

RACE INSTRUCTIONS TAKELEY 10k Sun 11th September 2016

RACE START 11am

Welcome to the SEVENTH running of the Takeley 10k. We hope you will enjoy your day. **The following information is important as it forms part of the Race Briefing. PLEASE READ IT CAREFULLY.**

Race Headquarters

Please come to the Race HQ at the Takeley Silver Jubilee Village Hall, Brewers End, Takeley, CM22 6QJ. This is on the B1256 in the centre of the village. OS map reference: TL558212.

We will open the Race HQ at 9:30am and would ask you to arrive early (**at least 1 hour before the start**) and give yourself plenty of time to Park your car; Collect your number and your Timing Chip; change; toilet; take on fluids and attend the Race Briefing.

Parking

For the safety of all runners, there is **NO PARKING** for cars at Race HQ. There will be 1 main car park which will be clearly signposted. The main car park will be just before **Takeley Church** – on the B1256, 5 minutes walk to the Race HQ. Please be considerate with your parking and note that cars and contents are parked at owner's risk. Please do not park on the main road or in residential side roads – this will cause obstructions and inconvenience. **We will open the Car Park as early as we can get it manned - no earlier than 9am.**

Public Transport

The nearest railway station is at Stansted Airport – trains from London and Cambridge. Check service details as there is often engineering work on Sundays. Bus routes 42A and 133 run infrequently from the airport – get off at Takeley Four Ashes, then a 3 minute walk to Race HQ

Race number

We will be opening the Village Hall at 9:30am for **ALL ENTRANTS to collect their Race Number and Chip Timing**. If you could remember to bring your own safety pins or number belt, that would be very helpful. If you are unable to run and you give your entry to someone else, they **MUST** come to the information desk and tell us – we will need their personal details in case of an emergency.

Please pin your number on the **FRONT** of your vest or shirt so that our marshalls & officials can see it during the race and at the finish and therefore record your time. It is also a vital help to us identifying you if you injure yourself.

Changing

There is limited changing space in the Takeley Scout Hall. There will be a secure storage area for bags in the Scout Hall

Toilets

In the Silver Jubilee Village Hall, Scout Hall, and Social Club.

Race Briefing

At 10:35am there will be a verbal Race Briefing **at the rear of the Race HQ. This will be at the back of the Takeley Social Club on the sports field, around the Public Address system**. We strongly advise and urge you to attend this as it will highlight any changes to these details and/or the route and is vital to ensure your safety around the course. At the end of the race briefing we will walk you **SLOWLY** down to the START at the Takeley Station House, so **be ready in your running kit WITH NUMBER ON.**

Start

At 10:45am we will walk competitors from Race HQ, slowly along the Pavement of the B1256, down to the Four Ashes Crossroads traffic lights and across the B1256 and down to the Starting Point at the old Takeley Railway Station on the Flich Way.

The start area is rather narrow but the first 1.3k of the course is slightly downhill so Runners should soon spread out – please be patient and enjoy the pleasure of off-road running !

We would ask you to place yourself in the line-up according to your anticipated time. I.E if you are likely to take more than 50 minutes for the race, please start at the rear of the pack to give the faster runners a chance to get away and likewise, if you intend starting fast and going for a fast PB, get towards the front.

The Course

The distance has been measured as accurately as possible with GPS technology and is overall slightly undulating. It is mostly on the Flitch Way (a firm surface suitable for road-running shoes) and on grass paths in and around Hatfield Forest. Also about 0.7 kilometre of road. However, if the weather is or has been wet, parts of the route may be slippery/muddy. At the moment it is firm and uneven, with a number of patches of water sitting on the track a metre or so wide. Running shoes with good grip are recommended if it is wet. Please take special care when running through the Forest section, for any fresh animal holes and scrapings. At the moment the pathways are uneven but perfectly safe and have been run by members of the Committee many, many times. Be especially aware of half a dozen or so crossing points on the grass paths in the early part of the forest run, where the grass has been worn away and when it was very wet and muddy and now it has dried to deep ruts. There are smoothed out safe passageways across all of these parts – just take care and be aware of them.

We are very fortunate to be allowed to use these beautiful pathways and footpaths and the local community has supported the event and we hope to cause as little disruption as possible. With this in mind, **dropping of litter by athletes is not acceptable.** Please hold on to any bottles etc that you take with you until the end of the race. The exception to this is of course around the water stations.

There will be water stations at about 2.5k and 7.5k

NB There are a few narrow areas on the course, only one person wide – these are short in distance and I would recommend that you **DO NOT** overtake competitors in these short areas. Be patient as there are many wider areas for overtaking safely.

First Aid The British Red Cross will be providing support at Race HQ and on the course.

Race Safety

There will be Marshals at all key points. Please remember these people give up their time FREE OF CHARGE and without them we would have no race. So give them a nod, a wave or a 'thank you' grunt as you pass and it will make them feel greatly appreciated !

There is a road crossing just before the finish. It is **VERY IMPORTANT** that you treat the crossing of this road as you would in everyday life. There is **NO ROAD CLOSURE** and the vehicles have the right of way – only cross when it is safe to do so – listen for the Marshal's instructions, you may have to slow down or stop to allow cars to pass. Our local police officer has asked me to make it clear that none of the Officials or Marshalls have any right to stop any cars on the road to allow you to cross.

