



Thetford AC - Breckland 10k

www.thetford-ac.co.uk

4th May 2009 at 11am

Thank you for entering our event

Race HQ: Croxton Village Hall, Nr Thetford, Norfolk. Sat Navs can use the postcode IP24 1LN. Please note there is no car parking at the village hall. If you have entered online please collect your number from the desk situated in the village hall.

Parking: It is mandatory to park in the field close to the race HQ on race day. This enables us to keep the traffic flowing through the village and enables residents to leave their homes without hindrance. Please note that due to the rural nature of the event the car park will be in a field. All vehicles are parked at the owners own risk.

Changing Facilities: There are limited facilities at the hall, please try to arrive ready to run. There will be toilets and additional portaloos.

Momento: Please collect from Race HQ prior to the race start.

Baggage Storage: A baggage tent will be provided

Refreshments: Tea, Coffee and soft drinks will be served in the village hall. A Hog Roast will also be available



Sportlink: There will be a stall of sporting items to purchase

Fun Run: There is also a 1 mile fun run. Entries will be on the day only. This will start just after the main event

The Start: Just up the road from the Race HQ, opposite the entrance to Earl Warren.

The Course: SEAA measured. The course is virtually flat throughout and run on country roads. There is a slight hill leading up to the 1km marker. Please follow the marshal's instructions as the roads will not be closed to traffic. The last 2km (approx) is downhill. The finish is by the village sign.

Drinks Station: There will be a water station at the turnaround point between 5-6km and another at the finish. A sponge station will also be provided at around the 8km mark. We ask you to be aware of dehydration and remind you to drink plenty of fluids before, during and after the race.

MP3/Personal Stereos: In the interests of the safety and welfare of other runners these must not be worn during the race. Any runner using these during the race may be disqualified.

Photographs: www.digitography.co.uk

Prizes: Male 1st...£50 2nd..£30 3rd..£20

Female 1st...£50 2nd..£30 3rd..£20

Winners' trophies for 1st MV40, MV50, MV60 and FV35, FV45, FV55.

1st Male Team and 1st Female Team

Spot prizes

Please use litter bins provided and respect people's properties. Ample toilets will be provided.

All of us at Thetford AC wish you a great race