ELY NEW YEAR’S EVE 10K ROAD RACE

Under ARC Rules

At 11:00 am on Thursday 31st December 2015 Little Downham, Near Ely, Cambridgeshire, CB6 2ST

Sponsored by:

www.sweatshop.co.uk

Dear Competitor

Thank you for entering our end of year race. Please read the following information carefully.

Entries
Race entry was on-line only and the race has been full since the end of October. There are no entries on the day. Please ensure your friends and colleagues know this.

Entered runners are listed on the race website:
http://www.elyrunners.co.uk/newyearseve10k/2015/entrylist.pdf with race number, name, age, category and club details. Please check these are correct and if they are not, contact raceentries@elyrunners.co.uk as soon as possible.

Sponsors Stall
We are very grateful to our race sponsors, Sweatshop for their valuable support of our race once again this year. Runners are encouraged to visit a Sweatshop store such as the one in Cambridge to use the 20% discount voucher provided to all race entrants.

Collection of Race Numbers (+ Sweatshop 20% discount vouchers)
Race numbers are to be collected on the day. Please arrive in plenty of time and make sure you know your number. This is available on the race website http://www.elyrunners.co.uk/newyearseve10k/2015/entrylist.pdf entry list.

Race numbers, safety pins, and vouchers will be issued in the Village Hall Race HQ. There will be several issuing desks, each for a specific range of numbers. Please go to the correct desk for your number. There will be a list of names and numbers posted nearby. To avoid delays to others, please do not collect
your race number until you know your number. On the back of your number there is a medical declaration for completion before you pin on your number.

As per ARC Rules, please do not fold, cut or mutilate your number and pin it securely to the front of your vest. It must be visible at all times during the race.

Weather
The race will take place in all but the very severest weather; i.e. dense fog, or continuous sheet ice on the course, or all access roads blocked by snow. The weather forecast is available on http://www.metoffice.gov.uk/weather/uk/ee/cambridge_forecast_weather.html. If uncertain about local weather conditions, please check the race website www.newyearseve10k.co.uk or www.facebook.com/elyrunners or @ElyRunners on twitter

Medical
If you are feeling ill or have a medical condition that makes it unsafe for you to run, please do not do so. The emergency services are not for avoidable casualties. If appropriate, please complete the medical declaration on the back of your race number. St John Ambulance first aid personnel with a first aid unit will be in attendance.

Enquiries Desk, Refreshments & Presentation of Prizes
These are at the Race HQ in Little Downham Village Hall. Please note there are no secure kit areas and runners are responsible for looking after their kit.

Toilets
These are available:
- In the Cricket Pavilion (200 yards down School Lane)
- Adjacent to the Cricket Pavilion (single unit toilets in the in the car park)
- In the Village Hall
- Alfresco away from built-up areas for the discrete – please do not leave plastic bag and paper litter.

Please help the efficient use of toilet facilities by arriving early, minimising the use of toilet paper, and checking all toilet locations for availability.

Changing Rooms & Showers
There are small M & F changing rooms and limited showers (2 male and 2 female) in the Cricket Club Pavilion 200 yards down School Lane.

Local Accommodation
Please contact Ely Tourist Information Centre, Oliver Cromwell’s House, St Mary’s Street, Ely, Cambs, CB7 4HF. Link http://tourism.eastcambs.gov.uk or email tic@eastcambs.gov.uk. Tel 01353 662062, fax 01353 668158. Open Sun-Fri 11am-4pm and Sat 10am-5pm.

Car Parking
Early arrivals will be parked on the tarmac at the Cricket Club (50 cars) and School Lane Paddock (20 cars). After this, drivers will be directed to parking in local roads including Cannon Street, Pond Lane, Lawn Lane, Cowbridge Hall Road, and G A Hobbs’ farmyard.

