

Dear runner,

Thank you for entering the **Valentine's 10k road race** organised by **26.2 Road Runners Club** sponsored by **Up & Running, Surbiton**. The club and our sponsor look forward to welcoming you on **Sunday 13th February 2022.** The race will start promptly at 9am.

Race numbers: These will be available for collection from **Surbiton Up and Running** (2 Ditton Road, Surbiton, KT6 6QZ) until Saturday 12th February 2022 and distributed on the day at the race headquarters, **Chessington School** (formerly known as Chessington Community College), **Garrison Lane, Chessington, KT9 2JS**. The race headquarters will be open for number collection from 8:00am on race day.

Chip Timing: We are happy to announce the return of chip timing and we are pleased to be working with Sport Systems to process race times and results for our 2022 race.

COVID: To protect other runners and volunteers please consider taking a lateral flow test before attending the race. If you have any COVID symptoms, please do not attend the race.

Parking: There is no parking at race headquarters. Race parking is available nearby in Barwell Business Park (KT9 2NY). Access to the parking is from the A243 / Leatherhead Road. On arrival at the business park, marshals will direct you. Please follow their directions.

Please note that due to a recent fire in the Barwell Business Park, the race parking is restricted this year. Please arrive early to allow plenty of time to park. If the car park at Barwell is full by the time you arrive, please park on local streets taking care to obey local restrictions and not cause an obstruction residents or other road users.

Getting there: From the south take junction 9 off the M25 and then the A243; from London take the A3 exit at Hook and then the A243.

Trains run half hourly from Waterloo to **Chessington South Station** which is only a 2 minute walk to the race HQ. Please check train times before you travel as there is disruption due to engineering work and COVID timetable changes.

Bus routes 71 & 465 buses from Kingston via Surbiton both stop either directly outside the HQ (Rte 71) or just across the road (Rte 465) If you are travelling by train it would be advisable to check for engineering work before you travel.

The start is situated at the exit of the Barwell Business Park along the Leatherhead Road. Runners will be held at the end of Garrison Lane prior to the start, a short walk from race headquarters, please be guided by the marshals who will direct you across the road from the HQ to the start.

Toilets: Available at race headquarters. There are no toilets at the start (the start is a few minutes from walk from race headquarters).

Aim to arrive no later than 8.20am to allow time to collect numbers and get to the start **by 8.55am.** The Chessington Community College provides excellent indoor facilities with men's and women's changing rooms, showers, toilets and snack bar.

Entry on the day: May be available at race headquarters until 8.30am, cost £20 subject to availability.

Junior runners: No entrant under 15. Any entrant under 18 must have a parent’s or guardian’s signed letter giving permission for him or her to participate. Please bring this to race headquarters by 8.30am on the day.

Baggage drop: At race headquarters. Baggage will be stored at the owner's risk.

The course: It is not traffic free (please also see note regarding headphones). It is mostly flat with mild undulations after two kilometres, six kilometres and between eight and nine kilometres. Kilometre markers will be displayed. There are marshals at all junctions and busy junctions may have several marshals to ensure your safety. Please follow all instructions from marshals. Lead bikes and tail runners will be in attendance. You can view the course map here: https://www.26point2.co.uk/valentines10k/course/

Racing Buggies and dogs: Due to the nature of our course, racing buggies and dogs are not permitted in the race.

First aid: Trident Medical Ltd will be in attendance at the race.

Water: There will be a water station at approximately halfway and at the finish.

Results: These will be displayed on our website after the race and we aim to do so within 24 hours at www.26point2.co.uk/valentines10k

Prize-giving: At race headquarters. There will be prizes for the first three men and women, as well as age category prizes, men's and women's affiliated team prizes (three to score) and an affiliated team mob match prize.

Refreshments: These will be available in the atrium at race headquarters.



Headphones: These are not allowed under UKA Rules of Competition:

"The wearing of headphones, or similar devices, (other than those medically prescribed), are not permitted in races on any single carriageway road that is not wholly closed to traffic.

Due the nature of our course we will not allow the use of headphones without exception. Anyone seen to be wearing headphones by any of the many race officials along our course will have their race number noted and may face disqualification and be removed from the results.

We also strongly advise ***against*** the use of bone conductors.

Race T-Shirts will be available after the race in the race HQ.

Any late information: will appear at www.26point2.co.uk/valentines10k and on our Facebook page at https://www.facebook.com/Valentines10k/

26.2 Road Runners Club meets 7pm Mondays and Wednesdays at Surbiton Racket & Fitness Club, Berrylands, Surbiton, KT5 8JT. We welcome new runners of all standards. Please come and join us for a trial run to see what we do and meet some of our members.

The club is grateful to Chessington School and Barwell Business Park for use of their facilities and our new sponsors Up & Running a specialist running shop based in Surbiton (located in a new store at 2 Ditton Road, Surbiton, KT6 6QZ) who will be present on the day with a selection of merchandise in the race HQ on race day.

Regards

Valentine's 10K Race Committee