

HORSHAM 10K ROAD RACE



SUNDAY MAY 20th 2018 START 11.00 AM

START / FINISH: HORSHAM RUGBY CLUB, HAMMERPOND ROAD, HORSHAM, RH13 6PJ
This race is part of the 2018 Sussex Grand Prix Series

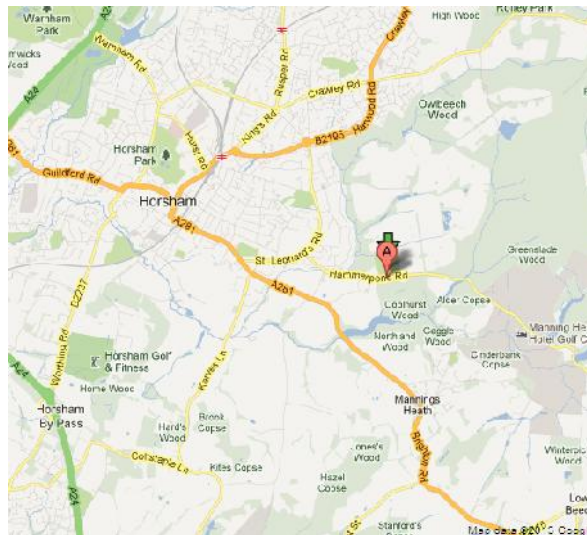
RACE MEMENTO FOR ALL FINISHERS & AGE GROUP TROPHIES AND PRIZES AWARDED

RACE INSTRUCTIONS

Thank you for entering our 10k or U16 Junior fun run event and we hope you enjoy the run. **All 10k entries on the day will be £17 and the Junior race is £4.** With these instructions you will have been allocated a unique race number. Please remember this!

Timings: The race will start promptly at 11.00am. Children's Fun Run will start at 10.15am.

Directions by car to Horsham Rugby Club: From the A281 Brighton Road turn into St Leonard's Road. Hammerpond Road is about 1/2 mile on the right hand side. From A24/A264 follow Harwood Road south and turn into Comptons Lane which becomes St Leonards Road. Follow HJ 10k signs to the car park.
By Train/bus: From Horsham station take the no.65 bus to St Leonards Road/Hammerpond Road junction and walk to Horsham Rugby Club (approx 1km). No bus service is available directly to the venue.



Car Parking: Available at the Rugby Club. Please follow the car-parking marshal instructions. Parking is not allowed on Hammerpond Road or in Copperfields. Please arrive in plenty of time and share lifts wherever possible to reduce demand on parking. There is overflow parking at Coolhurst church just past the Rugby Club.

Changing Rooms: Limited changing facilities are available in the Rugby Club, however they are not segregated for male and female use. The organisers cannot accept responsibility for any personal possessions left in the changing rooms.

Race numbers & chips: Please have your allocated race number in mind when you collect this and your chip from race HQ. You should arrive in good time to collect these, warm up and still be at the start 10 minutes before the off. While we will do everything we can to speed up the collection process, it will be busy and latecomers will not be allowed to delay the race start. Please leave the collection area and secure these to your bib and shoe with the pin/ties supplied and as instructed. Please ensure that your race number is visible at the front. Chips will be removed immediately after the finish. No athlete transfers will be allowed. Medical, next of kin and contact info must be written on the reverse of the number.

The Start: The start will be on the main rugby field and runners should assemble approximately 10 minutes before the start. To ensure a safe start please will slower runners start near the back. All runners will receive an accurate chip time so there is no need to crush or trip over each other at the start! The first part of the race takes part on grass, so take care if it's wet.

The Finish: Your time will be recorded as you cross over the finish line mats under the gantry. On crossing this line, continue into the funnel. For the benefit of the video record, please do not pass or let anyone pass you. Your chip will then be removed, you will receive a memento and water will be provided near the finish.

The 10K Course: The course consists of two laps, gently undulating, primarily on tarmac roads but with short periods on the rugby field and a bridleway. There will be a marshal at most junctions, however, participants are reminded that for most of the course you will be running on public roads where you have **NO PRIORITY**. The roads are **NOT CLOSED TO TRAFFIC**. Please be aware of other road users, particularly motor vehicles and obey the instructions of marshals. If the conditions are wet, the Sunoak bridleway section can become muddy, so take care. There could also be horse riders, walkers and cyclists on the bridleway.

Junior Race: The junior race is a distance of approximately 1.2 k and will start at 10.15 a.m. The course is 2 laps of the rugby field and is entirely on grass, which can be slippery, especially if wet. There will be a trophy for 1st boy and girl finishers and trophies for Under 8, under 10, under 12, under 14 and under 16 boys and girls. Every finisher will receive a memento, and water will be available near the finish.

Rules: Run to UKA rules. License number 2018-34877. For details visit:

<http://www.britishathletics.org.uk/competitions/rules/> Please remember that this is a competitive road race which, for the benefit of our marshals and results coordinators, should be completed in under 90 mins max after which we cannot guarantee that the course will be fully marshalled. **NO HEADPHONES TO BE WORN**. Anyone breaking this rule risks disqualification. The race referee's decision is final.

Results: Provisional finishing times and positions for the adult race will be posted at Race HQ as soon as possible. Full adult and junior results will also be posted on our website as soon as possible after the event. Visit www.horshamjoggers.co.uk

Prizes: Prizes for the junior race will be awarded on the field immediately after the race. Prize giving will be at approximately 12.30pm for adults in the 10k race – to be held at Race HQ (the rugby clubhouse). Trophies will be awarded to 1st senior female, 1st female veterans 35, 40, 45, 50, 55, 60, 65 & 70+ and 1st senior male, 1st male veterans 40, 45, 50, 55, 60, 65 & 70+ and first male team and first female team - 3 runners to count. Spot prizes will be given out at the finish line by our sponsors; Up & Running.

Medical Provision: Medical assistance will be available on the rugby field. If you feel unwell during the run please inform a Race Marshal, who will summon help. Please stay with the Race Marshal until help arrives. If you have any medical condition, please give details on the reverse of your race number and a contact telephone number. All runners must declare that they are medically fit to run and take part at their own risk.

Refreshments: Teas, coffee, soft drinks and light refreshments etc will be available in the rugby club house before, during and after the race. Horsham Rugby Club bar may be open after the race

Spectators: There is plenty of space on the field and local roads to watch the race at a safe distance although not all is accessible for disabled people. All children must be accompanied by an adult. Lost children will be taken to the PA tent where their first name will be announced. Parents or guardians will be verified and can collect their children from here.

Cancellation: If the organisers have to cancel the race for any unforeseen circumstances then they reserve the right to retain part of the entry fees to cover costs.

Profits: Horsham Joggers will make donations to their nominated charities and enable them to continue to help those in need in our community.

Enquires: email info@horshamjoggers.co.uk

Finally a big **THANK YOU** to our marshals, helpers and sponsors, without whom, this would not be possible. These include:

