



SWALEDALE RUNNERS PRESENTS THE RICHMOND CASTLE 10K

SUNDAY 9th OCTOBER 2016

Under UKA Rules –licence applied for

Certified course measurement 10K

Kindly Supported by

**START
FITNESS**



Start time:

11am

Event venue:

The event starts in the public park by the river Swale, known as the Batts, a couple of minutes' walk from Race HQ which is in Richmond Market Hall, Richmond Market Place. The finish is in the grounds of Richmond Castle, by kind permission of English Heritage.

Registration/queries

Numbers are all to be collected on the day from Race HQ between 09.00 and 10.30

Race HQ is Richmond Market Hall where the collection and registration desk will be located. If any entrant has any special requirements, please contact us in advance.

If the race limit is not reached, there may be a small number of entries available on the day but this facility will close at 10.30. On the day entry, if available, will be £15 for both affiliated and unaffiliated runners

Refunds and Substitutions

No refunds can be made.

Race entries are not transferable between runners without the consent of Swaledale Runners. You may not run under someone else's number under any circumstances. Failure to comply with this rule will result in disqualification.

If you do wish to transfer your number, you must contact the Entries Secretary. All substitutions must be completed before on-line entries close at midnight on Thursday .6th October. No on the day substitutions.

Event parking

Please use the public car parks situated within the town of Richmond. There is limited disc parking in Richmond Market Place but the public car park at Nuns Close

is the best place to park for a charge. This car park is a few minutes' walk from Race HQ.

Toilets

There are public conveniences in Nuns Close car park and limited conveniences at Race HQ in Richmond Market Hall. There are no toilet facilities at the start of the race. At the request of English Heritage we must insist that participants refrain from urinating anywhere in the Castle grounds. English Heritage are very generous in allowing us to use the Castle grounds so please do not spoil our chances of being able to stage the race again next year.

Other facilities

Runners wishing to leave their bags may do so at the Market Hall, but at their own risk. Please note that the Market Hall is open to members of the public on the day of the race and CAMRA are running a beer festival from the same venue, so that the Market Hall will be busy, there is very limited space and there will be no secure area for bags. There are **no** changing or showering facilities at the Market Hall.

Participant information

Please fill out the medical information form on your race number, including emergency contact number. Please do not fold, cut or mutilate these numbers and please place them on the front of your running top. All entrants must wear their race numbers.

The course

The start is in the public park adjoining the River Swale called the Batts. This is next to Mercury Bridge on the Richmond town side of the River Swale and is a couple of minutes' walk from Richmond Market Place towards Richmond Station. The first 100 metres is on grass and footpaths then will proceed mainly onto pavement and road surfaces. Runners must run on the left hand side of the road at all times unless otherwise directed by our marshals. The course will be marked with km signs.

Hydration station

Water will be available at approximately the 5km point. Water will also be available at the finish.

The finish

Runners are requested to keep moving once they have passed the finish line and to stay in their correct position until they are out of the recording funnel.

Event briefing and safety

This will take place shortly before the race when all participants are gathered at the start in the Batts. As this race takes place on the public highway, great care must be taken on the roads – be prepared to stop if necessary and obey any instructions from our marshals. Take care when running up through the Market Place at the finish as the Market Place is not closed to traffic. Please be courteous to others as they may be unaware that there are runners approaching.

Please note that no headphones or earpieces may be worn – if these are worn, you may not hear instructions from marshals and you may be a danger to other runners and pedestrians. Participants ignoring this rule will be disqualified.

First aid

First aid facilities will be available. There will be a lead bike/car for all of the race and a sweep vehicle to follow. If you have to retire from the race for any reason, please wait or speak with a race marshal and please report your retirement to Race HQ.

Presentation and results

The presentation of prizes will take place in Richmond Market Hall at approximately 12.30. Results will be placed on the Swaledale Runners website as soon as possible. Please note that in order for participants to be eligible for team prizes, they must wear their club vests.

Updates

Please check the Swaledale Runners website for any updates. In the event of cancellation or postponement, notice will be posted on the Swaledale Runners website and if possible through announcements on local radio stations. In the event of postponement, we will transfer your entry to the rescheduled date and in the event of cancellation where there is no rescheduled date, we will refund entry fees only. If a participant cannot make a rescheduled date following postponement, we will refund entry fees only. The emergency contact number will be posted on the Swaledale Runners website. Please check the Swaledale Runners website before the race to prevent unnecessary travel in the event of cancellation or postponement as Swaledale Runners are not liable to refund any travel or accommodation costs of participants should the race be cancelled or postponed where notice has been given on the Swaledale Runners website.

Race declaration

By entering this race participants have made a declaration as set out on the entry form including an acknowledgment that they are medically fit to participate. Please remember that this declaration applies on the day of the race as well as on the day you entered. Photographs of the race may be taken for publicity purposes and by participating in the race you agree as follows: I understand that my image may be used and I give permission for it to be used.

By participating in this race, participants also declare and agree as follows: I agree to follow the instructions of the race organiser, to adhere to the safety briefing to be given at the start of the event and to follow the instructions of marshals.

For participants under the age of 18, they will only be allowed to participate in this race if the permission of their parent or guardian is received and that parent or guardian signs the entry form to give their permission. Swaledale Runners will not permit those under the age of 18 to participate if this permission is not given.

If you are running for your 2nd claim club, by entering you certify that your 1st claim club has no objections.