

Panther Brewery Reepham 10k

To be held at Stimpsons Piece (Recreation Ground), Station Road, Reepham,
NR10 4LL

9 August 2019

Affiliated to ARC. Permit number 19/498
www.reephamrunners.co.uk

Thank you for entering the Panther Brewery Reepham 10k. This information is designed to help provide you with all require to enjoy the run to its full potential.

Numbers and chips will be collected on the day from the Race HQ.

General Information

If you find that you cannot run on the day, **please do not** pass your number to someone else, as this can cause organisational and health & safety problems (if the unknown runner had a serious problem), including inaccuracy of results. Any such issues will result in both runners being banned from future races and referred to ARC.

No ipods, MP3 players or similar, are permitted during the race. If used then you will be disqualified.

Please enter any relevant medical information name and contact details on the back of your number.

Facilities

There is only disabled parking at the Race HQ. The parking is about a 5 minute walk from the Race HQ on Kerdiston Road.

Limited changing/shower/toilet facilities are available at the Race HQ.

There is a baggage store at Race HQ.

Refreshments

There will be food and drink available at the Race HQ.

Start of Race (at 7pm)

The start of the race is approximately 5 minute walk from the Race HQ, so could you please ensure that you are at the Race HQ at least 25 minutes before the start of the race so you are in time to collect your number and racing chips.

Racing Chips

The timing will be from gun to chip, which means that everyone will have the same start time but will have individual accurate finishing times.

Runners will then be taken to the start together.

Health Warning

Please ensure that you are hydrated and have not drunk alcohol 24 hours prior to the race, especially if the weather is hot.

Route

The route is on mainly quiet narrow roads and disused railway track, which will not be closed to traffic. So keep to the left of the road unless told otherwise by a Marshal. Please follow the Marshal's directions at all times.

Part of the route is disused railway track. Please be careful as this is narrow in places due to wildlife, and could be wet and slippery depending on recent weather.

There will be water stations at approx 3.5k, 7K and the finish. The cycling Marshals will also have water available.

Finish of Race

This will be outside the Race HQ in the recreation ground.

Prize Giving

Prize giving will take place at the Race HQ at 8.45-9pm. Prizes are in the following categories:

Men 1 st , 2 nd , 3 rd	Women 1 st , 2 nd , 3 rd
Senior	Senior
15 - 39	15 - 39
40 - 49	40 - 49
50 - 59	50 - 59
60 - 69	60 - 69
70 +	70 +

Only one prize can be won by an individual from any category.

Spot Prizes

To qualify for a spot prize runners will be given a raffle ticket as they finish the race. The prize can then be claimed from the Race HQ.

Sponsors

Reepham Runners would like to thank Panther Brewery who have helped sponsor the Race, without whom we would have had difficulties in organising this event.

We would also like to thank members of Reepham Runners who have also donated spot prizes and anyone else we have forgotten to mention.

If you would like to give any constructive comments, suggestions or helpful hints that would have helped you on the day, as we would like to continually improve, then please contact secretary@reephamrunners.co.uk.

If you would like to join Reepham Runners, we run from Stimpsons Piece (where race finishes) on Tuesday evenings, 6.30 pm start for a training session; Sunday morning 8.20 for 8.30 am & Thursday evenings 6.30 pm. For more details contact Carl Willimott 07887 781751 or Phil Cooper on 07552767983. All abilities welcome.