluecoat Wollaton Academy and circling back to the finish line. The route is multi terrain and includes trail paths, grass and some uneven surfaces. Please wear appropriate shoes and pay attention to signage and the marshals around the course.

We will have volunteer marshals stationed around the course to make your participation in the race as smooth as possible. You will receive a Runners' Briefing before setting off. On completion of the race, please walk through the finish area collecting your Medal. *Remember no runner number no medal.*

Water

Please note that there are no water stations on the course. If you require water out on the course, we advise that you bring this with you.

Water will be available at the finish line.

First Aid

First Aid is available at the finish area and the Event Information point in the courtyard.

A first aider on a bike will be out on the course.

Course Information

This year's course is a multi-terrain course with the route including, pavement, grass and trails. There are areas around the course that cross uneven surfaces. There will be signage across the site highlighting areas of uneven ground, marshals will also be posted around the course. Please wear appropriate footwear and clothing.

Wollaton Hall is also home to several deer that roam the site. During the event, please follow the planned route and if you see any deer around the course notify a member of staff and they will work with Wollaton Hall to safely clear them from area.

Health Issues

All competitors have acknowledged that if they are feeling unwell or unable to compete, they must withdraw from any events. If you feel unwell at any time whilst running the course, please stop running and make your way to the nearest marshal who will assist you. Alternatively, alert a fellow runner.

If you are feeling unwell or have had an illness recently, please consult your GP before the race to get his/her opinion as to whether it is safe for you to compete. If you are advised not to run, please do not feel tempted to take part.

If you are taking any medicines at all please print your name, contact phone number and details of your medicine/condition on the rear of your race number. This will, in the unfortunate event of you being unwell, help the first aid crew to deal with your situation efficiently and sympathetically.

Physio, Warm-Up, and Rub Downs

Physiotherapy for the event will be situated in the courtyard area, undercover, with additional gazebos where required. The physio team will be responsible for sport related injuries only, they will not be acting as first aid suppliers.

Transplant Games Road Race Competitors

The 2024 Donor Run incorporates the Transplant Games Road Race competitions which see some pre-registered athletes take part in this as one of their 4 competitive events at the Games in the following races:

Age Group	Distance	Start Time
9- - 11	2KM	6.45pm
12 – 14	2KM	6.45pm
15 – 17	5KM	6.35pm
18 – 29	5KM	6.35pm
30 – 39	5KM	6.35pm
40 – 49	5KM	6.35pm
50 – 59	5KM	6.35pm
60 – 69	5KM	6.35pm
70+	5KM	6.35pm

INSERT TABLE

Age Race Start Time

These athletes must wear their British Transplant Games race number clearly on their chest and NOT a Donor Run Number.

When finishing your race you must run down the specific finishing shoot on the right of the course, this will ensure your correct time and position is recorded for your age group.

Medal Ceremonies (for the Road Race only) will take place upon completion of the Donor Run in front of the big screen.

5KM DONOR RUN 2024 ROUTE

KEY

Donor Run Start/ Finish Area 



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2KM DONOR RUN 2024 ROUTE

KEY

Donor Run Start/ Finish Area 



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