

## RACE INFORMATION

### SCHEDULE

Each race will be announced in good time. Start times for all but the first child's race are approximate and subject to change, so please make sure you are near the start well before your race is scheduled to begin.

8.00am	Information Tent will be open – <b>THERE WILL BE NO LATE ENTRIES ON RACE DAY</b>
9.00am	Baggage Tent will open – runners leave their belongings at their own risk.
9.40am	Aerobic Warm Up for 10k runners
10.00am	Adult 10k starts
11.45am	10k Prize Giving Presentation
12.10pm	Under 6 boys' race starts (4-5 year olds)
12.30pm*	Under 6 girls' race starts (4-5 year olds)
12.50pm*	Under 8 boys' race starts (6-7 year olds)
1.05pm*	Under 8 girls' race starts (6-7 year olds)
1.20pm*	Under 10 boys' race starts (8-9 year olds)
1.35pm*	Under 10 girls' race starts (8-9 year olds)
1.50pm*	Under 12 boys' race starts (10-11 year olds)
2.05pm*	Under 12 girls' race starts (10-11 year olds)
2.20pm*	Under 16's race starts (12-15 year olds – boys and girls and children with mobility difficulties)

\*approximate timings, please listen for announcements

Prize giving for the children's races will take place immediately after each race.

### START AND FINISH

The start and finish of all races will be in Priory Park, Middle Lane, N8, and is clearly marked with a START/FINISH banner.

### THE 10K COURSE

Download a copy of the route by clicking on: *10k route 2010*. Although Community Police and race officials will be marshalling the route there will still be traffic on the roads. Please therefore take special care and look out for Police and marshal's directions. Runners on their way back to Priory Park after their second lap, should cross Priory Road at the crossing with Danvers Road, as directed by the Community Police. Failure to follow these directions could lead to your disqualification.

**WEARING OF IPODS/MP3s DURING THE RACE IS STRONGLY DISCOURAGED.** Marshals are there for your safety, and if you cannot hear them you put yourself in danger and jeopardise others.

### CHILDREN'S FUN RUN

The children's race is a one-mile long, figure of eight circuit completely contained within Priory Park. There will be a total of nine children's races. The final race is the U16's at

approximately 2.20pm, and is suitable for children of all ages with mobility difficulties or for wheelchair users. Approximate start times are shown above. Each race will be announced and children will be called to the start at the appropriate time. Please ensure that your child(ren) are there in good time before their race, and that he/she runs in the correct race for their age group. **Running in the wrong race can mean disqualification.** Smaller children should start at the back for safety reasons. Parents and siblings may jog around with small children as it can be quite daunting for them. However, please do not wear your timing tags to accompany others as this will confuse the race results. **Any parent seen “pulling along” their child will be stopped and their child disqualified.**

### **CHIP TIMING TAGS AND RACE NUMBERS**

You must wear both your race number and timing tag to get an official finish time. Your number and timing tag are a set, with the corresponding race number appearing on the envelope containing the correct tag. If you have multiple entries for your household, please make sure the tags are kept with the relevant race numbers as it is impossible to tell which is which once they are removed from their envelopes. We will charge £5 each to replace tags that have been lost or mixed up.

The timing mats at the START/FINISH will record all tags passing over them, so **ONLY WEAR YOUR TAG FOR YOUR OWN RACE.**

All tags will need to be removed and handed in after your race. A team of people will be clearly located at the end of the finish funnel to help you remove your tag. You should then take your tag to the Information tent where it will be exchanged for a race t-shirt. **YOU WILL NOT BE ABLE TO COLLECT YOUR RACE T-SHIRT WITHOUT YOUR TIMING TAG.**

Instructions for attaching your tag to your shoe are on the outside of the envelope it comes in. If your shoes have fastenings that do not allow easy attachment, please place the tag in the sole of your shoe. **DO NOT PLACE THE TAG IN YOUR SOCK** – tags must be attached horizontally.

### **TOILETS, STORAGE AND SHOWER FACILITIES**

There will be portaloos close to the START/FINISH area, as well as next to the Fun Yum Café in Priory Park. There will be a baggage tent in the Park where runners can leave their belongings at their own risk. More toilets, shower and storage facilities are also available in the Fitness Centre – a short walk of 1,000m away on the corner of Elmfield Avenue and Tottenham Lane N8.

### **REFRESHMENTS FOR RUNNERS**

All runners receive a delicious doughnut, a race tradition generously donated by Dunn’s Bakers of Crouch End, and free tea, coffee or juice. Please wear your race number to qualify for these refreshments.

### **MEDICAL AID**

St John Ambulance personnel will be in attendance close to the START/FINISH area from 9.00am-3.30pm with a treatment tent and ambulance and personnel also available in Alexandra Park. However, if you are feeling unwell on race day, please don’t run!

**T-SHIRTS and PRIZE GIVING**

All race finishers can exchange their timing tag for a well-earned finishers T-Shirt. Adult prize giving will be held from the stage in the park at 11.45am for the 10k and immediately after each race for the children's races.