



Sandy 10 mile Runner's Pack

Race Date

Sunday 7th APRIL 2019. Start time 10.30am.

Race Headquarters

Sandy Sports Centre (Sandy Upper School), Engayne Avenue, Sandy, Beds. SG19 1BL.
See below for area map.

Registration, Number & Chip collection

Runners must collect their **RACE NUMBER and RACE CHIP** on the day in the main Sports Hall. Please allow plenty of time to collect your number and chip. **We strongly advise that you arrive by 09.30am at the latest** to allow time for number/chip collection and the walk to the start. Note there are **NO ENTRIES ON THE DAY.**

Car Parking

Marshals will be on duty to show you where to park at the Sports Centre. Please do not park in Sunderland Road as it is part of the course. In the event of wet weather which restricts our parking at the Sports Centre, you will be directed to park in industrial roads off Sunderland Road. See maps below. Gateshead Close is the first overflow car park to be used. You can drive to Sunderland Rd via Engayne Ave and St Neots Road. It's a 5 minute jog from these car parking areas to the Sports Centre or Start line

Changing, Toilets, Baggage

There are changing and toilet facilities for male and female runners at the Sports Centre. A baggage area is provided in the main sports hall but please do not leave any valuables. The race organisers will not take responsibility for any losses or damage incurred.

Race rules & etiquette

The race is run under UKA rules of competition, UKA License No. **2019-37159. Please note that the wearing of headsets/headphones during the race is NOT PERMITTED for the safety of yourself and others. Runners who wear headsets will be disqualified.** Run on the left hand side of the road unless otherwise directed by the course marshals. There is a 2hr 15m time limit for the 10m race. Marshals and signage will be withdrawn after 13 minute mile pace,

Refreshments

Tea, coffee, cold drinks and snacks will be available at the Sports Centre before and after the race.

First Aid

First aid cover is provided to Level 1 standard. If you require medical assistance during the race, please inform a course marshal or another runner, to alert the first aid personnel.

The 10 mile Start

The start area for the 10 Mile race is in Gosforth Close, just off Tyne Road and Sunderland Road, approximately 800 metres from the Sports Centre. Please allow 15 minutes to walk to the start area along the

footpath, and follow the directions given by the marshals. Take great care when crossing Sunderland Road. Please see below maps of the Sports Centre and the Start and Finish areas.

The 10 mile Course

Maps of the 10 mile race route will be on display in the Sports Hall, or you can view the route below.

The 10 mile Finish

The race finish is at the Sports Centre. After crossing the finish line please stay in finish order in the funnel.

Winner's trophies

1st 3 Men, 1st 3 Ladies, 1st & 2nd MV40, 1st & 2nd MV50, 1st & 2nd MV60, 1st MV70, 1st & 2nd LV35, 1st & 2nd LV45, 1st & 2nd LV55, 1st LV65. Best age-graded performance (Roger Wadeley trophy).

1st Men's Team (4 team), 1st Ladies' Team (3 team). 1st Local Man & Lady (SG18 & SG19 postcodes)

Erlensee Cup (most runners in 10 mile Road Race and 3k Fun Run from the same affiliated club)

Runners are entitled to ONE individual prize ONLY

Quality tee-shirt to all finishers. Please collect your tee-shirt after the race in the finishing area and show your race number.

3 km Fun Run

The 3km Fun run starts at 10:45. Entries are accepted in advance or on the day provided the entry limit has not been reached. Minimum age for fun runners is 9 years. You can either enter online or post a downloadable fun run entry form. See the 3km fun run page on our website for more information. There is a 60 runner limit for the Fun Run.

After the race

The presentation of trophies will take place in the main Sports Hall between 12:30 and 12:45. Full results will be available on our web site www.biggleswadeac.org.uk from Sunday evening.

Race Proceeds

We are delighted to say that surplus race proceeds will once again be donated to St John's Hospice Sue Ryder Care in Moggerhanger. After the 2018 race we gave £1000.00 to St John's Hospice.

