

THE ELMBRIDGE ROAD RUNNERS AIR PRODUCTS 10K 2019

Sunday 21st July 2019 Start Time: 9:00 a.m.

WHERE

The Track at Xcel Sports Hub, Waterside Drive Walton-on-Thames Surrey KT12 2JG

Start and finish is on the track.

Please be aware that there is a section of the route, on part of the towpath, where the faster runners will meet the slower oncoming runners. Please keep keep to the right on this section.

PARKING

The main parking is the car park for the track PLEASE try to share your car or get a lift to keep numbers down. Waterside Drive will be parking on one side only to avoid congestion. Otherwise local roads.

RACE TIMING

Sport Systems will be timing the event, they will provide runners with a **“Personal Time”** calculated from when the runner crosses the start line to when the runner crosses the finish line – this is sometimes called chip to chip timing. We will also provide a **“Race Time”** calculated from when the race is started to when the runner crosses the finish line – this is sometimes called gun time. As set down by the rules of athletics, the results and prizes will be provided in Race Time order.

Race Numbers, Chips and Race Information

Race numbers and chips need to be picked up on the day of the race. Please allow extra time to do this. The roads nearby can be very busy due to another local events. Race specific information will be on the club website. <http://www.err.club/pages/2-10K.html>

ARE YOU ENTERED ?

Here is a link to Sports Entry Solutions

<https://www.sportsentrysolutions.com/xcompetitors.php?recordID=201088>

What happens if I can't take part?

All event entries are non-refundable and this decision is down to the organiser of the individual race. If you can't take part you may be able to transfer your number, yourself, using your on-line entry code.

Headphones and MP3 Players

Although not banned outright under the UKA Rules of Athletics we advise against wearing headphones or earphones and other types of music players while participating. When running on your own the choices you make are yours but a race is different because it is a public event. It is important to be able to hear race instructions, warnings and traffic before and during the race and after crossing the finish line. If you choose to participate in a race using these devices you should be prepared to accept **full responsibility** for your own safety and for the safety of anyone else who may be affected. While unlikely you may also risk disqualification.

Physio

Andy Nola, a local Therapist will be available on the day offering pre and post run treatments. A great way to aid warm up to help avoid injury and/or cool down which will include stretching to avoid DOMS. There's no charge but voluntary donations are welcome. Contact Andy Nolan on 07546464696 for more information or to pre book your slot.

Memento

All finishers will receive a medal – 1st 100 are gold, next 100 are silver and all others are bronze. Please be sure to stay in order at the finish line so you get the correct one.

PRIZES

1st Man and 1st Lady £150, 2nd £100 and 3rd £50

Course record Men's and Ladies £100

Cash prizes to: 1st Man over 40/50/60/70, 1st Lady over 35/45/55/65

Shield to First Elmbridge Resident.

Trophies to 1st Mens team (6 to count) and Ladies team (4 to count), and Spot Prizes.

Photographs

Photography of the event will be in the hands of Charles Whitton, Sport & Event Photography.

<https://www.charleswhittonphotography.com>

PLEASE TAKE NOTE

Race Safety Guidelines

This is a friendly, well marshalled race in a densely populated area, please respect other users on the race route. Keep your eyes open for walkers, dog walkers, cyclists etc.

You are responsible for your own safety.

Our marshals are there to help keep you safe, so please do as they say. In particular:

1. For the start, please stand in the pen marked for your expected time, to avoid congestion until you are through the gate.
2. At 3km the race turns right from the towpath on to Cherry Orchard Road. Just before that, when asked to do so, please keep to the right, to avoid faster runners coming towards you where the path is narrow. There will be signs and marshals at this point.
3. Keep to the pavement whenever you can – the roads are not closed – do not run needlessly in the road. Marshals will help on each crossing.
4. At 6km the Molesey Regatta is also using the towpath. Watch out for boats being moved across the towpath. Marshals will help.
5. At 7km you will meet the runners at the contraflow in the other direction. Please keep right as directed, to avoid slower runners coming towards you.
6. If you see anyone injured or in distress please tell a marshal, First aiders are on hand.

RESULTS

The results will normally be posted on the results section of www.sportsystems.co.uk shortly after the race; we aim to do this before leaving the venue. And, later, on <http://www.err.club> Have a great run.

Elmbridge Road Runners and Sports Systems