

**Breckland 10K Road Race 2018. Croxton Village Hall - Monday 7th May 2018. Start 11:00am.**

<http://www.thetford-ac.co.uk/breckland10k.html>



**Thank you** - for entering the Breckland 10K Road Race organised by Thetford AC. Please read these instructions carefully and get in touch with us straight away if you have any questions, please contact – [breckland10k@thetford-ac.co.uk](mailto:breckland10k@thetford-ac.co.uk) Good luck!!

**Trophies** – Each runner will receive a medal. 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place male and female runners will receive a trophy. 1<sup>st</sup> place in each of the following age categories will receive a trophy 40, 45, 50, 55, 60, 65+ (Male & Female)

**Race Start** – Please line up from 10.45 am. The race will start promptly at 11:00 am. Before the race please keep to the path. Marshall will direct you when to line up at the start. Failure to follow marshall instructions and keep off of the road until the start may result in your disqualification from the race.

**Race Timing** – Race timing will be recorded by Chip Timing. Timing chips will be allocated on the day with your race number. All chips must be returned at the end of the race.

**Race number** – Your race number will need to be collected on the day (they will NOT be sent out in the post). Please allow enough time for collection on the day. Please insert the requested information on the reverse of your race number. Then use a safety pin in each corner to attach it securely to the front of your running top so that it's clearly visible at all times. You must not cut, fold or otherwise mutilate your race number in any way. Your race number must not be transferred to another runner under any circumstances. Late arrivals after 10:40 will not be allowed to run. There will be no refunds or deferrals permitted.

**Results** - A full listing of all finishers will be posted at <http://www.thetford-ac.co.uk> by the early evening of race day.

**Presentation** – Trophy presentation will be at 1pm at the back of the village hall.

**Keep Left** – When running keep to the left hand side of the road. Marshalls will remind you to keep to the left and failure to do so may result in your disqualification from the race.

**Getting there** - The address for your sat nav is The Street, Croxton, Thetford, Norfolk IP24 1LN. The car park will open at 09:00 am - as you approach, please follow the signs to the car park and heed the instructions of our stewards. The car park is a five minute walk from the start, this is in a field and may not be suitable for low level vehicles, i.e. sports cars. It is your responsibility to travel and arrive in sufficient time to negotiate any traffic build-ups and delays. You should plan to arrive by no later than 10:00 am - the race will start promptly at 11:00 am, come what may.

**Technical stuff** - No person (except a blind runner's attendant) or animal may accompany a competitor at any point on the course - this means no dogs, no buggies, no push chairs, and no following cycles, no children joining in with you as you run up the finishing straight, thank you. All competitors must compete on foot. Roller skates etc are prohibited. The course is not suitable for wheelchairs.

**Personal stereos including iPods etc** - The use of personal stereos and similar devices is prohibited during this race. This is because you will be running on the left hand side of the public highway and we want you to be alert and aware of everything that is going on around you at all times, especially as traffic might be approaching you from behind. If we see you using a personal stereo or similar device during the race you will be disqualified and not credited with a finishing time in the official results.

**Facilities** - Toilets will open at 09:00 am. Please note there are no changing facilities, please come ready to run. A canteen will be open from 09:00 am selling food, hot and cold drinks. There will be an unattended baggage tent available for use (Belonging left at the runners own risk).

**The course** – The course is one lap. Those who live on or near the course are entitled to vehicular access at all times so please be alert as to what's going on around and behind you at all times The route will be

clearly marked at every Km. There will be a water station at 5K, sponges at 8K and water at the finish.

**Medical** - Qualified medical personnel will be on duty around the course and also at the finish line. If you or another competitor needs medical attention at any time, please alert the nearest marshal immediately.

**Family & friends** - if you know of anyone, who might like to lend us a hand on race day, then please ask them to contact Clare Slattery [breckland10k@thetford-ac.co.uk](mailto:breckland10k@thetford-ac.co.uk) she will be very pleased to hear from you.

**Fun Run** - For junior runners there will be a fun run on the day, entries taken on the day and cost for this will be £2.00, payable on the day, limited to 65 entries.

**And finally** - If you want to improve as a road runner please come and meet us. We welcome runners of all ages and abilities. Please contact our our coaches at [seniors@thetford-ac.co.uk](mailto:seniors@thetford-ac.co.uk) or [juniors@thetford-ac.co.uk](mailto:juniors@thetford-ac.co.uk) for further details.