

We hope you are looking forward to joining us at the 24th Tholthorpe 10k on Sunday 1st September 2019. We hope you have a fantastic day and join us for many more in the future.

Here is some information to help you on the day. Should you have any questions on the day there will be plenty of marshalls and volunteers, all looking dapper in their orange vests, to help.

#### Car Parking

Car parking is signed and marshalled off the Raskelf Road, as in previous years. If you use a satnav postcode YO61 1ST will take you there. It is a

short walk to the centre of the village from there. For disabled parking speak to marshalls at the car park and they will find you a place as close

to the village as possible.

#### Number Collection

This will once again be in front of the New Inn from 0930. Simply tell us your name and we'll quickly find your number. This year is our first using chip timing, which will be attached to the rear of the numbers.

#### Toilets

These will be at the village hall. There are porta loos and urinals outside, along with the toilets in the hall itself.

#### Bag Drop

There will be a bag drop on the village green should you wish to use it. Simply label with the provided tags and collect by showing your number

bib.

#### Start Position

This is a couple of hundred metres from the New Inn, on Flawith Road (just before the Back Lane junction). Start time will be 11.a.m., with a gun start. The start is signed from the village green with large arrows.

#### Road Safety

The run is on quiet rural roads but please bear in mind that they are not closed to traffic. We close the Flawith Road for the start and until runners are all clear however please do heed marshalls' instructions for your and other runners safety. We guide runners to one side of the road to keep traffic safely away from us all.

#### Medical Assistance

If you or another runner needs medical assistance please speak to the nearest marshal. They will telephone the doctor and first aiders to help you. If you don't need medical assistance but are injured or unable to finish the run please also speak to a marshal and we will arrange for a tail car to collect you and take you back to the finish area.

#### Finish Area

The run finishes after a lovely downhill stretch on the village green. As you clear the finish area, to rapturous applause, you will be handed your famous Tholthorpe 10k finishers mug.

#### Prize giving

This will take place in front of the village hall at approximately 12.30. In common with our runs each runner will only win one prize (it stops, for

example, one person winning fastest age group, fastest local and fastest man or lady). In addition there are cash prizes waiting for anyone beating the current course records.

There are lots of age categories, team prizes and a couple of spot prizes kindly donated by Up and Running, another of our sponsors. It will take place on the grassed area near the village hall so is also ideally placed for the cakes, teas and sandwiches.

#### Photographer

One of our residents, Tom Sawyer, is a pro photographer and has offered to take photographs and sell them at a very reasonable rate in order

to support our village event. He will be taking photographs of runners on the course and will upload them to the web link below.

Also, if you want to have a team photo taken, or a picture with friends, family or on your own, he will be under the finish banner from 0930 -

1045 to take photos on request. Again, these photos will be on the website once they are uploaded after the race. He should be easy to pick out - he'll be the man in a hi-vis vest with a large camera in his hand near the finish banner.

The web link is <http://tomsawyerphotography.zenfolio.com/th10k2018>

#### Refreshments

There will be tea, coffee, home made sandwiches, cake and other treats available in the village hall to refuel after the run. The grassed area between the hall and pond is very pleasant to sit afterwards and is also where we hold the prize giving.

#### Feedback

We are always looking for ways to make the run more enjoyable and encourage new runners to join us so feel free to send us your thoughts after the race.

I'm sure we speak for all our helpers in thanking you for supporting this fabulous event and we all look forward to seeing you at the run.

Tholthorpe 10k committee