





# Welcome

Welcome to our guide for the Radnor Rascals Junior Storm. We are so excited that you will be joining us for this fun 800m dash around Ludlow Castle on Sunday 21st April 2024 at 1100.

This guide should tell you everything you need to know about the race and help you prepare to do your best. The most important thing about this race is to have fun!

Get ready to Storm the Castle.

Andy & Harriet

## Key Timings

- 0900** Junior Storm Registration opens Ludlow Castle
- 1030** Junior Storm Registration closes Ludlow Castle
- 1050** Race briefing and warm up
- 1100** Race starts
- 1120** Prize giving





# Information for Parents

The Radnor Rascals Junior Storm is a short fun run that begins inside the iconic Ludlow Castle grounds and then completes a circular route around the Castle walls.

Following the path in a clockwise direction, there are a few ups and downs on uneven paths.

The route will be clearly marked with arrows and marshals. The final 150 metres is on a slight uphill part of the closed road section, so it's a chance to sprint towards the castle entrance and Storm The Castle!

Children under 10 should be accompanied by parents/guardians for this race.

## Junior Storm Child Safety

For the enjoyment of your children, we will be ensuring the following safety measures:

1. There will be an adult lead runner known as 'a hare' whose job is to be at the front of the lead child runner and ensure that the children are directed on the correct path.
2. There will also be 'a tortoise' adult runner whose job is to follow the last child runner. As well as this we aim to have adult runners spread throughout the main group.
3. All runners will be wearing a visible race number and a wrist band to denote that they are taking part in Junior Storm.
4. We aim to have marshals positioned approximately 50-80 metres apart and at all major turns and junctions.



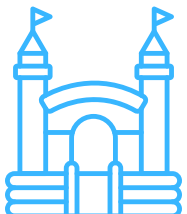
**Don't forget to tell the marshals at registration which school your child attends so that we can work out who will win this year's school trophy and £200 cash prize.**





# Race Day Information

## Course Route



Free bouncy castles and face painting



Beefy Boys & Pizza Girls



Chapter 66 open for coffee & cake



# Prizes

## Prize Giving

A prize giving ceremony will take place at Ludlow Castle after the event has finished. We anticipate that this will be approximately 1120.

Collect your medal and goody bag at the finish line.

There will be prizes in the following categories:

Girls..... 1st, 2nd, 3rd

Boys..... 1st, 2nd, 3rd

The school with the highest proportion of entrants will be awarded the Radnor Rascals Junior Storm Schools Trophy and £200 cash prize, kindly sponsored by EPG Ltd. We will notify the winning school after the event has taken place.



**If you stormed the castle with us last year, please remember your Radnor Fam headband!**



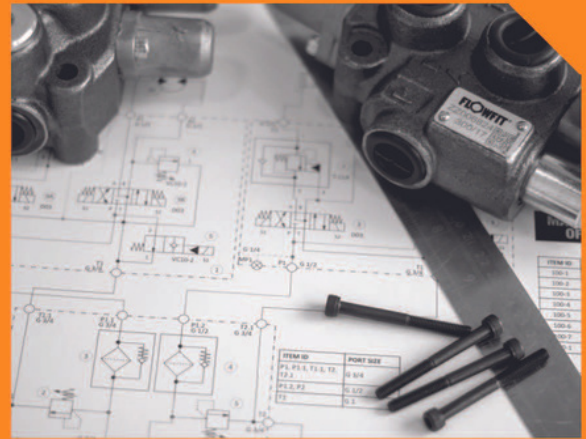
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## Hydraulic System Design and Custom Manufacturing

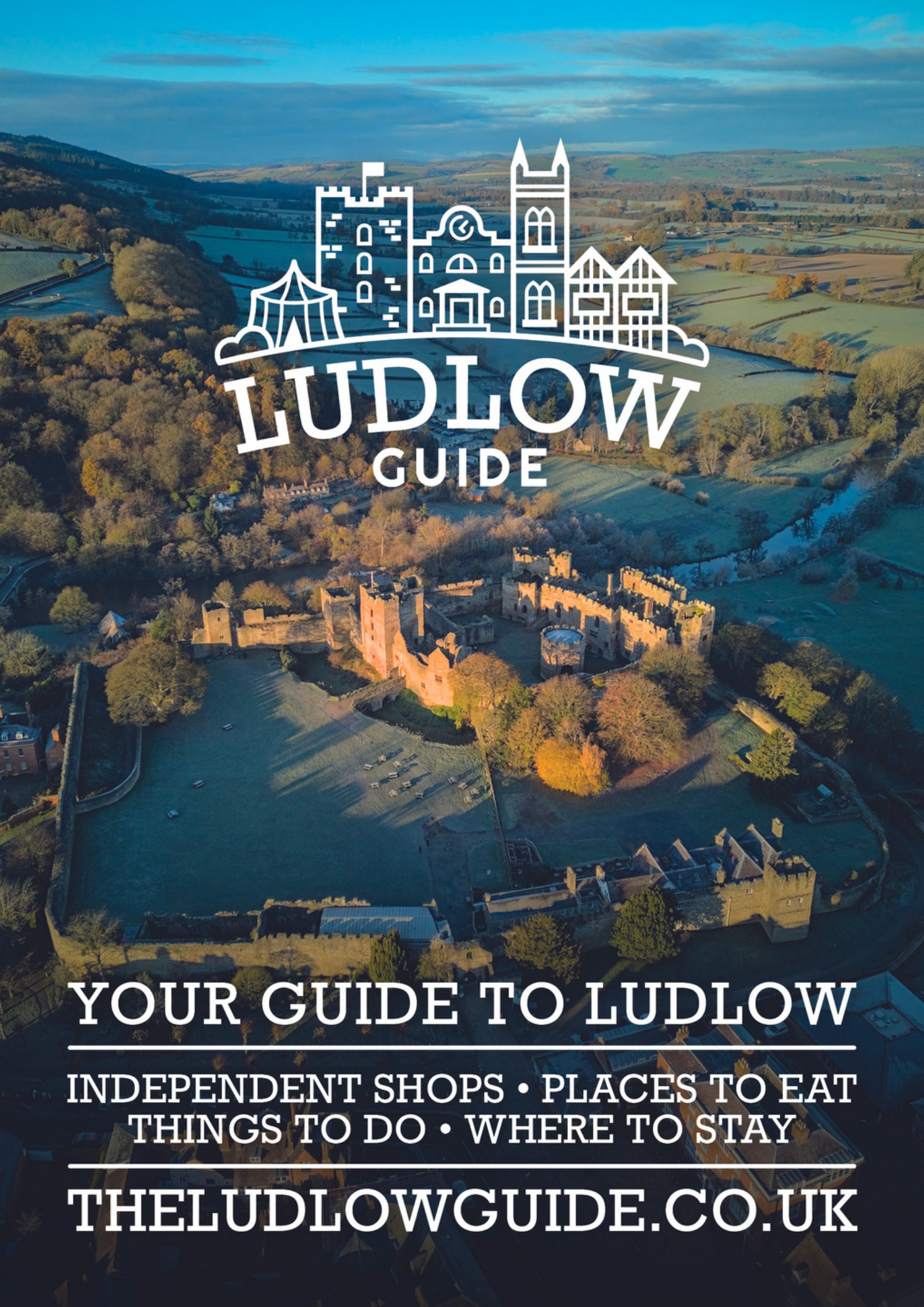
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