

Dear Runner,

Witham Running Club 35th Boxing Day 5 (BD5) – Thursday 26th December 2019

On behalf of Witham Running Club I would like to thank you for entering the 35th Boxing Day 5 mile race and wish you a good run. This year we are trying to be more environmentally friendly by reducing the amount of plastic used and offering an opt out option on t-shirts. We have reduced the packaging on our t-shirts and have replaced the plastic water cups for eco-friendly cups. All the race details are below and I ask that you read them carefully.

Start time:

11:00 am. Your race number can be collected from the runner registration desk between 09:30 and 10:45. The desk will be located inside the rugby club. The timing chip is attached to your running number. From 10:45, runners will be called to start making their way towards the start. **Please note** that the start is approximately 550 metres from the rugby club across the playing fields. As you approach the start gathering area, you will be asked to gather in pens linked to your estimated 'per mile' pace.

Please be aware a time limit of one hour will be applied. Thereafter runners remaining on the course after one hour will be treated as pedestrians and should respect normal highway rules.

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.

Cars

will **not be allowed to leave the Rugby club car park until 12:10**, therefore if you need to get away earlier, we suggest you consider alternative parking arrangements.

Race Number:

This must be worn on the front of your vest/T-shirt, 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).

Finishers who have not opted out will receive a T-Shirt. You will not be able to change the size you requested when entering the race. If you entered after 4th December 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. **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 area.** 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.

Headphones:

This race is operated under England Athletics rules. For Health & Safety reasons please do not wear headphones (or similar) – you will 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. The route gently climbs for the first two miles. At the end of Terling Road you will turn left. As you turn back towards Witham the course heads gently downhill. These roads will not be closed but they are quiet and will be fully marshalled. At around 4.5 miles, you will pass where you started and cross under the railway line for a second time before turning into the driveway towards Witham Rugby Club, where the finish will be positioned close to the race HQ. The route is all on road, except for the last 50 metres which is on a track. **Please be aware that parts of the last 100 or so metres are uneven. Several marshals will line this part of the course and will also be giving verbal warnings.**

We wish you a safe and enjoyable run.

Bill Smythe
Race Director