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Langham 10km Competitor Information 2019

UKA Licence: 2019-38092 / Accuracy Certificate: 13/063

Event Date	Sunday 8 th September 2019
Venue/HQ	Langham Community Centre, School Road, Langham, CO4 5PA
Start Times	2km at 9:15am, 10km at 10.00am
Car Parking	Car Parking is at the Langham Community Centre. Please car share where possible.
Road Closure	This year we have a road closure on the start/finish straight at School Road. This means that all vehicles that arrive after 8:00am will have to enter the car parking via the east of School Road, which comes from Wick Road. You will not be able to drive from the Shepherd pub directly into School Road after 8:00am! See map below for route to be taken after 8am.
Arrival	We advise arriving before 8:55am. The 2km starts from 9:15am, so runners including young children will be running in the road from 9:15am in the village itself. Due to the road closure mentioned above, you will need to circle the village and approach via Park Lane, Wick Road, into School Road to the car parking.
Departure	You will have to exit the car parking to the right, due to the School Road closure, that is in force until midday.
Race Number	ADVANCE COLLECTION: This year we are again able to offer you the option to collect your number/chip in advance of race day for both races. Friday 6th September from 5pm to 7pm Saturday 7th September from 10am to 1pm Advance number collections will take place at the race venue, in the small hall of the Langham Community Centre, address above. ON THE DAY COLLECTION: Alternatively, you can still collect your 10km number/chip on race day between 7:45am and 9:40am, you will have to queue for a short time. The 10km collection desk will close at 9:40am promptly. Your race number must be pinned securely to the front of your top by 4 safety pins, one in each corner, and preferably at chest height. The number must not be folded, cut or mutilated in any way whatsoever. Numbers are not transferable, if a swap is discovered both runners will be banned from future events, and reported to UKA.

- Medical Information** Remember to complete the medical information template on the reverse of your running number including an “**EMERGENCY CONTACT TELEPHONE NUMBER**” of someone who can be contacted on race day, as advised previously. *Not your own mobile number!* You may have already provided this number online. This information is only used in case of a medical emergency. These details will be passed to the race organisers to inform next of kin or your emergency contact on the day, or to the First Aid providers, if necessary. N.B. There are additional medical risks involved in participating in an endurance event and you should be aware it is your own responsibility to ensure proper preparation, training and fitness to compete in this event. See www.runnersmedicalresource.com
- Kit Bags** Please leave your Kit Bags / Baggage in your car, as there is no secure baggage storage area. Any bags/keys etc left in the main hall are left there at the owner’s discretion and the organisers will not be held responsible for any losses.
- Toilets** As always toilets are the most required item at any race, usually about 15 minutes before you start! We have several located within the Community Centre, and we also have ordered several unisex portaloos and a mens (obviously) urinal unit outside, which you will have driven past when parking. Yes we know portaloos are not the most inviting things in the world, but please do use them, we hire them to save on queuing as much as possible for you. If you do not want to use the portaloos, then be prepared to queue longer!!
- Refreshments** Hot & cold refreshments are available at this event, sausage & bacon baps on sale as well as delicious cakes. Hot & cold drinks also on sale. This year we will have bouncy castles to entertain children during the event. Wristbands can be purchased or pay per go.
- Audible Devices** Under UKA Rules for road races on open roads, the wearing of Ipods or similar is **strictly forbidden** on the grounds of H & S as you will not be able to hear any marshalling instruction or any approaching traffic. You also have a Duty of Care to yourself and other road users. The wearing of these devices **will lead to disqualification**. In the online entry process you also agreed not to use such devices when agreeing to the terms of entry
- Accompaniment** No person, cyclist or animal may accompany a runner at any point on the course, with exception of a blind runners attendant. Anyone reported to be doing so will lead to the disqualification of the runner.
- Start Information** The start and finish areas are both closed to traffic this year, whilst this is an advantage, please do be aware the remainder of the course will have traffic, so please follow marshals instructions, and keep to the left unless advised otherwise.
- 10km Start** The 10km start is about 50m out of the double gates to the left, in School Road. Please note the target times on the boards and line up accordingly and realistically!
- 10km Course** Just after 3km in Boxted, you will turn left into Cage Lane, this is a single lane road for about 1.5km. We do have marshals at both ends and in the mid-section, but this does not guarantee a vehicle will not still decide to drive down here, so please do be vigilant.
- Km Markers** The 10km race markers are Black with White lettering.
- Course Information** Course map is attached, you should check the course map in advance. We have marshals and signage on course, but in the case of some completely random occurrence, it would be advised if you have at least had a glance at the map. Competitors are reminded to run on the **LEFT HAND SIDE** of the road at all times unless instructed to do otherwise by police or course marshals. As standard with course measurements, where there are no white lines on right hand bends, then the course is certified to the centre of these roads, so if you choose to run on the right hand bend, you are firstly running short, and secondly

putting yourself in danger of oncoming traffic. Please do not put yourself at risk by running on the right!

Garmins etc For info, my garmin measured 10.05km on this course. Please remember GPS watches are not 100% reliable, and all the courses are certified accurate.

Finish When crossing the finish line the chip attached to your trainer laces will record your time. All chips are disposable and do not need to be returned. **The chip will record your time via technology in the finish gantry above you!** Upon finishing please do support others who are still taking part, but under no circumstances return back down the field and run in and through the finish line again as the chip will delete your first time and only record your second time. It will be as you have not finished previously.

Results/Chip Timing Please do check your race result is present when they are posted up in the hall asap. Mistakes do happen, even with chips, and we would rather find out sooner than later when presentations are being made to the wrong runners! The 10km will have chip mats at the start again and so you **should** get a personal chip time as well as official race time.

