

DK 10k Road Race 7:15pm May 5th 2010

Sponsored by Aqua Water and Ron Flowers Sports

Welcome to this years race put on by Dudley Kingswinford Running Club

Welcome:

Welcome to this year's race we have designed this brochure so that everyone running this year's race is fully briefed as to the changes to this race this year. It's important that you know everything about the event including how to get to the start, health and safety information and the route map.

We are expecting over 1,000 runners again this year and we have a new start and route and also chip timing for the first time all done so that we have an enjoyable race in comparative safety for all concerned

We would like to thank all of our sponsors for this year's event without whose help and support we would not have an event. I would also personally like to thank all on the race committee and all the marshals out on the course.

Finally have a great race.

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Event Day Program

5:00pm

Car park Open – Rugby Club Grounds

6:00pm

Enquiries Desk open
In the Rugby Club
For those picking their numbers up or making a change to Number details
Or general enquiries on the night

6:45pm

Mile Flat shut to traffic from the lights at the cross roads of Swindon Road and the Mile Flat

6:45pm

Runners directed through the Rugby grounds onto the Mile Flat and the start

7:15pm

Race Starts

9:00pm

Course Closes

Finish Presentation in the Rugby Club

Spectators

An enthusiastic crowd and support makes all the difference to the runners so please give you support to the runners

As this year the Mile Flat from the Cross Roads on Swindon Road and the Mile Flat is closed from 6:45pm for the duration of the race then this will be a good vantage point to watch the race. The Navigation is also a good vantage point and the Mile Flat will be closed through and past the Pub so all of that stretch will be traffic free.

The Club grounds and the finish in the middle of the car park will also offer a good vantage point to watch the finish. Please as Swindon Road outside the Club grounds will be busy with traffic I suggest you avoid where possible. Please follow signage on the Club Grounds to the start to avoid Swindon Road.

Toilets are available within the changing rooms and the Club House

Enquiries Desk

A desk will be situated within the Rugby Club to assist in any queries on race day.

The desk will be open from 6:00pm

Please Note – no entries on the day will be accepted

Changing & Bag Storage

There is ample changing and shower facilities and all will be sign posted on the day Male & Female
There will be no bag storage on the day so please leave your bags in your car

Parking

There is ample room for all cars on the Rugby Club Grounds and you will be directed where to park by the marshals. Please enter the Rugby Club as directed and do not attempt to park elsewhere. Please do not Park on the Kingfisher Club Grounds.

Car park will be open from 5:00pm onwards

Leaving the car park is the same as before by the bottom gate only until the race has finished and then we open the top gate.

Please be patient as we have only one gate open to start with so be prepared to wait or can I suggest you delay your departure and enjoy the hospitality of the Rugby Club until the rush has gone.

Car park access will be closed at the gates at 7:00pm so we suggest you get into the car park as early as possible this year. You will have to walk from the car park to the new start on the Mile Flat.

Please take care in leaving the car park at the bottom gate when the race has finished as Swindon Road is very busy

Start Line Instructions

Once you have arrived on Club Grounds please do not attempt to warm up on Swindon Road outside the Club – this is a very busy road and we cannot be held responsible if accidents happen on this road.

There is ample room within club rounds to warm up.

The start this year is on the Mile Flat. This will be closed to traffic from 6:45pm.

So please stay on Club Grounds until you are directed towards the bottom of the club grounds and out onto the Mile Flat – this will not happen until after 6:45pm

At no time therefore will you need to access public road whilst traffic is running before the race.

Please listen to the PA system for instructions.

Once you are on the Mile Flat the start will be ahead of you so you can form up behind the start line in plenty of time for the race start

You can warm up on the Mile Flat once directed onto it by the marshals.

All runners should always be aware of traffic where the roads are open to the public

All runners should heed the advice of all marshals and Police

All runners should keep to the left of the road

All runners should follow signs where appropriate

The Route

This year the route is different and has had to be changed due to the state of the road up little check hill and now we have been allowed to shut the Mile Flat it enabled us to start the race there and therefore the course had to change.

Runners please pay attention to all Marshals on the course as the rest of the course is open to normal road traffic

Course Directions

- 1) Start on Mile Flat
- 2) Straight on along Mile Flat
- 3) Bear right down towards the Navigation Pub
- 4) Straight on ignoring both Right Hand and left Hand turns heading up the hill on Greensforge Lane
- 5) Carry on straight up the hill
- 6) Turn left at the Junction heading towards Enville Golf Club
- 7) Straight ignoring Right Hand Turn
- 8) Straight on ignoring Right Hand Turn
- 9) Straight on along
- 10) Turn Left onto Mill Lane
- 11) Past Water Station
- 12) Straight on
- 13) Straight on ignoring Left Turn
- 14) Turn Left
- 15) Straight on ignoring Left Turn
- 16) Turn Right at Junction
- 17) Straight on ignoring Left Turn

- 18) Past Navigation Pub on Left
- 19) Up the short hill and Left around the Bend
- 20) Straight on along the Mile Flat
- 21) Down towards Lighted Junction
- 22) Bear Right at Lights
- 23) Bear Right into Rugby Club Grounds at the Finish ahead of you

Finish Line Instructions

You will be directed through and under the Finish Banner and over the Mats to ensure you have an accurate chip finishing time.

Please move along the funnel to collect your Goodie Bag which will include a bottle of water and your engraved glass goblet

Please don't loiter in finishing funnel

You will then be free to enjoy the facilities of the Club

Within the Club House the results will be shown on our TV and the Chip Timing TV

If you have supplied a valid mobile phone you will also receive an SMS with your results

How to attach your Number and Correct Positioning

Please ensure you attached the Number to the front of your vests using four safety pins in the corners.

Do not fold or crease your numbers as it has the chip fastened to the back

Runners with defaced or no numbers will be disqualified

Please ensure your number is prominently shown at the finish

CHIP TIMING

This year for the first time we have Chip Timing in place

The Chip is affixed to the back of your race number and doesn't require you to do anything other than cross the start and finish map

If you have supplied a valid mobile phone number you will receive a Text message with you Chip and Gun Time and race finish position.

Please try not to Bend, Crease or Deface your race number or the Chip will not function properly

AFTER THE EVENT

After the event we have for your enjoyment we have Hot Pork sandwiches and a bar serving drinks.

Please enjoy and take your time leaving the Car park.

We hope to have the presentation for the Prizes at approximately 9:00pm