There are plenty of parking spaces in Little Downham (see below and online http://www.elyrunners.co.uk/newyearseve10k/NYE10K_Parking_Map5.jpg for parking map and instructions) within walking distance of the Village Hall so please arrive in good time and park carefully to allow a wide two-way traffic flow. Please avoid parking in Main Street (especially at or near the village shop) because this is a busy through road. Also, please do not park behind the Village Hall (officials only) or in the narrow School Lane, Anchor pub car park or block any driveways. It is important for the villagers of Little Downham, and the continuation of this popular midwinter race, that parking is done safely and considerately.

Start
The Start is at 11:00 am in Main Street, near to the school. Please assemble on the grass area in front of the school to avoid blocking the road. About ten minutes before the start, Main Street will be closed to traffic and you will be asked to form up in the road. After the start the road bends left and you are reminded that you MUST KEEP TO THE NEAR SIDE OF THE LEFT LANE OF THE ROAD so that it is safe for traffic to overtake.

Finish
The last part of the race is round the back of the village to the Finish on the path behind the recreation area and school. This year we have paid to improve the conditions of this path as the ground was often uneven and
when wet very muddy. We hope this will meet with your approval and aid that final sprint!

**Time Limit**

There is a 1 hour 15 minutes time limit after which remaining runners will be picked up by the ‘Sweep Vehicle’ unless close to the finish. Marshals and first aid will be stood down soon after this time and race entrants who choose to continue will not be protected by the race insurance.

**Running with Dogs**

This is permitted with one dog per competitor. Runners with a dog must start at the back of the field. The dog must be on a lead (*not extendable*) and under control at all times.

**Wheelchairs**

Due to the time of year, the race is not suitable for wheelchairs and they are **not** permitted.

**Audio Equipment (mp3 players and iPods etc)**

*The use of all audio equipment and/or wearing of headphones/earphones is **NOT permitted during the race.*** You risk disqualification and may prejudice the liability insurance cover provided to you for this race if you do so. Audio equipment with earphones seriously inhibits the user from hearing traffic approaching from behind and safety instructions from marshals. **Marshals who see runners wearing headphones/earphones during the race are under instructions to note down those runners’ numbers and report them to race officials.**

**Road Closures**

For the safety of runners **roads have been closed from the start of the race on Main Street up to the first left turn into Lawn Lane only. For the remainder of the race all roads remain open to traffic** and runners must exercise due care.

**Course**

The one lap rural 10k course follows all left hand bends except near the end. It is flat except for a gentle descent soon after the start and a slight climb at 8.5k. The course is very exposed outside the built-up area. All competitors must keep to the left side of the road.

**Encouragement**

In seasonal spirit, Roy Sloane, the Cambridge Bagpiper (*www.cambridge-bagpiper.co.uk*) and formerly of The Black Watch, will play before the start and to encourage you up the hill at 8.5k.

**Finisher’s Ale**

All finishers will receive a 500 ml bottle of traditional British ale, of which there will be assorted types from different breweries. There will be a non-alcoholic bottle of Schloer in various flavours and a soft drink alternative, which is obligatory for finishers under 18 years of age.

**T-Shirt**

Due to cost of improving the finish there will unfortunately not be any T-Shirt’s this year.

**Trophies & Awards**

These will be presented ASAP as follows:

- **1st Man** Engraved pewter tankard + Sweatshop £100 gift card + £30 cash
- **1st Woman** Engraved pewter goblet + Sweatshop £100 gift card + £30 cash
- **2nd Man & 2nd Woman** Sweatshop £50 gift card + £20 cash
- **3rd Man & 3rd Woman** Sweatshop £25 gift card + £10 cash
- **1st Veteran Men & Women (5 years M40-75+, W35-70+)** Sweatshop £10 gift card + £10 cash

**Records**

Course and event record holders are Will Clarke (Cambridge Tri Club) 30:05 in 2009 and Felicity Milton (Woodford Green AC with Essex Ladies) 34:20, also in 2009.

**Results**

The results will be on the race website *www.newyearseve10k.co.uk* and *https://www.facebook.com/elyrunners* soon afterwards.

Finally we ask for your support as we have been asked to keep The Village Hall free of mud, so runners are politely requested to remove their post-race muddy shoes before entering.

Thank you for your understanding and for supporting the race! Above all, have a great run!

Nicky Ester
Race Director