

Race day information

Friday 13th July

**Fun Run: 6:45 pm – start, 300m walk from playing fields
(follow signs)**

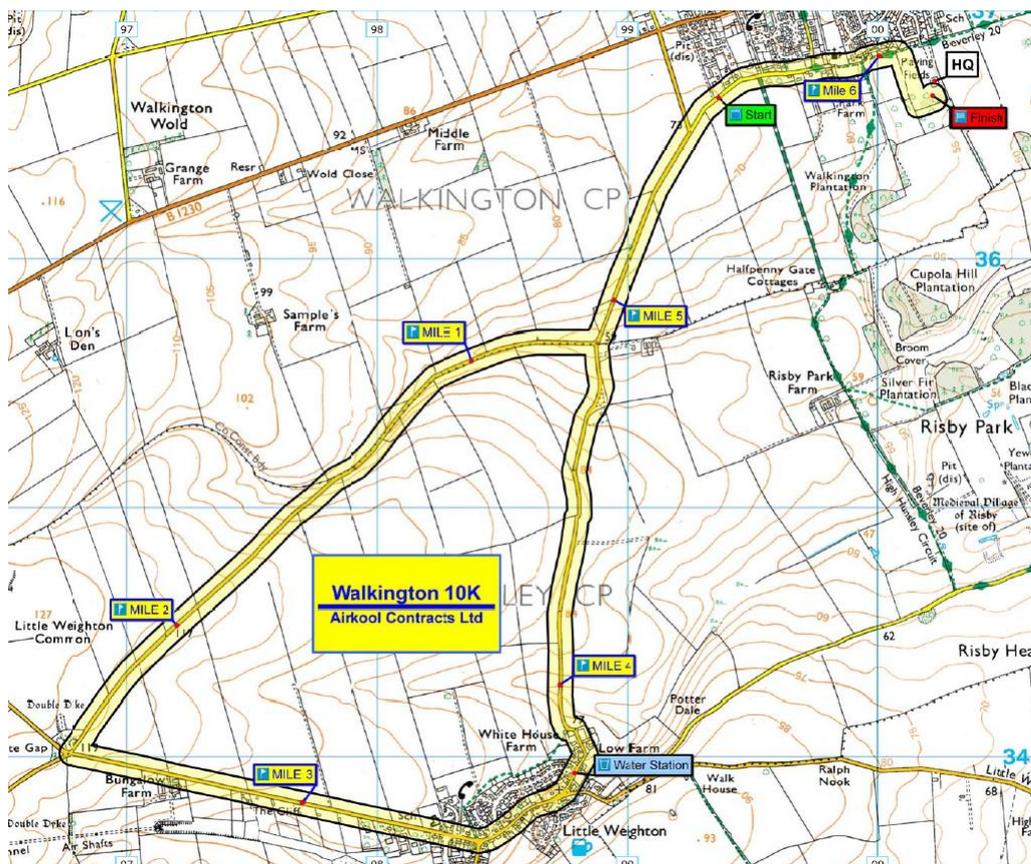
**10km: 7.30 pm – start, 600m walk from playing fields
(follow signs)**

Race HQ

The village of Walkington is located approximately 2 miles south west of Beverley on the B1230. The Race Headquarters is at Walkington Playing Fields, Beech View, Walkington, HU17 8SE. Please follow car park signs in the village and directions given by car park marshals in attendance.

Toilets are available but there are no showers or changing facilities. You do not need to register when you arrive, just be at the start with your tag attached to a trainer and your number on the front of your vest at the times shown below:-

- Fun Run Start: 6.45pm 300m walk from the playing field - follow direction signs.
- 10K Start: 7.30pm 600m walk from the playing fields - follow direction signs.
The finish for both races is on the playing fields.



The 10k route is all road, undulating and will be kilometre marked with a drinks station at Little Weighton (5.5kms)

Safety

Please follow the directions of marshals and police and have due regard for your own safety and that of other road users. Under UKA Rules of Competition you need to be aware of traffic dangers and directions given by officials.

"The wearing of headphones, or similar devices, (other than those medically prescribed), is not permitted" and will lead to disqualification.

Please be aware that runners will have to cross from one side of a road to the other once on leaving Walkington and again on returning from Little Weighton. Unless directed otherwise always RUN ON THE LEFT HAND SIDE OF THE ROAD as the route includes sharp bends on narrow roads particularly after the drinks station as you leave Little Weighton.

Spectators, supporters and early finishers will not be allowed onto the narrow track approaching the NW corner of the playing fields while races are in progress. Due to the unsuitability of the routes, wheel chairs, prams or pushchairs are not allowed.

North East Medical Services will be in attendance and able to respond to incidents. Please contact a marshal if you or a fellow runner requires medical attention.

Our famous cake stall

Don't forget to check out the fantastic choice of sweet and savoury bakes at our famous cake stall. There is something for everyone's taste and requirements and everything is homemade by members of Beverley AC. All money raised will go towards charity. (Bring small change if possible.)

Race Number

The race number enclosed in the mail out must be worn only by the person to whom it is registered.

- Both runners involved in an unauthorised number transfer will be disqualified and banned from future Beverley AC Races.
- The medical/contact information requested on its reverse MUST be completed to meet health and safety requirements.
- Please pin it securely to the FRONT of your vest/t-shirt to ensure your time is recorded as you cross the finish line.

Transfer Requests

If you are unable to run (eg due to injury) and wish to transfer your number to someone you know, please use the edit facility on the sports entry solutions website. Please note you will need to use the same e-mail address that you used when you signed up and your unique reference number. Any financial arrangement relating to a transfer is a matter for the two parties to agree and Beverley AC will not issue refunds. **The deadline for receiving transfer requests is Friday 6th July 2018.** Under no circumstances should a runner be given your number without undertaking this transfer process as this might cause incorrect

allocation of prizes and could cause confusion if an accident or emergency were to occur. If you transferred your place to another runner after Sunday 1st July, the number will be posted out to you and **it is your responsibility to pass the race number and chip timer to the person you transferred to.**

Results and Presentations

Results will be available at <http://www.beverleyathleticclub.co.uk/>

Due to limited facilities on the night prize giving for the 1st three male and female finishers only will take place at approximately 8.15pm. Other prize winners will be informed by post after full results have been verified.

Instructions for correct fitting of your Disposable Pro Trainer Tag

Check your timing chip and make sure that it matches your race number. Our timing chip for running is provided on a self adhesive waterproof strap. This timing chip will be supplied printed with your number. The number should match your race number.



Step 1 & 2

Take the strap and thread through either 1 or 2 laces with the logo and your race number facing outwards as illustrated below.

Step 3

Peel the 3M sticker off and stick the 2 tabs together using the blue square as a guide, ensuring that you have created a loop.

Step 4

Rotate the strap so your race number is visible from the front and the Blue Square part of the timing chip is against your trainer, the shoe tag should now be attached forming a loop through the shoe lace with the race number facing upwards. You can tighten your laces to ensure the tag does not rotate around.

You must ensure that your timing chip forms a loop, if you flatten the chip in anyway you will reduce the effectiveness of the chip and may not get any times.



Failure to attach your timing chip correctly could affect your results, please follow the instructions above.

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