

The Wymondham AC Spring 20 mile race

Under UKA Rules – Permit No. 2019-37048

Sunday 24 March 2019 – Start 9.30am

Organised by Wymondham Athletic Club
Race HQ –Abbey Hall, Church Street, Wymondham, NR18 0PH

Thank you for entering the Wymondham AC 20 mile race. This is the third race in the Sportlink Grand Prix series and we are very grateful for their support.

Please take a few minutes to familiarise yourself with the details below.

Race Number, Timing Chips

Numbers and chips will be available for collection from the HQ on race day from 08.15. A runner other than yourself must not use your race number. It **must not** be cut, folded or mutilated in any way, and must be fastened securely to the front of your vest or top. **Please write your name, telephone number and any medical condition on the reverse of the number.** Please ensure your timing chips are secured to your shoe. Timing chips will be removed at the end of the race.

Directions & Parking (Please see additional car parking info sheet)

From all directions head to Wymondham Town Centre. The main car park is located at Central Hall, Back Lane, Wymondham, NR18 0QB. Please see the additional leaflet for details of all car parking available on race day. Please ensure that wherever possible you car share or walk / cycle to the race. This ensures that congestion is kept to a minimum. We will have marshals helping but with various car parks in use and various routes into town we cannot be everywhere. **It is your responsibility to arrive on time and find a parking slot.**

Changing & Toilets

Please come ready to run and bring adequate warm up and post-race clothing as changing is limited. Toilets are located at Abbey Hall and just off the Market Place, one minute's walk from the start. There will also be portaloos in the Market Place, next to the start. Please ensure you use these in plenty of time to avoid missing the start! Do not urinate in the streets please! You can leave baggage at Abbey Hall.

The Course

The course has been accurately measured and marked at each mile. The race starts in Wymondham Market Place, a two minute walk from the HQ. Please allow yourself time to get to the start. The route goes into the countryside then back into Wymondham finishing in Lady's Lane. The course is held on roads that will be open to traffic so please be aware of your surroundings when racing.

www.wymondhamac.org.uk

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Water Stations

There will be eight water stations on the route at about 3, 6, 8, 10, 11, 14, 16, 18 miles. Water will also be available at the finish

Marshal Instructions

Marshals are out on the course to support you and to ensure you are safe. Please ensure that you listen to the marshals at all times. Failure to do so will result in disqualification and removal from the race. A race briefing will be held at 9.25am at the start. Please note that the wearing of headphones/use of MP3 players is not allowed, under UKA rules. You will be removed from the race and disqualified if you wear headphones. You cannot hear traffic or marshal instructions with headphones on and your safety is paramount.

First Aid

Qualified personnel are in attendance during the race. First aid support will be available on the course and at the start/finish. If you need attention, please alert the nearest marshal. Runners who are clearly struggling with a medical issue during the race will be advised to withdraw at the Medical officer & Race Director's discretion.

Finish

Please clear the finish line quickly and keep moving to avoid congestion. The weather may be cold so please head back to the HQ as soon as possible where there will be plenty of homemade cakes and refreshments. The finish area is cramped and spectators are welcome. However, please respect the other runners and do not impede their glory at the finish.

Race Memento

A race medal will be handed to every runner completing the race.

Prizes & Awards

We will aim to present prizes at 12.30pm or as soon as possible after then. Cash awards will be made to the first three men, first three women, and first and second man / woman in each of the following age categories: Senior, 40-44, 45-49, 50-54, 55-59, 60-64 65+. Team awards will be made to the first men's/women's team, both three to score. All team awards will be based on aggregated finishing times. Only one prize will be awarded to runners eligible.

Results

Will be posted at www.wymondhamac.org.uk – the official website of Wymondham AC within 24 hours of the race finish. Of course we will endeavour to get the results online ASAP.

Refreshments

Our members love baking cakes! Please head back to the race HQ after your run to warm up, relax and chat about your new PB with a nice cuppa and a piece of delicious cake.

Thanks for entering and we hope you enjoy the race

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