Disabled Athletes The 10km course is deemed suitable for Self-propelled Wheelchair competitors. The 10km course includes a climb between 1.2km – 1.5km

Medals All runners will receive a bespoke medal designed by a Langham Primary School pupil.

10km Awards Male and Female; Overall 1st, 2nd, 3rd; Age Categories; Under 18, Master 40, 45, 50, 55, 60, 65, 70. 1st affiliated team of three runners. 1st Local Male & Female.

10km Presentation This is aimed for 11:15am in the outside presentation area even if some categories are awarded later.

First Aid First Aid cover will be situated at the start / finish areas as well as on the 10km course.

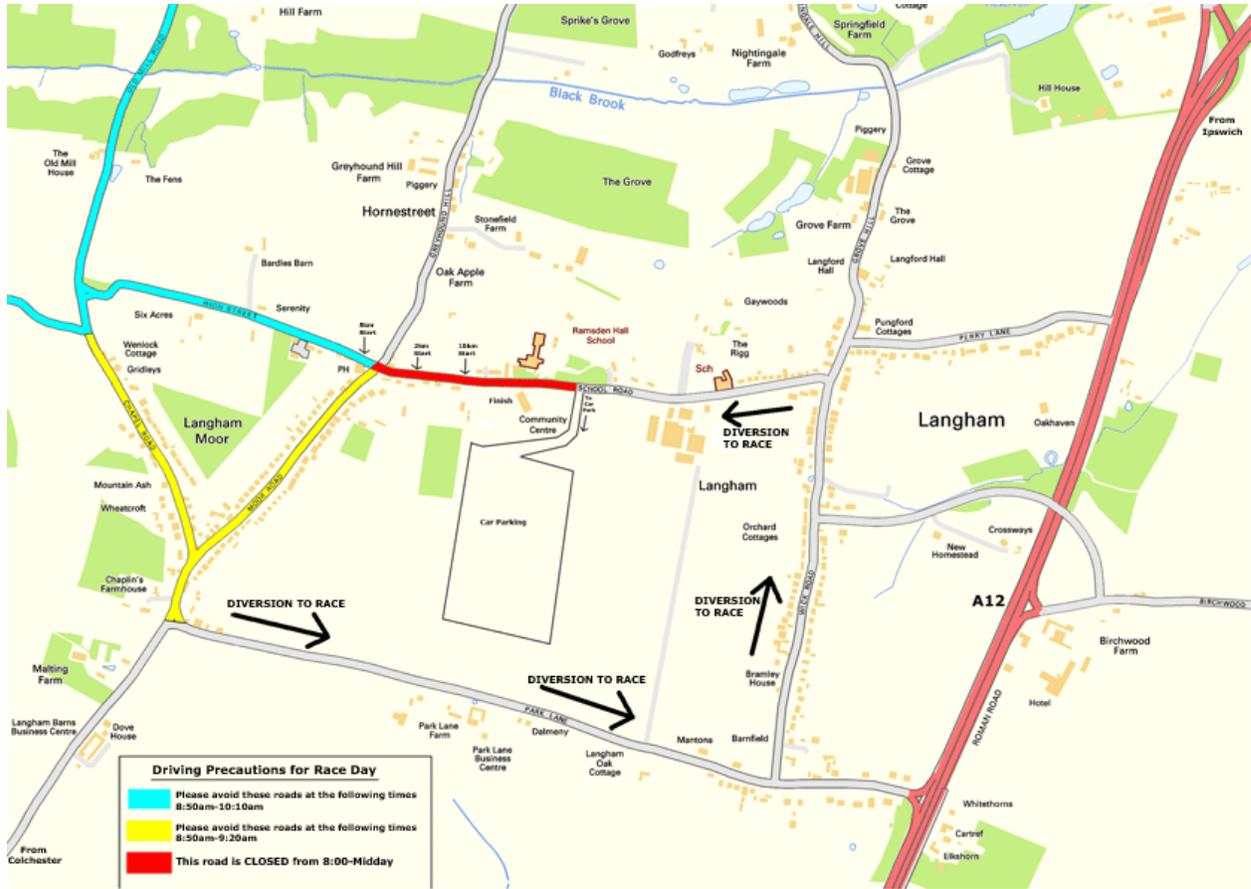
Drink Stations These are provided at approximately 4.75km and 7.6km and at the finish in the 10km. There will be large waste bags around 50m and 150m after the drinks stations, if you are able to throw your bottles into these bags it would be great, and help our clean up afterwards. Please do not just drop these on the road as they are a slip hazard to those runners behind. Also, please do not throw deep into bushes, as we need to be able to reach the bottles to clear them away!

Lead/Sweep Vehicle There will be a lead car for the 10km, except between 3km-5km where a lead cyclist will take over temporarily due to the narrow Cage Lane. There will be a sweep runner/cyclist.

Building Evacuation In the case of an emergency and building evacuation, a warning sound of continued short bursts from an air horn will be sounded and/or a fire alarm. Please make your way in an orderly fashion to the nearest fire escape or open door and assemble near the finish area.

Approach Roads Due to the races occurring over a long time span we have created a plan of the immediate roads in the village that will be in use by runners, in order to try to implement the best safety for runners, and the easiest progress for you to arrive and depart the parking area. Please see below map:

ALTERNATIVE ROUTE ONCE ROAD CLOSURE IS IN PLACE AT 8AM



OUR SPONSORS

LANGHAM 10KM & 2KM FUN RUN 2019



Dr. Selvan Govender
@ The Avenue
Dental Practice



10KM COURSE MAP

