

## Thank you for choosing to enter the Cusworth 10K and Fun Run - Sunday 29TH SEPTEMBER 2019.

Doncaster AC proudly presents one of the most popular 10K road races in the region, finishing in the scenic Cusworth Hall Grounds. This year incorporating the South Yorkshire 10K Championships.

The Fun Run starts at 9.45am, and the 10K Race 10.30am, using chip timing technology for accurate race timing in the main race, below are the chip fitting instructions.

High quality long sleeve shirts for all finishers and medals for fun run finishers, with fun trophies for first male and female. Separate prizes for Yorks. Champs.

### Prizes for main 10K:

**£100,£75,£50 cash prizes for first three male and female finishers and a gold salva for male and female winners. Gift vouchers for all vet categories and first under 20 male and female. Also male and female club team prizes. First 3 winners will not qualify for vet category prizes.**

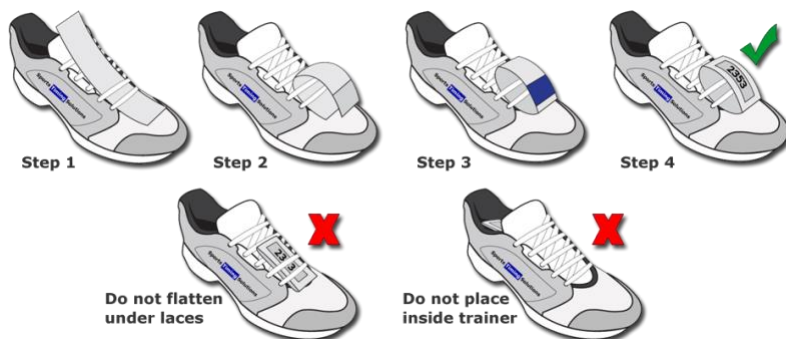
### PLEASE NOTE:

- **THE WEARING OF ANY HEADPHONES IN THE 10K RACE IS STRICTLY FORBIDDEN IN COMPLIANCE WITH UKA SAFETY REGULATIONS. BREACH OF THIS RULE WILL MEAN INSTANT DISQUALIFICATION.**
- **TO QUALIFY FOR TEAM PRIZE CLUB VESTS MUST BE USED.**
- **NO ENTRIES ON THE DAY FOR MAIN RACE.**

**PLEASE VISIT OUR EVENT WEBSITE FOR UPDATED INFORMATION** (<http://www.doncasterathleticclub.com>)

### Timing Chips

This year we will be using a disposable timing chip that is to be fixed onto your trainer. its lightweight and fully disposable. Please ensure that you fit it correctly following the instructions below:



Ensure that the timing chips forms a loop and is not flattened in any way

### Important Event Information

Date: Sunday 29th September 2019

Start Time: Fun Run 9.45am, main race 10.30am.

### Address of Venue:

The race HQ is situated in the grounds of Cusworth Hall, Nr Doncaster DN5 7TU. Open from 9am.

Car Parking is available in the main grounds pay and display or on the grass area it is free but limited.

Please allow plenty of time to park up and reach the start, particularly if you are collecting your number or entering on the day

### Start Area

The start is located on the main road outside the Hall, marshals will supervise all runners to the start area.

### Entries

All entries received prior to Saturday 14TH Sept. will be posted out, after that date numbers must be collected on the day. Entries on the day will be available subject to race entry numbers not exceeding the permit limit.

### Toilets

Toilets are located in the grounds of the Hall

### The Course

The course is well marshalled and involves open roads and a road closure.

### Litter

If you use gels or other sports nutrition on the course please do not litter. Leave any litter, either at the water station or with a marshal or hang on to it and dispose of it responsibly yourself. Your co-operation to eliminate race generated litter would be appreciated.

**Thank-you again for supporting our race**