



Race Permit



No. 18/485

Certificate of South of

Course Accuracy

England 2015393



ELY NEW YEAR'S EVE 10K ROAD RACE

Under  Rules

At 11:00 am on Monday, 31st December 2018 Little Downham, near Ely, Cambridgeshire, CB6 2ST

Sponsored by:

www.advanceperformance.co.uk

www.corkerscrisps.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 beginning of December. There are **no entries on the day**. Please ensure your friends and colleagues know this.

Entered runners are listed on this website:

https://chiptimingsolutions.com/events/start-lists.html?event_id=220

With race number, name, gender, and club details. Please check these are correct and if they are not, contact Chip Timing Solutions here: <https://chiptimingsolutions.com/contact/contact-us.html>

Sponsors

We are very grateful to our race sponsors, Corkers Crisps and Advance Performance for their valuable support of our race this year. Runners will receive a packet of Corkers Crisps at the end of the race.

Collection of Race Numbers

Race numbers and chip are to be collected **on the day** in the Village Hall. ***Please arrive in plenty of time.***

Race numbers, timing chips and safety pins 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 and chip.** 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 what it is. On the back of your number there is a medical declaration which we ask you to complete before you pin your number on.

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 if all access roads are *blocked* by snow. The weather forecast is available on http://www.metoffice.gov.uk/weather/uk/ee/cambridge_forecast_weather.html.

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. Please ensure you 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 own kit.

Toilets

These are available:

- Outside the Village Hall (single unit toilets in the in the car park)
- In the Village Hall

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

Due to works at the Cricket Club Pavilion, changing rooms and showers will not be available.

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

There are plenty of parking spaces in Little Downham (see below 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. We are fortunate enough to have the permission of Hobbs yard, outlined on the map below and online.*** Please 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), in the narrow School Lane, Anchor pub car park, or on the village green surrounded by Lawn Lane and Church Way and please make sure you do not 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 considerably.

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 where a race briefing will take place.

The briefing will is to remind all runners that this event is mainly on open roads. It is therefore imperative that every runners do not form groups when running and observe the highway code – This includes that vehicles have priority and should therefore be given that. You will also need to follow marshall instructions and take all necessary precautions to protect yourself from any risks. This includes not overtaking the lead vehicle, which if stopped will be for your safety. Anyone who overtakes the lead vehicle will be disqualified.

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 NEARSIDE 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.

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 PRAMS and DOGS

For the safety of all runners we have made the decision this year that running with prams and dogs is unfortunately **no longer permitted**.

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

Timing

Results this year will be chip timed as will prizes and category awards. Prizes are awarded on the finishing **gun** time.

Encouragement Finisher's Ale

All finishers will receive a packet of Corkers Crisps and a bottle of traditional British ale, of which there will be assorted types from different breweries. There will be a non-alcoholic drink alternatives, which are obligatory for finishers under 18 years of age. **Please take just one bottle of ale/soft drink and once taken please do not return to the beer/crisp table so as to avoid confusion for the marshals and impede recently finished runners.**

Trophies & Awards (one prize per eligible winner)

These will be presented ASAP as follows:

1 st Man	Engraved pewter tankard £130 cash
1 st Woman	Engraved pewter tankard + £130 cash
2 nd Man & 2 nd Woman	£70 cash
3 rd Man & 3 rd Woman	£35 cash
1 st Veteran Men & Women (5 years M40-75+, W35-70+)	£20 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 available via the race website soon afterwards.

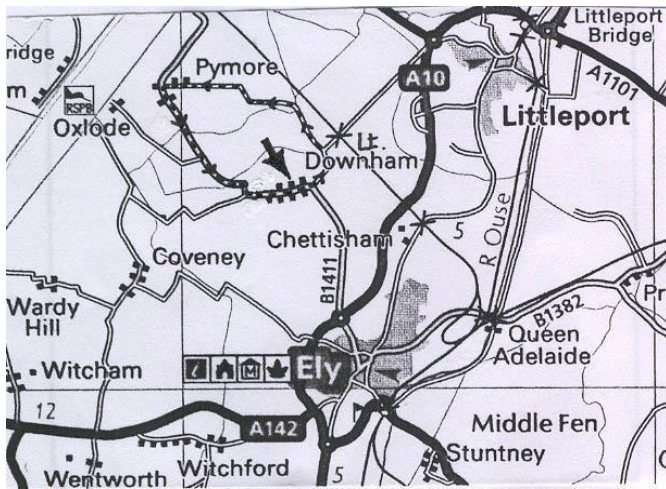
Finally, we ask for your support, to keep The Village Hall free of mud. Runners are politely requested to remove their post-race muddy shoes before entering.

