



LYMM RUNNERS



High Legh Robert Moffat Memorial 10k

11.00am on Sunday 9th March 2014

Runners' Briefing and Instructions

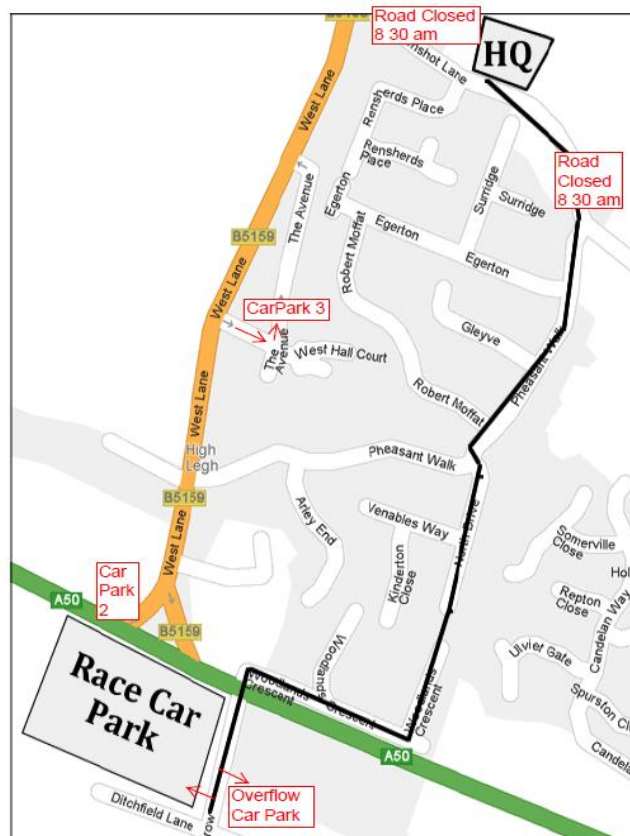
Thank you for entering the 2014 race – the High Legh community, High Legh Community Association and Lymm Runners welcome you and hope you have an enjoyable and safe race. Please read these instructions carefully and bring them with you on the day.

Before Race Day: The websites www.highleggh.org.uk and www.lymmrunners.org.uk include this runners' briefing, the race rules, a map of the route and any necessary updates. Please check either website from Friday 7th March for important updates, especially if the weather is bad (high winds, snow, ice, etc). If you need to contact us, email us on highleggh10k@lymmrunners.org.uk. As well as updating the website, we will use email to contact you if we have an unforeseen emergency. Further race details will be posted on a notice board at HQ on the day.

Race HQ and Start/Finish: At High Legh Primary School, Wrenshot Lane, High Legh, WA16 6NW. Please note that Wrenshot Lane by the HQ is closed to all vehicles on race day (except to Wrenshot Lane/Rensherds Place residents) from 8.30am. There is no parking available by the school - see car park information and map below.

- Toilets: A block of 12 cubicle style toilets will be located at the back of the school in the main playground.
- Refreshments and Snacks: Are being provided by the PTA from the School Hall from 9.30am. All proceeds benefit the children at High Legh Primary School and your support is much appreciated.
- Baggage Storage: There is limited supervised storage for race baggage, accessed by a side door from the main playground. We ask you to minimise the amount of baggage to be stored and we stipulate that all personal belongings are left at your own risk.
- Start and Finish: are on Wrenshot Lane in front of the School. In order to reduce congestion at the finish, please keep on moving beyond the finish line to pick up your goody bag.

Race Parking: For all cyclists, there is a bike stand in the school playground behind the school building. By car, follow the signs to **High Legh Garden Centre, Halliwell's Brow, High Legh, WA16 0QW**. Go first to the main car park (see map) which opens at 9am. Follow the car park signage and direction from parking marshals. We have four car parks in total and you will be directed according to availability. Please do not park on the road or directly in front of the Garden Centre building, because that is reserved for their customers. Follow the instructions of the car park marshals to ensure that we maximise the space available. We ask you not to block any driveway, or park on any grass verge, narrow pathway or residential street in High Legh, because this will compromise the safety of pedestrians and lose the race our cherished goodwill with the local community. This includes in particular Rensherds Place, Gleyve and Surridge. We appreciate your co-operation. The route to race HQ is signposted from every car park location. There will be a marshal to help you cross the A50, but please take extra care. Allow 10 minutes to walk to HQ.



Registration and Your Race Number: Collect your personal race number/timing chip from the registration desk at Race HQ from 9.30am. Your Race Number is strictly not transferrable to anyone on the day. There is no race entry on the day.