As with all Races these days - the use of MP3's, Personal Stereos or anything similar with headphones is TOTALLY PROHIBITED. This is driven by our Public Liability Insurance but is good common sense anyway ! For your safety you need to be aware of other runners around you and most importantly you need to hear the Marshalls and Officials instructions at all times. There are also other users of the Track that you need to hear such as Horse riders and Dog walkers !! And at the end of the race when we cross the road - the presence of traffic. Many of us, whilst training on our own, enjoy music and find it motivating. But you will have 300 other people around you and the sights and sounds of the countryside should be enough to fill your senses and motivate you. **Please comply with this and be safe, we will be penalising those who choose to ignore this instruction with no time being recorded and disqualification.** No dogs on the course please.

If during the race, you see someone in difficulties, or trip and hurt themselves, please report it to the next Marshall you see who will get word to the necessary people for First Aid if required.

Finish

....Is on the Sports & Social Club field behind the Silver Jubilee Village Hall. Please keep in finishing order in the funnel until your number has been recorded. A drink of water will be available when you leave the funnel. T-shirts can be collected by presenting your race number. We will have Small; Medium and Large.

Prizes

Awards to : 1st, 2nd, 3rd Male 1st, 2nd, 3rd Female
 1st Male over 40 (Veteran) 1st Female over 35 (Veteran)
 1st Male over 50 (Super Veteran) 1st Female over 45 (Super Veteran)
 1st Male over 60 (Senior Veteran) 1st Female over 55 (Senior Veteran)

Presentations will take place as soon as we can, after our last runner is home. around 12:30 / 12:45.

After this we will start our Children's Fun Run at around 1 pm.

We invite you to stay a while after the race for some refreshments and to talk about your race day experience and give us feed-back as to the good and the bad bits !

Results / Timings

This year, for the first time, Timings are being done professionally by UK Chip Timing Ltd. <http://www.chiptiminguk.co.uk/ps/> and, all being well, results should be available on the day and will be on ours and their website as soon as possible after the event.

Photographs - This year Paul from www.skylineaerial.co.uk will be taking some photos for us and in an exciting first for us he will be taking some aerial photos of the Race. We will put details on Facebook

Also I would like to set-up a Facebook photo page on The Takeley 10k Facebook site for everybody to upload their photos and then all of us can see each other's photos. - Have a look at the Facebook page for details.

Spectators

As the course is mostly off-road, there are very few access points and opportunities for spectators to follow the race, so we suggest you wait and enjoy the hospitality at Race HQ. We intend to (weather permitting) have a Barbecue outside on The Green along with Teas & Cakes and also some entertainments for children including Bouncy Castles; and general stalls etc - So bring along the family for support. The Takeley Social Club will also be open serving a range of beers, wines, spirits (After 12) and soft drinks....and also to provide an indoor cosy retreat if the weather is inclement.

We will attempt to report the progress of the leading runners over the public address system.

Refreshments

Snacks and Teas, Coffees and Soft drinks will be available all day from the various stalls outside and in the Social Club. For those who prefer something a little stronger, the bar will be open from 12:00

CHILDREN & FAMILY FUN RUN

After the main race we will have a 1-mile off-road fun run for children and parents. It will start after the prize presentations for the 10k, at around 1:00pm - Listen for an announcement on the public address system. We would ask you to donate generously to collect your number and we will be providing a medal for all children finishing the run and prizes for the winners of each category.

Louise Newman & Sam Field of Fusion Dance Company will carry out a musical warm up session for the children, then there will be individual runs for 13 to 16's then 9 to 12's and finally 8's and under. All Children under 6 must be accompanied by an Adult.

.....AND FINALLY, I would like to remind you that this is a fund raising, charitable event to help provide funds to improve the heart of the Takeley community, The Takeley Silver Jubilee Hall and Takeley Social & Sports Club. So on behalf of the Takeley 10k Committee, a big THANK YOU for entering our race and contributing to the Project funds. We will do our best to provide you with a pleasurable experience.

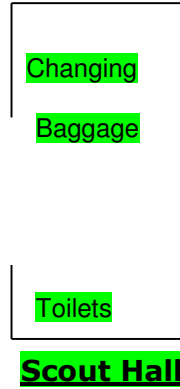
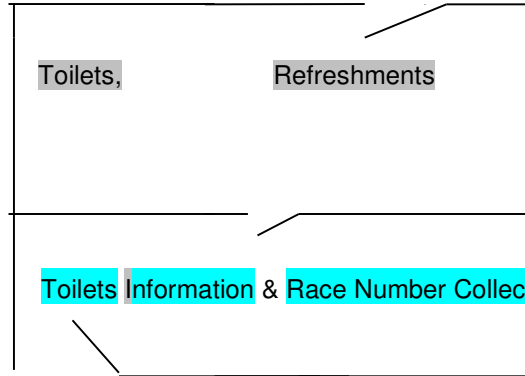
PLEASE SEE MAP OF LAYOUT OF RACE HQ BELOW

SOCIAL CLUB
SPORTS FIELD

-----10k and Fun Run Finish

CHILDRENS ACTIVITIES

Takeley Social & Sports Club

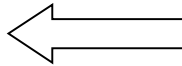


Race HQ Takeley Silver Jubilee Village Hall

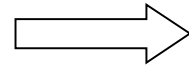
NO ACCESS FOR CARS

B1256

To BISHOPS STORTFORD



To Church Field Car Parking



TO GREAT DUNMOW

Information and contacts

Website
E-mail
Phone

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