

# Dorking and Mole Valley A.C.



BARR Ref. No: 247

## DORKING TEN

(UK Athletics rules)

**10.00 am. SUNDAY 23<sup>rd</sup> MAY 2010**

Thank you for entering the 25th Dorking Ten Road Race. The event has been organised by Dorking & Mole Valley Athletics Club and incorporates the Surrey Championships Ten Mile Road Race.

### **RACE NUMBERS – TO BE COLLECTED ON THE DAY FROM RACE HQ**

All race numbers (postal and online entry) are to be collected on the day from Race HQ (see below).

### **TIME AND PLACE**

To be held on Sunday 23<sup>rd</sup> May 2010. The Junior Fun Runs will start at 10.15 am after the Senior Race at 10:00 am. The assembly point for the start of the Senior Race is on Brockham Green which is approx 1000 metres from the race HQ. Runners will be informed when they should make their way to the start and will be escorted by race officials from the Big Field. Runners should stay on the Green until requested to step into the road for the start of the race. The Fun Run starts on the 'Big Field'.

### **LOCATION AND PARKING**

The Race Headquarters is the 'Big Field', Dorking Rugby Club, Kiln Lane, Brockham, RH3 7JR. Most travelling by car will use the A25 Dorking/Reigate Road, including those having to use the M25 motorway who should turn off at Leatherhead (Junction 9) or Reigate Hill (Junction 8). Brockham Lane is approximately one mile east of Dorking Town Centre. Motor vehicles must not be parked in the road, but on the 'Big Field' off Brockham Lane. Please park neatly and tightly, as instructed. Please do not use the car park by the race headquarters which is for sole use of the race officials. Vehicles must be kept off the football pitches. In addition, parking is not permitted on Brockham Green for safety reasons.

### **ENTRY-TEN MILE RACE**

All competitors must be 16 years of age on the day of the race to compete in the Senior event. The waterproof number comes with a timing chip and must be worn on the front of your vest. All numbers are to be collected on the day from Race HQ. Alphabetical lists of entrants will be available to assist you find your number. No registration for team entries is required but must comprise same sex, with first four home to count of runners entered on or prior to race day.

### **CHANGING FACILITIES**

Ample changing, toilet facilities and hot showers for both male and female competitors. Valuables and baggage may be left in the baggage tent (at your own risk) and these must be clearly labelled quoting your running number (labels and pens will be provided). Be ready and changed by 09.40 am, and assemble on Brockham Green or on the Big Field as marshals will accompany runners to the start. Warnings will be given by the commentator 10 and 5 minutes before the race.

### **USE of PERSONAL STEREOs AND MP3 PLAYERS PROHIBITED**

As it is your responsibility to follow instructions from the marshals and race officials and not to put yourself or fellow runners at risk, use of MP3 players and similar devices is not allowed for safety reasons.

### **THE ROUTE AND RACE INFORMATION**

A pace car with clock will lead the runners around the route and warn other road users a race is in progress. The course has been accurately measured at ten miles. Certificate of Course accuracy number SEAA 07/022. The race is a circular route consisting of a small inner loop and a larger outer loop, largely along quite rural lanes although undulating, very scenic. All junctions will be marshalled, with accurate mile markers along the route. The three water stations are at 2.5, 5.5, and 8.3 miles. An

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ambulance will follow the runners around the route, parking up at a number of locations along the route to ensure that medical cover can reach any runner reported to need assistance as quickly and efficiently as possible (can be easier for the ambulance to travel in opposite direction to the runners than trying to pass them). A sweep vehicle will accompany the last runner around the route – **please note that this is a running race and the organisers reserve the right not to accompany anyone who chooses to walk the entire course and to close the electronic timing facility 2 hours 10 minutes after the race start.**

Please accept instructions given by the Marshals who have a difficult job with roads open to traffic. PLEASE TAKE CARE - keep well to the left at all times and be extremely careful on blind bends. The finish is on the 'Field' in front of the Rugby Pavilion. Having entered the 'Field' there is a slight dog-leg for the final run-in to the finishing post. Your time will be recorded as you cross the line. Please continue running and move into and away from the funnel as quickly as possible. Drinks will again be available in front of the Pavilion. Please note that dogs or wheeled carriages are banned from the race which is unfortunately also unsuitable for wheelchairs. Runners must NOT be accompanied or followed by others on cycles (with the exception of the official race sweep).

## **PRESENTATION**

Prizes will be given to all qualifying runners – if we run out on the day then your prize will be sent on later. Special prizes awarded to the first three men and first three females to finish. **There will be no distinction between seniors and veterans for the main prizes.** However, small trophies will be presented to both men and women the following categories:

1st/2nd/3rd runner in age groups 16-29, 30-39, 40-49, 50-59 and 1st over 60 and over 70

In addition there will be team prizes for the first three men's teams and for the first three ladies' teams to finish, first four in each team to count. Assuming there are no problems with the chip timing data, we will be able to present all prizes on the day commencing approx 12.00 pm in front of the Pavilion. Trophies will be restricted to one per runner.

## **RESULTS**

A full set of results will be published and available to competitors. Results will be available on the website [www.dmvac.org.uk](http://www.dmvac.org.uk) within 24 hours. Surrey Championship race results will be dealt with separately.

## **ENTRIES - JUNIOR FUN RUN**

Entries on the day and online in advance. Open to all from 5 to 16 years, distances 350m, 800m and 2.5km depending on age. Entries close at 10.00. Age groups are in two year bands based upon the school year. The races will commence in corner of main field at 10.15 am prompt. After one lap of the field, the U14 and U16 runners turn westerly into Kiln Lane, then easterly into Old Reigate Road, then south into Mill Hill Lane (an unmade bridleway), to finish back in front of the Pavilion using the main race funnel. The first boy and girl to finish will receive an engraved trophy.

## **REFRESHMENTS/CATERING**

We will provide a full refreshment service before and after the race. Dorking & Mole Valley A.C. and any patron or body involved in the organisation of the event will not be held liable for any injury, loss or illness however occasioned resulting from the event.

## **AVOID DEHYDRATION**

The weather at the beginning of June is usually hot and humid and we've had a few incidents of runner's becoming dehydrated. To avoid this, we offer the following basic advice: don't drink alcohol for at least 24 hours beforehand, take on water or preferably a electrolytic fluid or sports drink in small quantities at regular intervals before, during and after the race AND don't wait until you feel thirsty – keep hydrated. More detailed advice can be found on running websites. E.g. <http://www.realbuzz.com/hydration/>

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