Race Sponsors

We are very grateful to our race sponsors:

Marshalls of Sandy



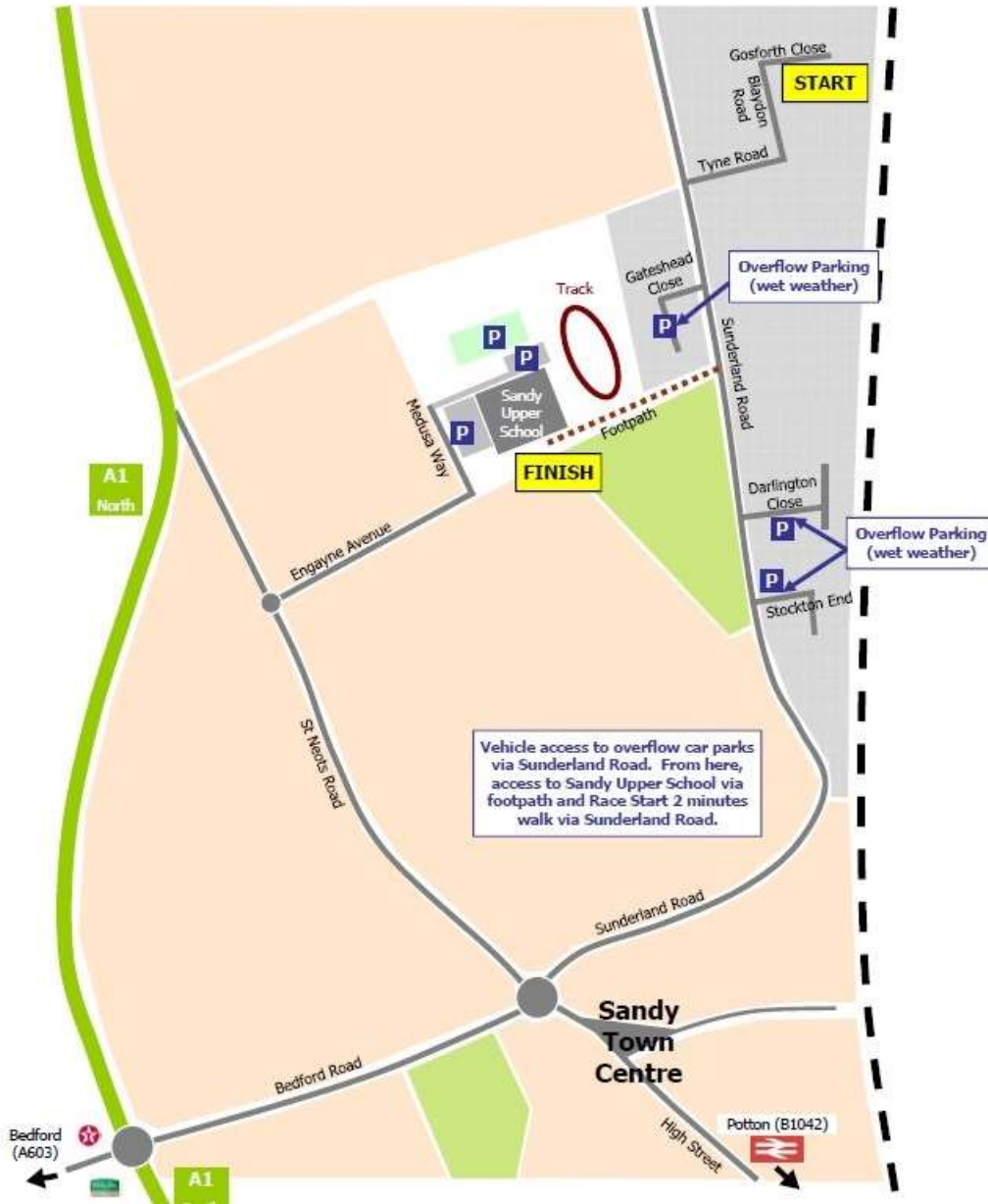
Barns Fitness Studio Potton



Sandy 10 Parking & Race HQ