Plastic Free for 2018

This year we are trying our very best to be a plastic free event, using compostable cups and refillable tubs on the route and after the event. To help us with this, please use designated bins in the hall to separate them from other rubbish to enable them to be taken for composting.

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

Charlotte Sygmuta - Race Director

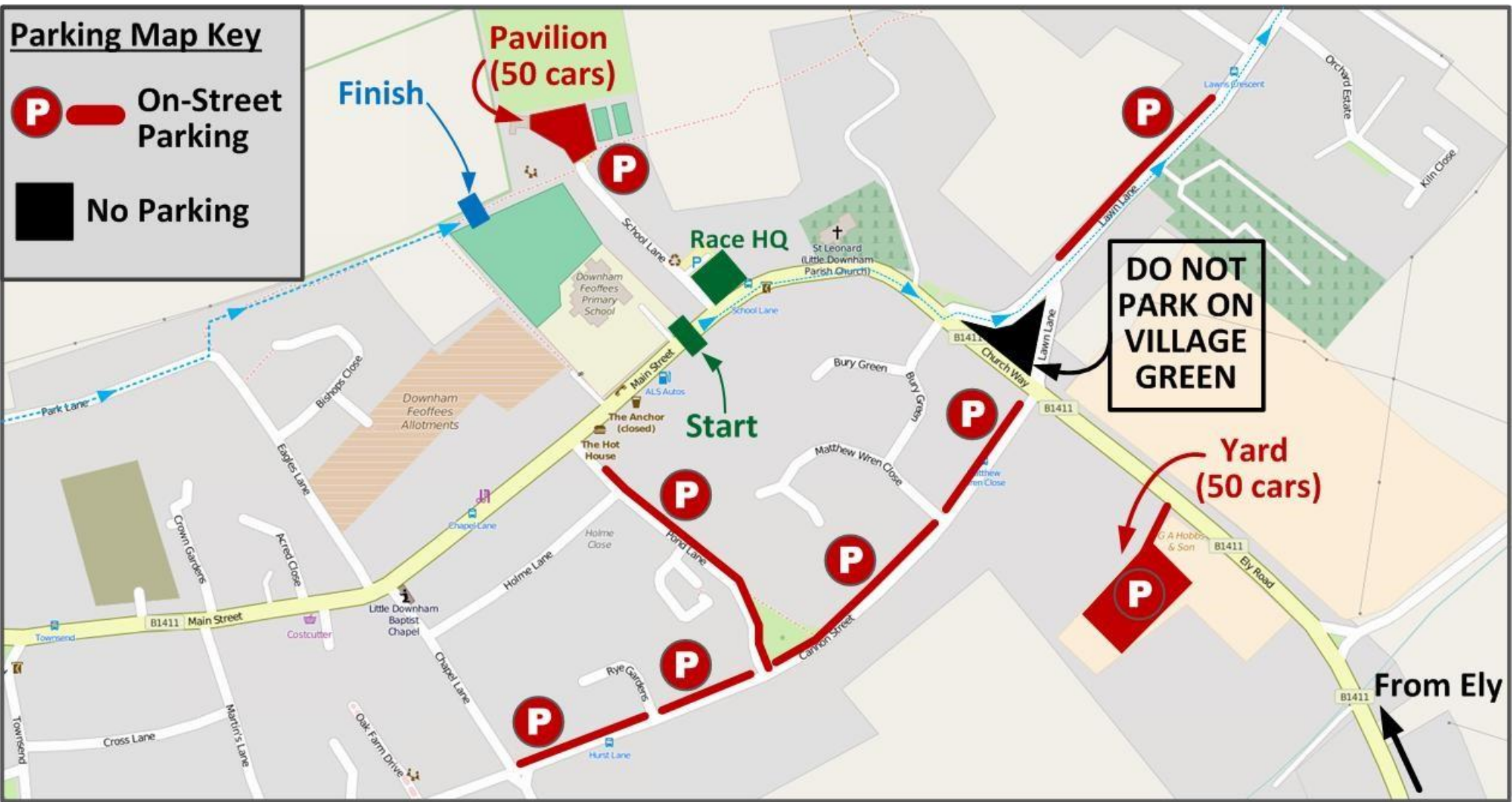


COURSE MAP



Parking Map Key

-  On-Street Parking
-  No Parking



**DO NOT
PARK ON
VILLAGE
GREEN**

From Ely

