

Valentine's 10k

12-02-17

26point2.co.uk/valentines10k



Dear runner,

Thank you for entering the **Valentines 10k road race** organised by 26.2 Road Runners Club sponsored by **Up & Running, Kingston**. The club and our sponsor look forward to welcoming you on **Sunday 12th February**. The race will start promptly at 9am.

UP & RUNNING

Race numbers: These will be distributed on the day at the race headquarters, **Chessington Community College, Garrison Lane, Chessington, KT9 2JS**. There is no parking at race headquarters.

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 2017 race.



Parking: Please note that due to reduced capacity there are changes from previous years to the parking arrangements at the Barwell Business Park. Runners arriving on the A243 from the M25 / Leatherhead / Dorking direction should park at the Chessington World of Adventures **South Car Park** leaving enough time to get to the race HQ approximately 10 minute walk away. Runners arriving on the A243 from the A3 / Ewell / Surbiton direction should park in the Barwell Business Park north end as directed by the marshals. Please note there is very little on road parking close to race HQ and parking restrictions apply in most side roads. The pedestrian exit leading onto Garrison lane will not be open this year so you will need to exit Barwell Business Park via the main gates onto the Leatherhead Road and walk along to Garrison Lane to get to the race HQ.

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. 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 has moved and is now 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.

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: Available at race headquarters until 8.30am, cost £20.

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. It is mostly flat with mild undulations after two kilometres, six kilometres and between eight and nine kilometres. Kilometre markers will be displayed. Please follow all instructions from marshals.

First aid: Level 2 cover will be provided.

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 available in the atrium at race headquarters.



Headphones: From 1 April 2016 a new rule regarding the wearing of head phones in road races was introduced into the 2016-2018 edition of the 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 and as we believe them to be a potential hazard to yourself and other runners around you if you are unable to hear a marshals instructions, we have chosen to uphold this new ruling and have banned 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.

Race T-Shirts will be available after the race in the race HQ. If you wish to change your t-shirt size on the day we will happily do so provided there are enough of your requested size once all t-shirts have been collected.

Race Photography will be undertaken by Sports Photos UK by Denis Chapman Photography. Race photos will be available on their website at hopefully within 48 hrs www.sportsphotosuk.co.uk



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.

The club is grateful to Chessington Community College and Barwell Business Park for use of their facilities and our new sponsors Up & Running a specialist running shop based in Kingston. Located inside Ultimate Outdoors, just off Kingston Market Place 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