



High Legh Robert Moffat Memorial 10k

11.00am on Sunday 28 February 2016

Runners Instructions

Please read these instructions carefully and bring them with you on the day.

Thank you for entering the 2016 race. You are one of 650 runners who has entered this year's race – which sold out in a record 8 weeks! The High Legh Community, High Legh Community Association and Lymm Runners welcome you and hope you have an enjoyable and safe race.

Pre-race information and contact details: The website www.highleggh10k.org.uk includes this briefing, race rules and a map of the route. Please check the website from Friday 26 February for important updates, especially if the weather is bad (eg high winds, snow, ice, etc). To contact us, email raceadmin@highleggh10k.org.uk. In the extremely unlikely event that we have to cancel the race due to an unforeseen emergency, we will update the website, post to the High Legh 10k 2016 Facebook page and use email to contact you. Final race details will be posted on a notice board at Race HQ on the day.

Race HQ: Will be based at **High Legh Primary School, Wrenshot Lane, High Legh, WA16 6NW.**

Please note that Wrenshot Lane is closed to all vehicles on race day (except for local residents) from 8.30am. There is no parking available by the school or in the nearby streets. Car park information is below.

- **Toilets:** A block of 12 cubicle style toilets will be located at the back of the school in the main playground. You may also use the toilets in the Village Hall on the way from the car parks.
- **Refreshments** are being provided by the PTA in 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 supervised storage for race bags accessed from the main playground. Please do not leave anything of value in your bags and we remind you that all personal belongings are left at your own risk. There are no changing facilities provided.

Race Parking: For all cyclists there is a bike stand in the playground behind the school building. If travelling by car, please share lifts wherever possible. We have 3 car parks in total and you will be directed according to availability. Head to **High Legh Garden Centre, Halliwell's Brow, High Legh, WA16 0QW** and follow the car park signs. Please do not park on the road or directly in front of the Garden Centre building as this 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 (in particular, Rensherds Place, Gleyve, Surridge and Pheasant Walk) as this will compromise the safety of pedestrians and jeopardise the goodwill of the local community. We appreciate your consideration in this matter.

The pedestrian route to race HQ is signposted from every car park. There will be a marshal to help you cross the A50, but please take extra care. Allow 10 minutes to walk to HQ.

Your Race Number: Your timing chip is fixed to the reverse of your personal race number. These can be collected from Race HQ from 9.15am. Your race number is strictly **not transferable** and there are **NO race entries on the day**. To speed collection, join the appropriate queue based on your surname. Please fill in any pre-existing medical conditions and your contact details on the reverse and attach securely to your race top with the safety pins provided. As space in the hall is limited, please leave the building once you have collected your number to allow others to register. Registration will close at 10.45am to allow runners to listen to the final race briefing.

Assembly, Briefing and Start: Assemble for the start of the race on the road outside the school from 10.45am. There will be signs displayed for estimated finish times and you are asked to line up according to your predicted finish time to ensure a safe start for everyone. A final race briefing will be given at 10.50am by the Race Director. Listen carefully and follow her instructions. There will be 4 Pacers you may wish to use to help you achieve your target time: 45mins, 50mins, 55mins and 60mins. They will be introduced to runners during the Race Briefing, so that you know who you need to run with. The race will start promptly at 11am, so don't be late! The race will only start late if the race officials or any aspect of the course dictates a delay. This will be communicated via the PA if necessary.

iPods, MP3 & other audio players: Please note that it is against our and UK Athletics' race rules to listen to devices which impair or impede your hearing and earphones **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 and identifiable by their yellow race jackets. Their primary role is your safety. During the race, listen carefully to any instructions from them and act promptly if required. They are also there to help you. If you are unwell, injured or wish to return to HQ contact the nearest marshal. We will make arrangements if you have a medical emergency.

Race Details: The Race is licensed by UK Athletics with permit number 2016- 22728.

The Course is a measured certified course (certificate 08/570) and comprises one lap on road and pavement and on a short stretch of grass path. View the [online course map here](#) see the course map at Race HQ on the day. Although there is normally little traffic in the lanes on Sunday morning, you must be vigilant at all times as the roads remain open and the national speed limit applies. The only road closures are the start/finish straight on Wrenshot Lane and the first km loop around Pheasant Walk. **Please take extra care at:**

- 2.8kms for 300 metres along the A50 – **stay on the pavement at all times**.
- 4.7kms on Chapel Lane. Approx. 400 metres where there is potentially extra traffic and lane is winding.
- 5.5km on Back Lane where the water station and First Aid position are close together.
- 8.0km where the route is along a grass path for 100m and can get quite muddy.
- 8.5km to the finish along High Legh Road/West Lane - **stay on the pavement at all times**
- at various driveways around the course with vehicles emerging.
- Where there is mud on some of the back lanes

Drinks there is one water station at 5.5km and water and hydration drinks will be provided at the finish.

