



West Pinchbeck 10k Race Day Information

Halmer Harriers are proud to be hosting the West Pinchbeck 10k for the second year.

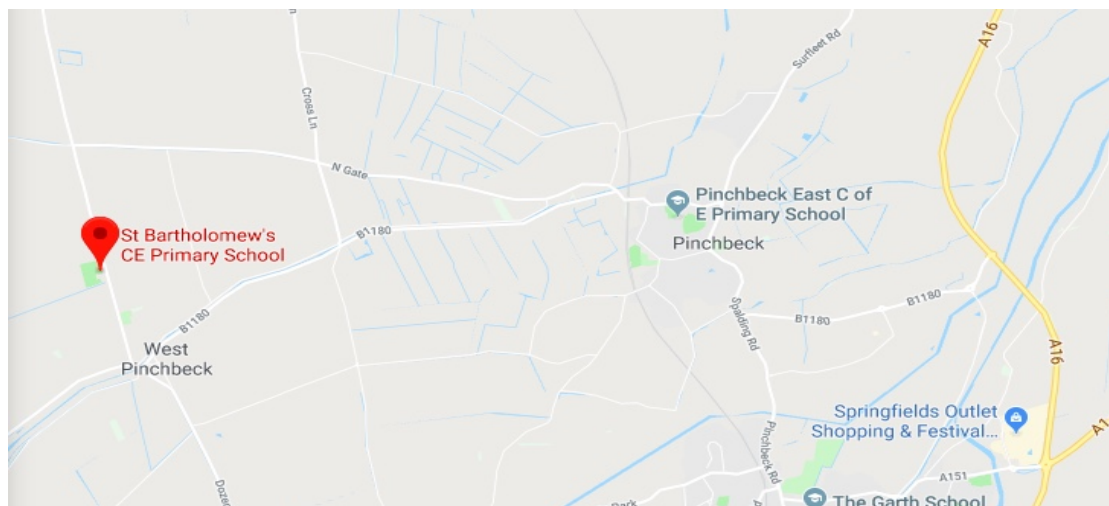
We would like to thank the following companies and organisations for making the event possible.

Robsons for being our race sponsor, Duncan and Toplis for being the Halmer Harriers club sponsor, Advance Performance for being our race bib sponsor, Tesco, Morrisons, The Co-operative and Sainsbury's for donating water, Worldwide Fruit for donating fruit and Sublime Racing for providing chip timing services.

Of course a massive thank you to our marshals and volunteers for making this such a great event and most of all, thank you to everyone for entering.

Event Location:

St Bartholomew's CE Primary School
 Leaves Lake Drove
 West Pinchbeck
 Lincolnshire
 PE11 3QJ
 (Map attached)



Event Date and timetable:

Sunday the 22nd of September 2019

Number collection – From 08:30 to 10:00

Race safety briefing – 10:25

Race start – 10:30

Award ceremony – Post race, time TBC

Parking:

Parking is located at the West Pinchbeck Village Hall, which is a 5-minute walk to registration and number collection at St Bartholomew's CE Primary School. You may be directed to an alternative car park if this one becomes full.

Number collection:

Race numbers and reusable timing chips are to be collected from the school hall from 08:30 to 10:00. Please fill in the rear of the bib number with your personal emergency information. Safety pins will be provided.

Transfers:

As per our terms and conditions, transfer of entries is not permitted. This is so we know that the information provided relates to the person wearing the number.

Bag storage:

An unlocked room will be available within the school where you may store your bag, however this is at your risk and the club will not be held responsible for it's security.

Toilets:

Portaloos will be sited in the school playground area and limited additional toilets will be available within the school.

Weather:

The race is near the end of September and we can expect the weather to be changeable, so please bring appropriate clothing for the day. We don't expect exceptional weather that could cause the race to be cancelled, however we will be conducting a final risk assessment on Saturday the 21st September.

First Aid:

Cascare will be providing first aid services throughout the course of the day.

Start line:

The start line is a 2 to 3 minute walk from the school a little further down Leaves Lake Drove, the race route direction from the start line will be back towards the school. The race safety briefing will be held at the start line at 10:25.

