



SANDALL BEAT 7K – 21st June 2023

Race licence 2023/45786 Run Under UKA Rules

Thank you for entering the Sandall Beat 7K. We are excited to bring you this classic event with a new look. Traditionally the race has been ran as a 10K but after careful consideration, we decided to reduce the distance to encourage even more athletes to sign up. We are really trying to revitalise running in the Doncaster and South Yorkshire area and hope this will be the first of many under this new rebrand.

This year we are using the latest chip timing technology to help provide even more accurate results than before. You will be able to collect your number on the night from the Race HQ. Numbers will be available from 4:30pm onwards. No entries will be allowed on the day. Chip timing is only available for the main 7K race.

We are using the tremendous facilities of Castle park, the home of the Championship Rugby Club the Doncaster Knights. The address is: Armthorpe Road, Doncaster DN3 5QB.

There are changing and shower facilities available onsite.

Sandall Beat Wood is the most popular woodland in Doncaster, it was established in the early 1800's and is recognised as a site of special scientific interest and local nature reserve. The woodland covers 140 acres and is well served by many woodland trails making it the ideal venue for this 7K race. Doncaster Athletic Club makes good use of the woodland and surrounding area on their training nights. The start and finish areas remain within the Doncaster Knights grounds and improve the safety of all runners.

The surface conditions are generally well-made trails, grass, stone and a few hundred meters of tarmac towards the finish. Some areas can be wet and muddy underfoot depending on the amount of rainfall.

A chocolate bar and water to all fun run finishers, with the first boy and girl receiving trophies. For the main race cash prizes of £100, £75 and £50 to the 1st, 2nd, and 3rd male and female finishers, across the line. Category winners will also receive a trophy. All finishers will receive a race memento, a bottle of water and be entered into a raffle which will be drawn at the end presentation.

The post-race presentation will commence shortly after the race in the race HQ. Refreshments will also be made available.

Reminder: FUN RUN STARTS 6:30 PM AND 7K 7:00 pm

If you have any further queries please do not hesitate to contact me, I can be reached at callumwilson2305@icloud.com

Look forward to seeing you on the night

Take Care

Callum Wilson – Race Director.