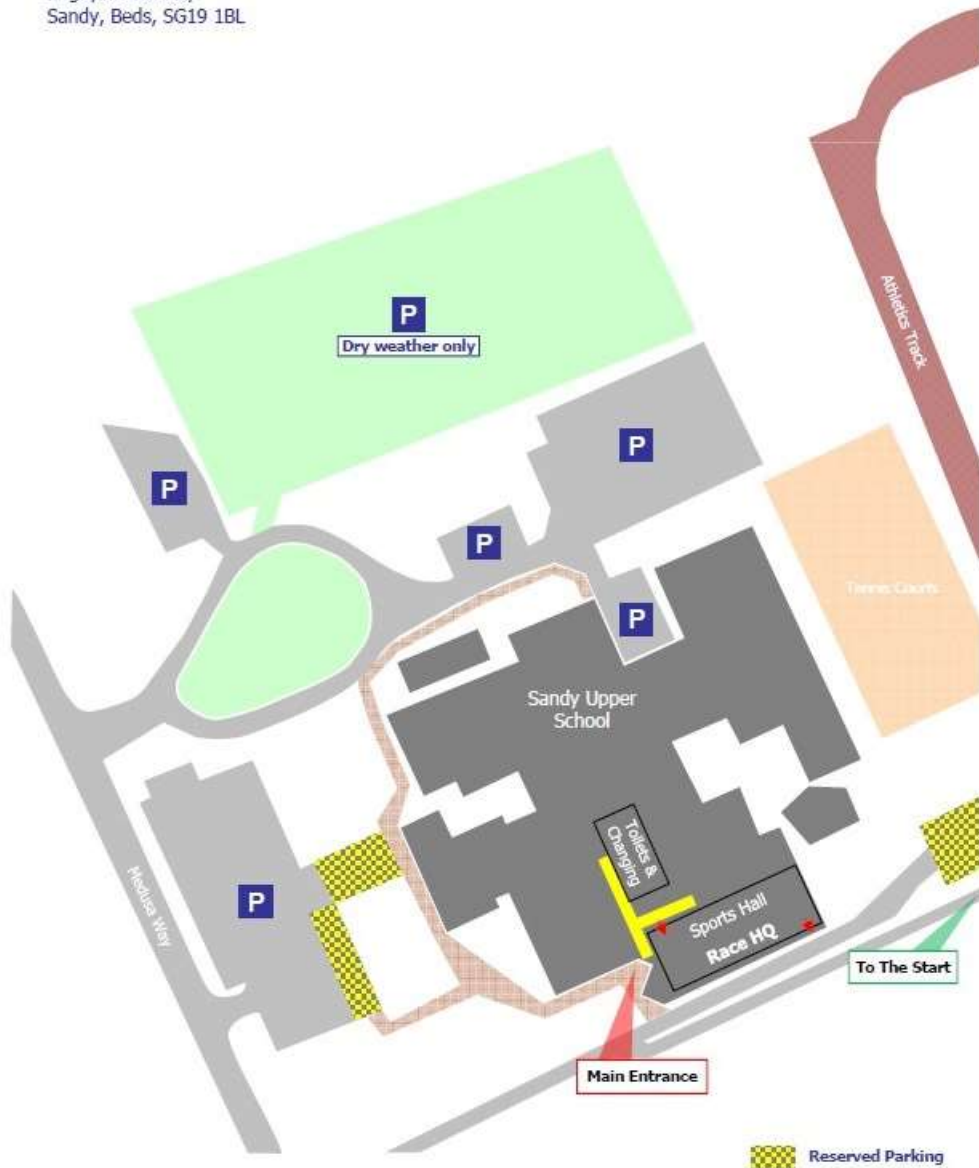


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SANDY 10 MILE COURSE

Tyne Road/Cosforth Close
START



Sandy Sports Centre
FINISH

- Outward route
- ← Return route