- Be there early to register, and to speed collection, join the appropriate queue based on your surname. You should be registered by 10.30am at the latest – don't leave it too late!
- Once you have your number, fill in your medical details on the reverse.
- Pin your number securely to the front of your race top with 4 safety pins (provided) immediately to keep it safe and undamaged. Ensure your number is visible throughout the race.

Assembly, Briefing and Start: Be ready to assemble for the race start from 10.45am, and listen for announcements.

- The start area will have zones with approximate race finish times. The Race Director encourages you to assemble in the appropriate zone because it offers everyone the opportunity to run at their speed from the start rather than having faster runners trying to overtake slower ones. It does also make the start much safer for everyone.
- A final race briefing will be given at 10.50am by the Race Director. Listen carefully and follow his instructions.
- The race will start promptly at 11am. We cannot wait for individuals due to lateness, the race will only start late if the race officials or any aspect of the course dictates a delay.

The Course: Is a measured certified 10km course (certificate 08/570) and comprises one lap on road and pavement except for a very short stretch along a grass path at 8km. Although there is normally little traffic in the lanes on Sunday morning, you must be vigilant at all times as the roads remain open. The only road closures are the start/finish straight on Wrenshot Lane and the 1st km loop around Pheasant Walk. Please take extra care at:

- 2.8km for 300 metres along the A50 – this is a very busy road and you must stay on the pavement at all times.
- 4.7km on Chapel Lane – for approx. 400 metres of this narrow road where there are blind bends.

A Water Station and First Aid position are close together on Back Lane, at 5.5 km. See the Course Map at the Race HQ on the day or view the [online course map here](#).

MP3 and Other Audio Players: Please note that it is against our and UKA race rules to listen to devices which impair or impede your hearing and these must not be worn during the briefing or race. This rule is primarily for your own safety and that of other race entrants and road users. It is vital that you can clearly hear traffic and ALL instructions so that you can act on them promptly. You run the risk of disqualification from the race referee if you are in breach of this rule.

Marshals: All marshals are volunteers from the local community and are very friendly and encouraging. Their primary role is your safety. During the race, listen carefully to any instructions from them and act promptly if required. They are there to help you. If you are unwell, injured or wish to return to HQ contact the nearest marshal. There is a sweep vehicle following the last runner to bring you back or we will make other arrangements if you have a medical emergency.

Results: You will receive your official time recorded as displayed on the race clock at the finish (gun time). All prize categories will be allocated on gun time, not chip times. You will also receive a chip time and this can be printed at the finish from our timing partner located close to the finish area. The provisional finish times will be shown on the race websites within 24 hours. Please contact highlegh10k@lymmrunners.org.uk if you think that the time recorded for you is incorrect and we will check our records and the video.

Prize Giving: Trophies will be awarded to first male and female finishers, (donated by Abbey Leys Farm Shop) as well as a voucher from Decathlon. In addition, there are Decathlon vouchers for the winning male and female in 2 veteran categories and the High Legh residents category. For the first time this year, we have a perpetual Team Trophy for the winning male & female club teams. This will be calculated by adding together the first 4 athletes from each team/club and the lowest cumulative position will be deemed the winners. A small trophy will be presented to the winning club and the perpetual trophy will be displayed in the High Legh Village Hall. There will be a short ceremony in the School Hall at approximately 12.15 to award prizes to winners. Those who have already left will be contacted by email.

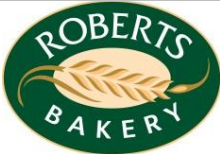
First Aid: Provision is in accordance with UKA guidelines for the race and available from race HQ and at 5.5kms on the course. Each location is staffed by a team of qualified volunteers. Should you suffer illness or injury during the race, contact the nearest marshal promptly so we can arrange assistance.

Race Photography: Photos will be taken before, during and after the race. We will publish a link to the photographs on our websites for you to view and download them free of charge. We retain copyright of all photographs but allow you to download, print and share them.

Spectators and Supporters: Your supporters are very welcome and are a vital part in creating that special atmosphere at the race. Just a couple of requests, please ask them to remain behind the barriers and cones along the finish funnel as athletes sprint to the finish and ensure young children are supervised at all times. Dogs must be kept on a lead at all times and are not allowed into the school or school grounds.

Race License: The Race is a British Association of Road Races (BARR www.barr-online.org.uk) Bronze Standard event and is licensed by UK Athletics with permit number 2014-10693.

We acknowledge our sponsors and race partners with grateful thanks, without whom the race would not exist:

		
		
	Abbey Leys Farm Shop	High Legh Garden Centre
High Legh Primary School	St John's Church	Man & Van at High Legh
High Legh Community Association	High Legh School PTA	Lymm Runners
StuWeb	Cestrian Loos	T-Print