

The 31st DEANE DLO TAUNTON 10K

www.taunton10k.co.uk

Sunday 24th September 2017 - Start 11.00 am

UK Athletics Rules for Competition– Licence 2017-27408
SEAA Course Measurement Certificate 17/405

BETTER
the feel good place



RUNNERS' INSTRUCTIONS

THE START - The race HQ is at the Blackbrook Pavilion sports centre in Blackbrook Way TA1 4RW in the Holway area of Taunton, signposted from M5 junction 25. (See plan attached).

CAR PARKING will be on the playing field next to Blackbrook Pavilion, behind the new Swimming Pool. Please use the main entrance and follow Marshals' directions. Please do not inconvenience local residents by parking in the adjacent roads, as these form part of the diversion keeping traffic away from the Start. Follow the signs into the Pavilion building.

RUNNING NUMBERS with timing chips will be available for collection on raceday from 8.15am in the Sports Hall at Blackbrook Pavilion.

Please arrive in plenty of time to park, collect and fix on your number before the Start at 11.00am. You need to provide your own safety pins.

Wear your number on your FRONT so it can be seen clearly as you cross the Start and Finish lines.

Limited **CHANGING FACILITIES** are available at Blackbrook Pavilion. Articles are left there ENTIRELY AT OWNER'S RISK. Toilets and limited shower facilities are available within the Pavilion. Additional toilets will be provided at the side of the Finish straight.

THE ROUTE - Assemble at the Start in the road immediately outside Blackbrook Pavilion at 10.50 am. The route proceeds along Blackbrook Way, Chestnut Drive, right into Upper Holway Road, left into Holway Avenue, South Road, Stoke Road (crossing Chestnut Drive) and out into the countryside along narrow roads through Stoke St Mary, turning left at the village hall towards Henlade, left past the golf driving range, through Haydon. At the end of Haydon Lane turn right onto the pavement along Chestnut Drive and Blackbrook Way to the Finish at the Pavilion. Distance markers will be placed at kilometre intervals. Runners are requested to keep to the left hand side of the road at all times (except for the pavement section) and to comply with instructions from Marshals. Some parts of the course are narrow. Roads are NOT completely closed to traffic. The course has been measured using a bicycle fitted with a Jones Counter, as required by UK: Athletics.

IN THE INTERESTS OF SAFETY

- do not run wearing **headphones** – these prevent you from hearing approaching traffic (UK Athletics rules ban these and you may be disqualified)
- please run in **single file** if you hear vehicles approaching from behind
- where directed by Marshals please run on the **footway**
- **no dogs or cyclists** will be allowed to accompany runners
- runners must not take part pushing children in '**buggies**' .



A **WATER STATION** will be located at approx 5.5K. Drinks should be taken whenever possible. Please take only one bottle of water to make sure there are enough for those that are not as fast as you!

St. John Ambulance will provide **FIRST AID** on the course and at the start and finish.

The **FINISH** will be within the Blackbrook Pavilion grounds. First Aid and cold drinks will be available.

RESULTS will be processed and held on computer. Provisional results will be posted at intervals at the Information Point. They will be available via www.fullonsport.com immediately after you finish. Final Results will be published on the event website www.taunton10k.co.uk as soon as possible after the race.

PRIZES will be presented on the day as close as possible to 12.30 pm in the Sports Hall.

There will be an **INFORMATION POINT** in the Sports Hall. Please use this if you have any queries.

Free downloads for this year's races provided by www.photo-fit.net, the **OFFICIAL PHOTOGRAPHERS** for the event. Photos will be published on the www.photo-fit.net website. Register to be notified when your images are online. **If you do not want your photo published** on the website please email enquiries@photo-fit.net (subject: event & race number) or tauntonmarathon@btinternet.com with your running number or on race day leave details at the Information Point.

REFRESHMENTS - Drinks and other refreshments will be available for purchase at the Pavilion complex before and during the race.

ANY LAST MINUTE changes to race arrangements will be posted on the website www.taunton10k.co.uk and emailed to all runners.

We hope you enjoy your visit to Taunton and have a successful run. If you have any queries contact:

*John or Sue Lewis - telephone (01823) 283892
email tauntonmarathon@btinternet.com*