



High Legh Robert Moffat Memorial 10k

11.00am on Sunday 3rd March 2019

Runners' Briefing and Instructions

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

Thank you for entering the 2019 race. 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, a map of the route and any necessary updates. **Please look at the website from Friday 1st March for any important updates**, especially if the weather is bad (eg high winds, snow, ice, etc). If you need to contact us, email us on raceadmin@highleggh10k.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 Race HQ on the day.

Race HQ: HQ is 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:** 4 blocks of cubicle style toilets will be located at the back of the school in the main playground.
- **Refreshments & 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. Please note that there are **no changing facilities** provided.

Race Parking: For cyclists there is a bike stand in the school playground behind the school building.

If travelling by car, please share lifts wherever possible. Follow the signs to High Legh Garden Centre, Halliwell's Brow, High Legh, WA16 0QW. It will be open from 9am. Follow the car park signage and all directions from the parking marshals. We have three 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, Surridge and Pheasant Walk. We appreciate your consideration in this matter. **Please also drop no litter including during the race.**

The pedestrian 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.**



Your Race Number: Collect your personal Race Number and timing chip from Race HQ from 9.15am. **Your Race Number is strictly not transferable to anyone on the day. There are no race entries on the day.** To speed the collection, join the appropriate queue based on your surname. Once you have your number, fill in your medical details on the reverse. Once you have registered please clear the building to allow others to register. Your timing chip is disposable and fixed to the reverse of your race number. 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. Registration will close at 10.45am to allow athletes to listen to the final race briefing.

Assembly, Briefing and Start: **Be ready to assemble for the start of race from 10.45am.** The start area will have signs with race finish times as guidance for you to stand by according to your own predicted finish time. The Race Director encourages you to use these as it offers everyone the opportunity to run fast from the start rather than having faster runners trying to overtake a slower athlete. 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. This will be communicated via the PA if required.

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 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.**

NB The only exceptions to this are bone conducting headphones (eg AfterShokz) as these are the only earphones that are approved for use in all road races under the UK Athletics rules of competition. These headphones do not sit in the ear and therefore the ears are not blocked. For further information see <http://www.uka.org.uk/competitions/rules/>

Marshals: All marshals are volunteers from the local community and are very friendly and encouraging and identifiable by their yellow marshals 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.

The Course is a measured certified course (certificate 16/226) and comprises one lap on road and pavement and on a short stretch of grass path. 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. See the course map at the Race HQ on the day or view the [online course map here](#).
- 8.0km where the route is along a grass path for 100m and can get quite muddy although we do lay bark here.
- 8.5km to the finish along High Legh Road/West Lane after Budgens- **stay on the pavement at all times.** There are many places to pass runners on this section although sometimes the pavement is quite narrow so please allow faster runners to pass you and do not cause them to have to run in the road as **for your own safety anyone who runs on the road will run the risk of disqualification.**
- Various driveways around the course with vehicles emerging.
- Where there is mud on some of the back lanes.

Race Details: The Race is licensed by UK Athletics with permit number 2019-36640.

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 tables.

Recorded Time: 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 located close to the finish area.

Prizes Giving & Results: Trophies will be awarded to the:

- first, second and third male and female finishers;
- first male and female in the Veteran 40 category
- first male and female in the Veteran 50 category
- first male and female in the Veteran 60 category
- first High Legh male and female (based on those who ticked the High Legh box on their entry form)

Note that only one individual prize can be awarded to any competitor. We also have the perpetual High Legh Robert Moffat Memorial 10k Trophy (donated by the descendants of Robert Moffat) for the fastest male and female runners and the perpetual High Legh 10k Costcutter Team Trophy (donated by Costcutter who sponsored the race for its first 10 years) which will be presented jointly to the winning male and female UK Athletics affiliated club team. The club team awards will be awarded the club with highest aggregate placed three males (for the male award) and three

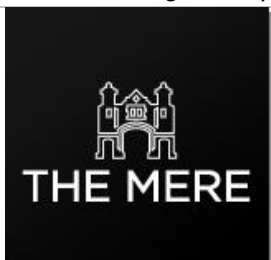
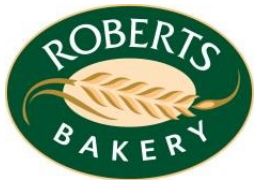
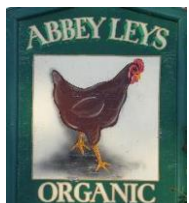
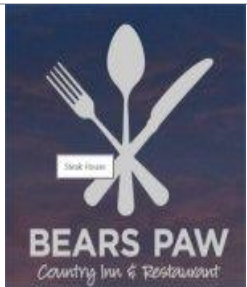
females (for the female award). In the event of tied aggregate placings, lots will be drawn to decide the winning club team. A small trophy will be presented to the winners and the perpetual trophies will be displayed in High Legh Village Hall. This year, there will also be several spot prizes courtesy of the Mere Golf Resort and Spa. 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 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 or how to prepare, please consult www.runnersmedicalresource.com which has much useful advice.

Race Photography will be taken 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.

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 athletes sprint to the finish and ensure young children are under control at all times. If you have to bring the dog with you, please do not enter the school grounds and keep on a lead at all times.

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

				
The Mere Golf Resort & Spa	Moto in the Community Trust	Roberts Bakery	Sheldons Dairy, Knutsford	Abbey Leys Farm Shop
				
High Legh Park Golf Club	The Jolly Thresher	Cakes by Dominique		
				
The Bears Paw Country Inn & Restaurant	The Co-op, Lymm	The Wine Kitchen and Eighteen The Cross, Lymm	Sainsbury's, Lymm	
				
Samantha Foxall Sports Massage & Therapy	High Legh Primary School PTA	High Legh Garden Centre	RMS (traffic sign loan)	

