



## Running since 1982

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This event is run under A.R.C permit number **ARC 17/118**.

**Web site** [www.ramseyroadrunners.org.uk](http://www.ramseyroadrunners.org.uk) **E-mail** [info@ramseyroadrunners.org.uk](mailto:info@ramseyroadrunners.org.uk)

**Sunday 25<sup>th</sup> June 2017, 10Km Race Start 10:30**  
**One Leisure, Hollow Lane, Ramsey, CAMBS, PE26 1DP**  
(Rear of Abbey College)

Dear Competitor

We thank you for your entry and welcome you to the Abbey 10k event.

Please read the following instructions carefully, it is for your benefit and safety to help maximize your enjoyment on the day. Please follow the signs and Marshal's instructions for free parking within the college grounds.

### The Start

The start for the 10k race will be at 10:30; this will be on the playing field adjacent to One Leisure.

### Competitors

Please arrive at least 55 minutes before the race start, this will enable you to collect your number, familiarise yourself with directions for parking – changing – showers – toilets and the start and finish areas. Please use only the designated changing areas within the building. A secure baggage area will be in operation, therefore do not leave any valuables in the changing rooms, your baggage will only be returned on production of your running number.

**Please note: - the organisers cannot accept responsibility for any loss or damage to your property.**

### The Course (not suitable for wheelchair competitors)

A single lap course, mainly flat with a mix of terrain consisting from the Start on grass playing field - approx 3k of tarmac road - compacted hardcore drove – concrete road – Approx 1.5k of Tarmac Road - finishing on the grass playing field.

**Please Note** All runners must run on the left hand side when on the public road section, failure to comply with this important safety instruction could lead to disqualification.

### Running Number

To help us give you added safety cover, please complete (in waterproof ink) on the reverse side of your running number, a name and telephone number for emergency contact. Please note down clearly any information which may be essential in a medical emergency i.e. medication being currently taken or allergies – diabetes – deafness etc.

Your running number is specifically allocated to you; please do not exchange it with anyone without authorisation from the race secretary.

If through injury etc you wish to transfer your number, please contact the race secretary prior to race day if at all possible or the registration control on race day. This must be actioned by 10:00 at the latest.

Should you run with a number not allocated to you and something happens during the race this could lead to a serious situation.

Please note the medical staff are provided with a competitor list and will not be aware of any changes unless notified in advance. A runner must retire from the race immediately if required to do so by a medical official of the race.

Numbers must be attached to the front of your running top, please note that mutilation or non-display of your number could lead to a disqualification.

### iPod/MP3 Users

**The trend for runners using these systems in training and races is causing concern to Race Organisers;** please think carefully about your personal safety when running on the road. Your ability to hear and receive instructions and traffic noises also your concentration may be impaired, should you be involved in an accident and it was proved that your negligence contributed to the incident by failure to hear and react, your insurance cover could be invalidated.

**Please note that iPod/MP3 players are not permitted in this event**

### Clothing

Please wear clothing befitting a running event, do not remove your vest until you have cleared the finish funnels, this could lead to disqualification.

### **Drink Stations**

There will be a Drink Station at 5Km and 7.9Km. Athletes should be aware of the dangers of dehydration during the race, it is important to maintain correct body fluids by drinking sufficient water – isotonic drinks, especially during warm weather conditions.

### **Spectators**

We welcome spectators but please advise your friends and supporters not to venture on to the course beyond the school Playing field. No spectator vehicles are allowed through the off road sections. **This is for official and emergency vehicles only.**

**Race Finishers Award** - A memento will be awarded to all finishers.

### **At The Finish**

1. Try not to collapse or stop once you have crossed the finish line, remain in the order you finished and move forward into the finish funnels.
2. Do not obscure your number or remove your vest until out of the funnels.
3. It is important that when you have finished your race you do not run back along the course and run in with another runner, this can cause double entry of numbers, which as you will appreciate, causes incorrect results.
4. Take all the free drinks you require in the recovery area.
5. Please present your running number and collect your baggage. **Please Note** your baggage will only be returned on production of your running number.
6. Please complete the on-line Race Questionnaire, we welcome all constructive comments.

**Race Donation** We will be making donations to the Sue Ryder Care, Thorpe Hall Hospice, Peterborough; Lauren Steadman local Paratriathlete and Rio 2016 Silver medalist.

**Refreshments** A range of refreshments will be available in the sports hall throughout the event

**Timing and Results** A clock will be on display at the finish line, competitors will be timed to the second they cross the line.

**Referee** Mr. Keith Hall (**The referee's decision will be final**)

**Time Keeper and Race Starter** Mr. Laurie Miles

**Presentation of Prizes** The Men's and Ladies winners and category prize winners will be presented in the sports hall as soon as practical after the race. (Only one prize per person) 1<sup>st</sup> £75, 2<sup>nd</sup> £50 & 3<sup>rd</sup> £25 for both Men and Ladies and a Trophy for 1<sup>st</sup> in each category (5 year age groups) in Men's and Ladies. Also a £25 Bonus for an Event Record (Male and Female)  
Event Records Men's 2014, Aaron Scott, Notts Athletics Club 32:09. Ladies 2006, Felicity Milton, unattached 35:58.

**Results** Will be on the club web site as soon as possible after the Race at [www.ramseyroadrunners.org.uk](http://www.ramseyroadrunners.org.uk) Alternatively they can be posted to any entrant that completes an Envelope and pay £1.00 to cover Postage and Printing.

**Sports Therapy** Phillip Young sport and remedial massage will be available for a pre-race massage and a check on any injuries following the race.

**Important Information** Should you have been requested to supply further information due to incomplete details, please advise before race day, there will be no redress due to missing details.

**10k competitors must be 15 years of age on or before 25<sup>th</sup> June 2017**

**Entries on the Day** There will not be entries on the day for the Abbey 10K race. (No competitor may enter or be accompanied by an animal.)

**Public Transport** There is no public transport on Sunday.

The organising committee hopes you enjoy this Abbey 10k event, and look forward to seeing you on the 25<sup>th</sup> June 2017. If you have any questions or problems, please contact Adrian Graham on Telephone number 01487 812829 or email [r4upwood@gmail.com](mailto:r4upwood@gmail.com)

Yours sincerely

Adrian Graham, Race Director,  
On behalf of The Organising Committee.