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This Fun Run event is run under A.R.C permit number **ARC 23/0134**.

Website www.ramseyroadrunners.org.uk

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

Sunday 25thth June 2023, 2.4k Fun Run, Race Start 09:30 am

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 Ramsey Road Runners Fun Run. Please read the following information carefully, it is for your benefit and safety to enable you to enjoy your run, please follow the signs and Marshals instructions for free parking within the college grounds, Changing and toilet facilities are as directed in the Leisure Centre, Ladies and Girls in the Ladies changing room, and Men's and Boys in the Men's changing area there are also extra toilets over at the Abbey College, please use only the designated changing areas. Showers will be available after the race. Please do not leave any valuables in the changing rooms; a secure baggage area will be in operation however the Organizers accept no responsibility for any loss or damage.

Please note: The Abbey College operates 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.

Minimum Age: Please note: The minimum Age for an individual Entry is 9 years of age however Children under 9 may run but must be accompanied by a paid adult entrant who will be responsible for them during the race.

The Start/Finish

The Start and Finish location is the same as the 10k which is on the rear playing Field to the rear of the One Leisure Centre, please arrive at least 55 minutes before the start time to allow you time to collect your number and be in the designated Start position by 09.25 am. The start will be at **09:30 am**.

Entries on the Day

Entries will be accepted on the day but only until the 200 limit is reached also there will be a £2.00 extra charge per entry.

Running Number and Chip

Your running number and Chip are specifically allocated to you, please do not exchange them with anyone, the number should be securely fastened to the **front** of your vest and be clearly visible at all times. (Safety pins are available at Registration). Please note the Chip is already fixed to the reverse of your number please handle with care so that it does not detach.

The Course

This is all off road and follows a course within the college grounds however due to current Construction and further proposed ground works this may result in a changed course, A map of the course will be on display in the Race H.Q. main Hall indicating the route and distance involved, please familiarize yourself with this prior to the race Start.

At the Finish

Try not to collapse or stop once you have crossed the finish line, please move forward to the recovery area where you will be awarded your finishing Memento, as you leave the recovery area free Drinks will be available for your refreshment.

Baggage Recovery Your baggage will only be returned on production of your running number.

Finish Awards

A Trophy will be awarded to the first Male and Female positions under 16 years of age and first Male and Female over 16 years of age as soon as possible after the race.

If through injury etc you wish to transfer your number please contact **Total Race Timing** entries are non-refundable but can be transferred up to 18/06/2022 using your **Login** to transfer your number.

The organizing committee hopes you enjoy this Abbey Fun Run and look forward to seeing you on the 25th June 2023. If you have any questions or queries, please contact Adrian Graham on either of the following Telephone numbers 01487-812829, 07704-970706 or email r4upwood@gmail.com

Yours sincerely

Adrian Graham, Race Director,

On behalf of the Organising Committee.