



Rochford 10k

10.00am Sunday 12th May 2019

RACE DAY INSTRUCTIONS

THE START

The start will be at Ashingdon Primary Academy, Fambridge Road, Ashingdon SS4 3LN. There will be some car parking available at the school but we ask runners to consider using alternative methods of travel (e.g. walking, cycling, bus (see below) or being dropped off). If you do have to drive and don't mind a little walk to the start, please consider parking in Ashingdon Memorial Hall car park (free) or in nearby roads at the top of Ashingdon Hill (i.e. Stanley Rd, Clifton Rd, York Rd and Highcliff Cres) and walk down the hill to the start. Please also car share if possible. If you do decide to park at the school, delays may be experienced in leaving the site until all competitors have finished the race. Please arrive in good time ready to go to the start line at 9.45am. Should there be adverse weather in the days prior to the race, we shall not be able to use the school field for parking. Entrants and spectators will be required to make their own parking arrangements in the surrounding streets. Please park considerately, so as not to inconvenience local residents.

RACE HQ

The race will start and end at the school. The school grounds are being used as the race HQ and will include portable toilets, baggage drop, race information desk, First Aid point, massage tent, RRC information desk, refreshment hut selling tea, coffee & cakes and an ice cream van. All finishers will receive a medal. Running retailer Run Active will have a stall at the race HQ stocked with a selection of running kit from their local store.

PUBLIC TRANSPORT

The Ashingdon Primary Academy is on the corner of Ashingdon Road and Fambridge Road approximately half way between Rochford and Hockley. It is on the no.7 Arriva bus route between Shoeburyness and Rayleigh and is served by one bus an hour on Sundays.

NUMBERS and FITNESS TO COMPETE

Numbers must be worn on the front of the runner's outer clothing. They must not be cut or folded. The rear of the number must be completed before the race with relevant medical information and contact details in the event of an emergency. Please remember to bring safety pins with you to attach your number. By taking part in the race each competitor confirms they are medically fit to run and that they understand that the race organisers, sponsors or anyone assisting shall not be liable for any injury or loss caused by participation in the event or any damage caused to that or another person's property.

NUMBER CHANGES

Numbers may be transferred to another named individual if prior notification is given to the Race Secretary. All changes must be emailed to rochfordrunclub2012@btinternet.com with the words 10KNUMBER CHANGE REQUEST in the subject field. The person to whom the number has been issued is responsible for sending the email and the full details of the person who is replacing them must be included in the body of the email, including: surname; forename; address; telephone number; date of birth; email address; gender; predicted time and, if applicable, UKA affiliated club name and registered number. Any number changes must be sent to the above email address by Sunday 6th May 2018. The original number owner is responsible for handing over the number and race instructions to the new owner. There will be no additional charge for transferring numbers but no refunds will be made to people that are unable to run on the day. It is forbidden to transfer or use numbers outside of these arrangements.

THE ROUTE

The race will be run on a mixed terrain course of country roads, farm tracks, grassy footpaths and a riverside embankment. It is relatively flat but does have some undulations. The race is not suitable for spikes or wheelchair competitors. There is one stretch of road that will remain open to traffic but will be well marshalled. Please keep to the left on the road sections and obey all instructions given by the marshals. The use of headphones is not permitted. The route also passes through private land and we ask that all competitors respect the route and any people they encounter along the way. There will be water points at around 4.5km and 7.5km. There will be Euromed first aiders out on the course. We are very grateful to Dave Gibbon of Gibbons Farms for permission to allow access to his land and his assistance in helping us with the race. We ask that entrants do not try to run any of the private sections of the route before race day as this is likely to damage our relationship with the landowners.

PHOTOGRAPHS

Official race photographs will be taken by Andrew Kenyon, so please smile as you pass him out on the sea wall. These will be available to view and purchase after the race at <http://andrewkenyonphotography.pixieset.com>

PRIZES

Prizes and trophies will be awarded to the first three men and the first three women finishers. Trophies will be awarded to the first vet female 35,45 and 55 and the first vet male 40,50 and 60. We are very pleased that Chairman of Rochford District Council, Cllr David Merrick will present the trophies and prizes. Cllr David Merrick will be accompanied by Mrs Pat Clements. The award ceremony will take place at approximately 11.15am at the RaceHQ.

RESULTS

Results and times will be published on the Rochford Running Club website within 48 hours from the end of the race and e-mailed to all entrants.

SPONSORS

We are very grateful to the sponsors who have contributed to helping RRC stage this race. Please support them wherever possible and mention the race if you use their services. Our thanks go to:



The **co-operative**

CO-OPERATIVE STORE (GOLDEN CROSS) – for contributing items



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HIRE

MARK ONE HIRE - for the use of the road barriers around the start/finish area



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