Race safety brief:

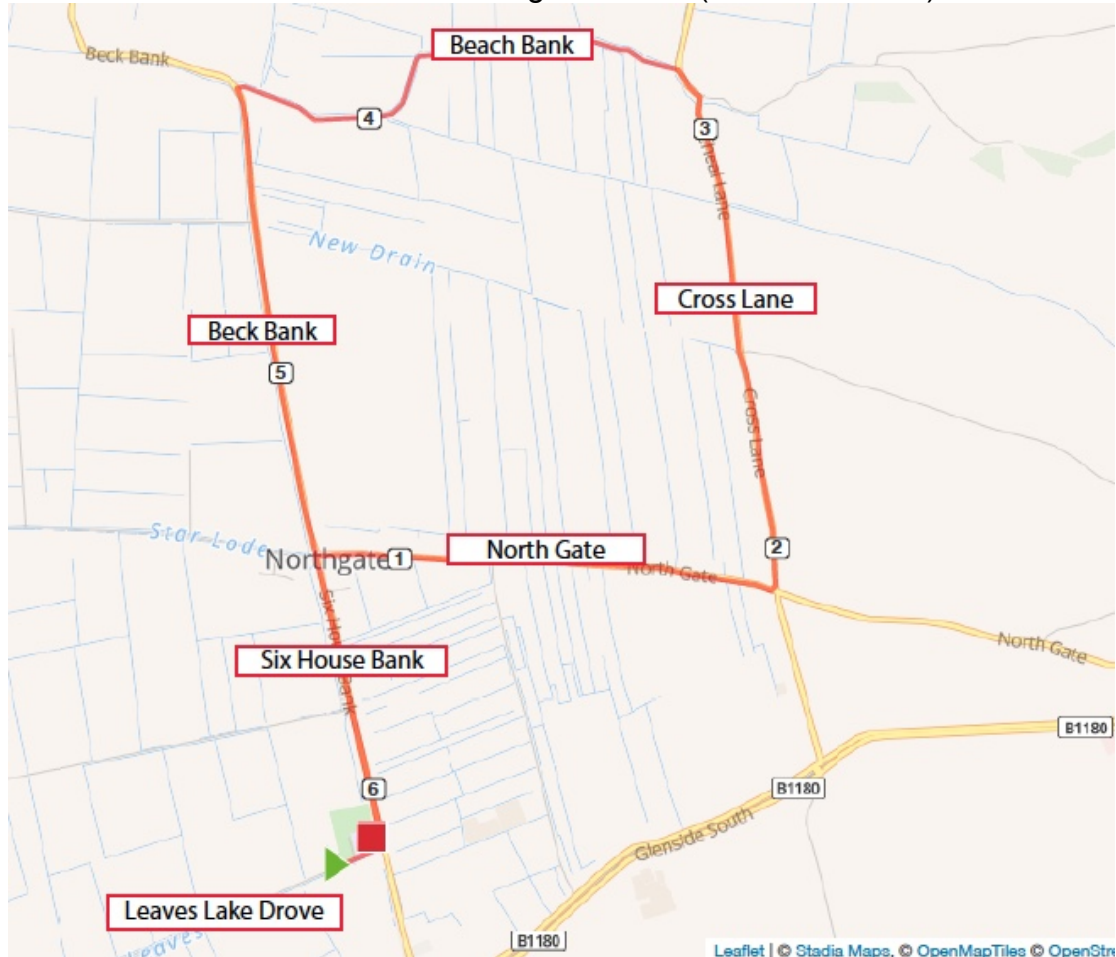
The race safety brief will be held at 10:25, all competitors must attend the briefing at the start line.

Race Start:

The race will be started at 10:30, notwithstanding problems outside of our control.

The route and traffic:

The route is on open flat country roads that are open to traffic, so please stay on the left hand side of the road unless advised otherwise by the marshals. There will be Kilometer markers along the route. (Route attached)



Headphones:

As this is a **NOT** a closed to traffic road race, only headphones of the “Bone Conductor” variety are permitted. Anyone seen using over or in ear headphones will be disqualified. This is for **your** safety.

Water station:

There is one water station just after the 5k marker providing bottled water, you will also receive bottled water in your goody bag after you cross the finish line.

Finish line:

The finish line is within the school grounds following two sharp bends, and of course marshals will guide you. After crossing the finish line you will receive a kit bag containing your medal, bottled water and other goodies. Please do not hang around the finish line, but continue walking around the back of the school on the grassed area to allow room for other finishers.

Cut-off time:

There is a cut-off time of 2 hours for this race, if you are unable to complete the race within this time please revert to normal pedestrian rules remaining on the public footpaths where possible

Food and drink:

The school's PTFA will be selling food and drink on the day for both runners and spectators.

We look forward to seeing you on the day.