

## THE SPEN GREENWAY 10K – RUNNERS INFORMATION SHEET

Sunday 11 September 2016 Start 11.00 am

Thank you for your entry for the eighth Greenway 10k. Numbers are sent to SAE postal entries and online entries collect theirs on the day. Pin them on the front of your vest & don't fold cut or mutilate them.

**COURSE** – The accurately measured course starts on the Greenway which is approx 5 minutes walk up Primrose Lane from the Princess Mary Stadium on Bradford Road, the race headquarters. Please use the toilets at the stadium and not the Greenway itself. It is an out and back course with markers every kilometre. It is flat and potentially capable of producing a personal best. Expect to run the last 5 kilometres slightly quicker than the first.

**CAR PARKING** – Adequate car parking is available on site.

**CHANGING FACILITIES** – Changing facilities will be available for both male and female athletes but to avoid congestion you may wish to arrive already changed. Showers will be available after your run. Please be aware that there will not be a secure place to leave your baggage and valuables.

**RESULTS** – These should be available on the day and will also appear on the [ukresults.net](http://ukresults.net) website and the [spenac](http://spenac) website in the few days after the event.

**REFRESHMENTS** – Reasonably priced sandwiches, hot and cold drinks and confectionery will be available to spectators and runners alike.

**RISK ASSESSMENT** – Please note the Greenway is open to members of the public during the race and you are requested to respect their presence. Runners are also requested to run to the left whenever possible, especially at the turn back point where you will be meeting runners coming in the opposite direction. Qualified first aiders will be in attendance. No headphones etc are to be worn.

**MEDICAL INFORMATION** – The race numbers have a medical template on the back which you are advised to fill in, particularly if you have any medical history which the first aiders should be aware of in an emergency.

**PRIZE PRESENTATION** – This will be done as soon as the results are collated.

I hope you have a successful, enjoyable and rewarding morning.

Chris Drake