



Info Sheet

TuffNutz is a tough, dirty, wet team endurance race of 11 miles. The course takes in beach, marsh, horse-rides, dales, footpaths, hills and Country Park. There is 590' of ascent and descent. As a team of three you will have to help each other to complete the course and the TuffTasks which you will come across. These are designed to be wet, messy, uncomfortable, tiring and needing team co-operation. The route will be marshalled and signed and you will be given a step-by-step route card at the start in addition so a plastic bag may be useful. Teams are expected to accept the essence of the race and not try to spoil it for other competitors, circumvent tasks, take shortcuts or cheat in any way. Teams will be disqualified if they fail to do this. Teams will start in groups of two at five minute intervals to avoid congestion on the course. You will find out your approximate start time with your Race numbers and Race Pack. Teams will start in number order but if you miss your time you will be placed in a later slot. **The most important issue is safety. The race is run on public thoroughfares and their safety is paramount be they on foot, bikes or horseback. Take full consideration for this when running. Whilst everyone likes to win and do well this shouldn't be at your own risk either by being foolhardy or reckless. Take care at all times and especially at any TuffTasks or obstacles.**

There are four categories - Open (any runners), Ladies (any females), Veteran (any combination of men 50+ or ladies 40+) and Mixed (2 men and 1 lady or 2 ladies and 1 man). There will be a returnable trophy for each category winning team as well as cash prizes as follows - £80 for the fastest team, £40 for second and £20 for third. In addition there will be £40 for the other three category winners (unless they have already won equal or greater prize money then the next team will get it). Results should be available quickly after the last team is in if the electronics are on form. There will be a prize-giving ceremony as soon as possible during the afternoon after the race finish.

All runners will receive a Goody bag and a TuffNutz T shirt (size choice on the entry form). This is the second year of the race and a limit of 30 teams has been set. The closing date is February 15th in order for your T shirts to be printed. Entries after this may be accepted but without a T shirt gift. It may be that in future years the limit may be raised and more fiendish TuffTasks introduced.

The start and finish is at the Thurstaston Visitor Centre in the Wirral Country Park. This is well signposted off the A540 between Heswall and Caldy near Irby. There is plenty of car-parking and toilets but no shower facilities. There will be drinks stations on the course and at the finish. In addition there is a well appointed cafe on site.

Teams will receive Race numbers and further information by post if their entry is accepted. Please watch the TuffNutz link on the Pensby Runners website for up-to-date news and further information. Any queries please email me at: roy@pensbyrunners.co.uk

Enjoy the fun and the challenge

Roy Fisher

Chairman, Pensby Runners