

Dorking and Mole Valley A.C.



BARR Ref. No: 247

DORKING TEN

(UK Athletics rules)

09.00 am. SUNDAY 5th JUNE 2016

Thank you for entering the 31st Dorking Ten Road Race. The event has been organised by Dorking & Mole Valley Athletics Club and incorporates the Surrey Championships Ten Mile Road Race.

RACE NUMBERS – TO BE COLLECTED ON THE DAY FROM RACE HQ

All race numbers (postal and online entry) are to be collected on the day from Race HQ. The timing chip is to be attached to one of your running shoes and returned after the finish to a race helper.

TIME AND PLACE

To be held on Sunday 5th June 2016. The assembly point for the start of the Senior Race is on Brockham Green which is approx 1000 metres from the race HQ. Runners will be informed when they should make their way to the start and will be escorted by race officials from the Big Field. Runners should stay on the Green until requested to step into the road for the start of the race.

LOCATION AND PARKING

The Race Headquarters is the 'Big Field', Dorking Rugby Club, Kiln Lane, Brockham, RH3 7JR. Most travelling by car will use the A25 Dorking/Reigate Road, including those having to use the M25 motorway who should turn off at Leatherhead (Junction 9) or Reigate Hill (Junction 8). Brockham Lane is approximately one mile east of Dorking Town Centre. Motor vehicles must not be parked in the road, but on the 'Big Field' off Brockham Lane. Please park neatly and tightly, as instructed. Please do not use the car park by the race headquarters which is for sole use of the race officials. Vehicles must be kept off the football pitches. In addition, parking is not permitted on Brockham Green for safety reasons.

ENTRY-TEN MILE RACE

All competitors must be 17 years of age on the day of the race to compete in the Senior event. The waterproof number comes with a timing chip and must be worn on the front of your vest. All numbers are to be collected on the day from Race HQ. Alphabetical lists of entrants will be available to assist you find your number. No registration for team entries is required but must comprise same sex, with first four home to count of runners entered on or prior to race day.

CHANGING FACILITIES

Ample changing, toilet facilities and hot showers for both male and female competitors. Valuables and baggage may be left in the baggage tent (at your own risk) and these must be clearly labelled quoting your running number (labels and pens will be provided). Be ready and changed by 08.40 am, and assemble on Brockham Green or on the Big Field as marshals will accompany runners to the start. Warnings will be given by the commentator 10 and 5 minutes before the race. Toilets are available in the Village Hall next to the Start as well as in race HQ.

USE of PERSONAL STEREOS AND MP3 PLAYERS PROHIBITED

As it is your responsibility to follow instructions from the marshals and race officials and not to put yourself or fellow runners at risk, use of MP3 players, iPODS and similar devices is not allowed for safety reasons. Anyone seen to be wearing ear/head phones will be disqualified.

THE ROUTE AND RACE INFORMATION

A pace car will lead the runners around the route and warn other road users a race is in progress.

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The course has been accurately measured at ten miles. Certificate of Course accuracy number SEAA 15/249. The race is a circular route consisting of a small inner loop and a larger outer loop, largely along quite rural lanes although undulating, very scenic. All junctions will be marshalled, with accurate mile markers along the route. The three water stations are at 2.5, 5.5, and 8.3 miles. An ambulance will be stationed on the race route to ensure that medical cover can reach any runner reported to need assistance as quickly and efficiently as possible (can be easier for the ambulance to travel in opposite direction to the runners than trying to pass them). A sweep vehicle will accompany the last runner around the route – **please note that this is a running race and the organisers reserve the right not to accompany anyone who chooses to walk the entire course and to close the electronic timing facility 2 hours 10 minutes after the race start.**

Please accept instructions given by the Marshals who have a difficult job with roads open to traffic. PLEASE TAKE CARE - keep well to the left at all times and be extremely careful on blind bends. The finish is on the 'Big Field', just over 200m after runners enter from Kiln Lane, with the final run-in to the finishing posts straight ahead (away from Race HQ). Your time will be recorded as you cross the line. Please continue running and move into and away from the funnel as quickly as possible. Drinks will again be available in front of the Pavilion. Please note that dogs or wheeled carriages are banned from the race but racing wheelchairs are permitted. Runners must NOT be accompanied or followed by others on cycles (with the exception of the official race sweep) or any kind of motorised vehicle.

PRESENTATION

Prizes will be given to all qualifying runners – if we run out on the day then your prize will be sent on later. Special prizes awarded to the first three men and first three females to finish. **There will be no distinction between seniors and veterans for the main prizes.** However, small trophies will be presented to both men and women the following categories:

1st/2nd/3rd runner in age groups 16-29, 30-39, 40-49, 50-59 and 1st over 60 and over 70

In addition there will be team prizes for the first three men's teams and first three ladies' teams to finish, first four in each team to count. We aim to present all prizes on the day commencing approx. 11.00 am in front of the Pavilion. Trophies will be restricted to one per competitor.

RESULTS

A full set of results will be published and available to competitors. Results will be available on the Sportsystems website and via www.dmvac.org.uk within 24 hours. Surrey Championship race results will be dealt with separately.

REFRESHMENTS/CATERING

We will provide a full refreshment service before and after the race. Dorking & Mole Valley A.C. and any patron or body involved in the organisation of the event will not be held liable for any injury, loss or illness however occasioned resulting from the event.

AVOID DEHYDRATION

The weather at the beginning of June is usually hot and humid and we've had a few incidents of runner's becoming dehydrated. To avoid this, we offer the following basic advice: don't drink alcohol for at least 24 hours beforehand, take on water or preferably an electrolytic fluid or sports drink in small quantities at regular intervals before, during and after the race AND don't wait until you feel thirsty – keep hydrated. More detailed advice can be found on running websites. E.g. <http://www.realbuzz.com/hydration/>.

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