First Aid is provided in accordance with UKA guidelines and is available from race HQ and at 5.5kms on the course near the water station. Each location is staffed by a team of qualified volunteers from St John Ambulance. Should you suffer illness or injury during the race, contact the nearest marshal promptly so we can arrange assistance. If you have any concerns about your fitness to undertake the race, please consult the advice at www.runnersmedicalresource.com.

Start and Finish: are under the timing arch 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 the Goody Bag pick up and finishers drinks tables where there will be water and hydration drinks for all.

Timing: 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. The provisional finish times will be shown on the race websites within 24 hours. Please contact raceadmin@highleggh10k.org.uk if you think that the time recorded for you is incorrect and we will check our records and the video. You will also receive a chip time and this can be printed at the finish from our timing partner Stuwweb located close to the finish area.

Prize Giving: There will be a short ceremony in the School Hall as soon as possible after 12.15 to award prizes to race winners. This year's prizes will be presented by local Personal Trainer and World Deca Ultra Triathlon Champion Dave Clamp. Dave won this title in Mexico in October by completing an ultratriathlon (2.4m swim, 112m bike, 26.2m run) every day for 10 days, beating the 2nd placed winner by over 13 hours. Dave is currently training for the Double Deca Ultratriathlon World Cup Race in Switzerland in August, where he will be racing 20 ultratriathlons in 20 days!

Trophies will be awarded to the following categories:

- 1st, 2nd and 3rd male and female finishers
- 1st male and female in the Vet 40 category
- 1st male and female in the Vet 50 category
- 1st male and female in the Vet 60 category
- 1st High Legh male and female (based on those who ticked the High Legh box on their entry form)

We also have 2 perpetual trophies:

- The **High Legh Robert Moffat Memorial 10k Trophy** (donated by the descendants of Robert Moffat). This will be presented jointly to the 1st male and 1st female runners and
- The **High Legh 10k Costcutter Team Trophy** (donated by Costcutter who have sponsored the race since 2008). This will be presented jointly to the winning male and female UK Athletics affiliated club team. The club team awards will go to the club with highest aggregate placed 3 males (for the male award) and 3 females (for the female award). In the event of tied aggregate placings, lots will be drawn to decide the winning club team. A small trophy will be presented to the winners and the perpetual trophies will be displayed in High Legh Village Hall.

Only one prize per individual (except for team prizes). Winners who have already left will be contacted by email.

Additional Decathlon Prizes This year, our main sponsor Decathlon are offering 2 free pairs of trainers (1 male and 1 female) from the Kalenji Kiprun range (value £49-£59 each). To qualify you must be running the race in Decathlon's own-brand Kalenji kit (both top and bottoms). When you have passed through the finish area, head to the Decathlon area in the playground and give your name to Lymm Runner **Tania Wild** who will be collecting entrants' details. She will take a photo of you in your Kalenji kit with your race number showing. The deadline to claim is 12.15pm on the day. All entrants' times will be checked with our timing partner Stuwweb and the winners will be the highest ranking male and female runners who have not won any other prize. The trainers can be chosen from the Decathlon store in Warrington up to 15 March. Please note that there will be no cash alternative and the Race Director's decision is final.

Race Photography A Lymm Runners photographer will be taking photos before, during and after the race. We will publish a link to the photographs on our website for you to view and download **free of charge**. We reserve the right to retain copyright of all published photographs but allow you to download, print and share accordingly.

Pre- and post-Race Massages will once again be provided at race HQ free of charge by professional sports therapist Samantha Foxall. Her location will be weather dependent.

Your Spectators and Supporters are very welcome and are a vital part in creating that special atmosphere of our race. Just a couple of requests: please ask them to remain behind the barriers and cones along the finish funnel as runners sprint to the finish and ensure young children are under control at all times. If you bring your dog, please keep it on a lead and do not enter the school grounds.

The Race Organising Committee would like to thank all organisations and individuals who have sponsored this year's event. Without their generous support the race would not provide the experience that *is* the High Legh 10K.

		
		
 High Legh Park Golf Club	High Legh Primary School Abbey Leys Farm Shop Samantha Foxall – Sports Massage Therapist Leon Supplies	 Bears Paw Country Inn and Restaurant
 		