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Affiliated to A.R.C, U.K.A. and C.A.A.

This event is run under A.R.C permit number **ARC 18/080**.

Web site www.ramseyroadrunners.org.uk

Should you need to contact us please use the Contact Us section of our website.

Sunday 24th June 2018, 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.

Please Note Abbey College operate a strict No Dogs on site policy except Guide Dogs therefore no Competitor may enter or be accompanied by a Dog or any other animal.

Important Information

10k Competitors must be 15 years of age on or before 24th June 2018. **No Entries Taken on the Day.**

The Start

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

Competitors

Please arrive at least 55 minutes before the race start, this will enable you to collect your number and Chip also to familiarize yourself with directions for parking – changing – showers – toilets and the start/ finish area. 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 organizers cannot accept responsibility for any loss or damage to your property.

The Course *(The course is multi terrain and therefore 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 2.5k 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 and Chip

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 and chip are specifically allocated to you; please do not exchange it with anyone without authorization from the race control.

If through injury etc you wish to transfer your number, please contact race control 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.

Please Note

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 requested 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.

Chip Attachment

Please attach the chip to your laces on the outside of your **LEFT** foot so that the number on the chip can still be seen.

iPod/MP3 Users

The trend for runners using these systems in training and races is causing concern to Race Organizers; 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 area, 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, please move forward to the chip recovery area where your chip will be removed you will then be awarded your finishing memento as you leave the recovery area, free drinks will be available for your refreshment adjacent to this area.
2. 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 and times, which as you will appreciate, causes incorrect results.
3. Please present your running number and collect your baggage. **Please Note** your baggage will only be returned on production of your running number.
4. 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

Your Chip will assist the recording of your time, there will also be a clock on display at the finish line, a results printer will be in use with no charge to the Competitor.

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

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) 1st £75, 2nd £50 & 3rd £25 for both Men and Ladies and a Trophy for 1st 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, Nott's Athletics Club 32:09. Ladies 2015, 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

Sports Therapy Phillip Young and Sam Palmer sports and remedial massage will be available for a pre-race massage and a check on any injury following the race, there is a charge of £5.00 for each 15 Minutes with the proceeds being donated to Charity.

Public Transport

No Public Transport on a Sunday.

The organizing committee hopes you enjoy this Abbey 10k event, and look forward to seeing you on the 24th June 2018. If you have any questions or problems, please contact Adrian Graham on Telephone number 01487 812829 or email r4upwood@gmail.com

Yours sincerely

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