



Thanet
Roadrunners AC



Sunday 4th December 2016 9.30 am
Race HQ – Westgate Pavilion, Sea Road, CT8 8QW

Dear Athlete,

Thank you for entering the Alan Green Memorial 10 mile race. Please find below the essential race information, which should be read carefully by **all competitors**.

PRE RACE

Directions - from the M2 take the A299 (Thanet Way) to the St Nicholas roundabout. Take the A28 in the direction of Margate following the yellow Thanet Roadrunners Race signs to Westgate Bay. At the Birchington roundabout turn right onto the Canterbury Road, continue to the first set of traffic lights and turn left, continue straight on across crossroads until you get to Sea Road. Turn left, the Westgate Pavilion is on the right. This is the race HQ. **Runners must collect their timing chip from race HQ between 7.30 and 9.15am on the morning of the race.**

REGISTRATION

Please attach your race number to the FRONT of your vest.

The area where the registration desk is located also acts as the race information centre and first aid area as well as housing the radio communication service THANET RAYNET. Radio contact with various points of the course and the relaying of information on the race from the race leader to the tail enders is part of the Thanet Raynet service. There will also be an information desk for queries about the race and baggage can be left in the pavilion hall where there will be someone at all times. ***Please note: Thanet Roadrunners AC does not accept responsibility for any personal belongings left in this hall, this is at your own risk.***

START AND FINISH

This is on the lower esplanade below the Westgate Pavilion on Sea Road. Runners will be walked down at **9.15 sharp**. There is ample parking on Sea Road and adjoining roads if you wish to drive to the start. You are kindly requested to be sure to obey any temporary parking restrictions and to be guided by local traffic control to cause as little disruption as possible to local residents.

THE ROUTE

The course has been measured and deemed accurate by an official course measurer, using a Jones Counter. The start and finish is located on the lower esplanade and you will be directed to the start point at the appropriate time. The course follows a coastal route which takes you out in an easterly direction along traffic free promenades. At Margate Bay you join the pavement as far as the Harbour, proceed up Fort Hill and along the cliff top paths and promenades to Foreness Point. You will be directed back along the promenade to Margate Harbour and retrace the first three miles back to the finish.

PLEASE OBEY ANY INSTRUCTIONS GIVEN BY MARSHALS OR POLICE AT ALL TIMES, AS THE COURSE, ALTHOUGH ALMOST ENTIRELY TRAFFIC FREE, IS NOT CLOSED TO TRAFFIC.

DURING THE RACE

WATER – Water Stations at 3 miles, 5.5 miles, 7.5 miles and the finish.

PUBLIC TOILETS – Toilets can be found at the race HQ and there are public toilets at the start area and at several points along the course.

COURSE CONTROL & MEDICAL AID – All athletes from first to last will be under the supervision of Thanet Raynet mobile communications. They in turn will be in contact with their base unit at the start/finish area. Excellent coverage is given by Margate Ambulance who are very experienced in this type of event, and it is in your own interest to take any advice they may give you.

For your own safety, and in order to aid the ambulance volunteers, please make sure that any existing medical condition and/or any medication being taken at the time of the race is clearly marked on the back of your number.

IPOD&MP3 PLAYERS:

The Race Director has taken advice and in line with current UKA and BARR recommendations on health and safety grounds, **NO HEADPHONES may be worn during the event by competitors.** Please do not enter the race and then decide to run with headphones. This may mean the race will not be able to be run in future years. This will be enforced and appropriate action will be taken against any runner not complying, including disqualification.

THE FINISH

A digital clock will display the lapsed time. Your own individual time and position will be recorded by the race funnel co-ordinators. **Any person failing to display a number may forfeit any prize he/she may be entitled to.** If your number becomes detached, please inform the timekeeper at the finish. **Keep in your correct finishing order until clear of the finishing area.** Do not 'run in' with any friends as this causes confusion when assessing results and will delay prize giving.

Any person who doesn't finish the course or becomes injured should either make their way back to the start/finish area or contact the nearest marshal/first aid point/Thanet Raynet personnel en route.

POST RACE

The race will be chip timed by UK Sports Timing, and results will be available on our website as soon as possible after the race. Any awards that can be presented on the day will be given out at midday. Others will be posted out. **Please note that entries on the day do not qualify for awards.** Our official race photographer will be Jodi Hanagan, and photos will be available to download from her website shortly after the race, at <http://www.jodihanaganphotography.com/>.

In case of cancellation due to bad weather we will endeavour to contact all runners via email, however if the weather is inclement please check our website for up to date information. Runners will be given the option of transferring their entry to a revised date or asking for a refund. Refunds will be for the entry fee with £2 deducted for admin costs. Unfortunately if you enter online we will not refund the extra £2 that Runners World charge.

GENERAL

THANKS - We would like to extend our thanks to the following organisations.

Thanet District Council

Thanet Raynet

Sweatshop, Bluewater

Margate Ambulance

Tesco

Pilgrims Hospices, Margate – our race charity

Kent Police

The myriad of helpers and marshals who all give up their time voluntarily to ensure all goes smoothly – Please be nice to them out on the route – without them you would not have a race – any runner who is rude to a marshal may well be barred from future races.

For all enquiries regarding this race, please contact;

Spencer Houlton, Race Director – email thanet10@thanetroadrunners.org.uk

Terry Brightwell, Race Entries – email thanetrace@yahoo.co.uk

Our website – www.thanetroadrunners.org.uk