

On behalf of Witham Running Club, I would like to thank you for entering the inaugural May Day 10-mile race and wish you a good run. All the race details are below and I ask that you read them carefully.

Start time:

10:00 am. Your race number can be collected from the runner registration desk between 08:40 and 09:45. This desk will be located outside on the far side of the rugby club unless there is inclement weather in which case it will be inside the building. The timing chip is attached to your running number. From 09:45, runners will be called to make their way towards the start. **Please note** that the start is approximately 550 metres from the rugby club. As you approach the start gathering area, you will be asked to position yourself close to the sign which best reflects your estimated 'per mile' pace. Please leave a channel to the right hand side for runners to pass through.

A time limit of two hours will be applied. Runners still on the course after two hours will be treated as pedestrians and should respect normal highway rules. It is likely that our marshals will stay in position for anyone still on the course.

Venue:

Witham Rugby Club, Spa Road, Witham, CM8 1UN.

Parking:

Ample free parking is available at Witham Rugby Club. The parking is off road on the grass areas surrounding the pitches. Please drive carefully and follow the instructions of the car park officials. As the race route does not use the driveway, cars will be allowed to leave the Rugby Club car park at any time, but please be aware of any emergency vehicles or marshal vehicles should they be required to enter or leave the area.

Race Number:

This must be worn on the front of your clothing, securely fastened at the corners so we can see it easily in the finish area. **Please position it so that you will not obscure your number with clothing or arms (e.g. when pressing a stopwatch) as you cross under the finish gantry as this can lead to your time not being recognised and will slow down production of the results.**

As this is our means of identifying you on the course, or in the case of a medical emergency, please do not allow someone else to use your number. If you have a medical condition, please write the details on the reverse of your number in waterproof ink and also mark a red cross on the front of your number with the marker pens available at the registration desk. Your number will include a detachable baggage label which should be used for the baggage facility.

Prizes:

There will be three prizes in each of the senior men and senior ladies categories plus prizes for the first male veteran over 40, over 50, over 60, and over 70, and female veteran over 35, over 45, over 55, and over 65. Runners can only win one category prize. A team prize will be awarded to the first male and first female team (four to score).

All finishers will receive a T-Shirt. You will not be able to change the size you requested when entering the race. If you entered after 18th April 2019, you are not guaranteed to receive your requested size, though we hope we will be able to provide the requested size in the overwhelming majority of cases.

Facilities:

A baggage facility will be provided in the main hall. Only baggage with the label from your race number attached will be accepted into this area otherwise bags will be left at your own risk. Refreshments will be available on site. First aid will be available in the finish area and all marshals are in phone contact with the race headquarters. Two toilets areas are available within the rugby club and there are changing facilities but no shower facilities. Please note that to access the changing area, you have to

exit the main hall at the back of the rugby club and there is a door to the left which provides access to the changing areas. Please ensure you use the toilet facilities within the rugby club rather than any other locations.

Results:

Will be posted on the Witham Running Club website www.withamrc.org.uk. The results are likely to be available first on the [facebook page](#) so please follow the race page to get them first.

Headphones:

This race is operated under England Athletics rules. For Health & Safety reasons please do not wear headphones (or similar) – you may be disqualified if seen to be wearing a set and we reserve the right to not provide a T-shirt to anyone disqualified for this reason.

Course Description:

The race starts in Blunts Hall Rd. You will head away from Witham, complete an anti-clockwise loop and then make your way back the same way. The route can be broadly split into thirds. The first and last three miles are fairly flat. The loop section in the middle around Fairstead and Terling is undulating. At the end of the race, with about 200m to go, you will turn left off Blunts Hall Rd, through the gates, and the finish line will be directly ahead of you on the grass. There are three water stations on the course at approximately two, five, and seven and a half miles.

Children's Fun Run

There will be a children's fun run of approximately one mile which will start around 10:15. All juniors taking part will need to register at the desk where you pick up your number. The course will consist of two laps of a circuit that stays within the boundary of the rugby club field. All finishers will receive a medal.

We wish you a safe and enjoyable run.