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Langham 2km Fun Run Competitor Information 2019

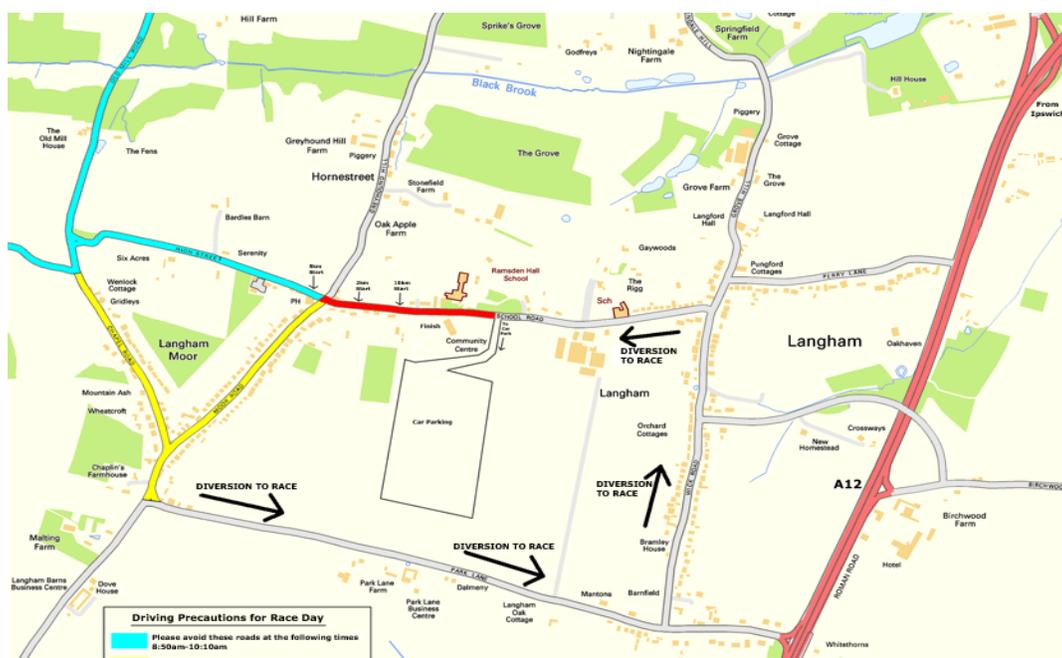
UKA Licence: 2019-38092 / Accuracy Certificate: 16/322

- Event Date** Sunday 8th September 2018
- Venue/HQ** Langham Community Centre, School Road, Langham, CO4 5PA
- Start Times** **2km at 9:15am & 10km at 10.00am**
- Car Parking** Car Parking is situated at the Langham Community Centre.
- Road Closure** **This year we have a road closure on the start/finish straight at School Road. This means that all vehicles that arrive after 8:00am will have to enter the car parking via the east of School Road, which comes from Wick Road. You will not be able to drive from the Shepherd pub direct to the car parking after 8:00am!**
- Arrival** We advise to arrive before 8:00am for the 2km to avoid the road closure mentioned above, and to save getting delayed with the majority of the 10km runners (over 900 entrants) that will be arriving from 8:15am onwards.
- Departure** You will have to exit the car parking to the right, due to the School Road closure. Please bear in mind that the majority of 10km runners will be arriving up until 9:40am, and so it would be advised for you to leave after 9:45am, when the car park entrance/exit is clear.
- Race Number** **ADVANCE COLLECTION:** This year we are again able to offer you the option to collect your number/chip in advance of race day for both races.
Friday 6th September from 5pm to 7pm
Saturday 7th September from 10am to 1pm
Advance number collections will take place at the race venue, in the small hall of the Langham Community Centre, address above.
- ON THE DAY COLLECTION:** Alternatively, you can still collect your 2km race number/chip on race day between 7:45am and 8:45am for the 2km, you should expect to have to queue for a short time. The 2km collection desk will close at 8:45am promptly.
The numbers must be pinned securely to the front of your top by 4 safety pins, one in each corner, and preferably at chest height,
Numbers are not transferable, if a swap is discovered both runners will be banned from future events, and reported to UKA.
- Medical Information** Remember to complete the medical information template on the reverse of your running number including an “EMERGENCY CONTACT TELEPHONE NUMBER” of someone who

can be contacted on race day, as advised previously. *Not your own mobile number!* You may have already provided this number online. This information is only used in case of a medical emergency. These details will be passed to the race organisers to inform next of kin or your emergency contact on the day, or to the First Aid providers, if necessary. N.B. There are additional medical risks involved in participating in an endurance event and you should be aware it is your own responsibility to ensure proper preparation, training and fitness to compete in this event. See www.runnersmedicalresource.com

- Kit Bags** Please leave your Kit Bags / Baggage in your car, as there is no secure baggage storage area. Any bags/keys etc left in the main hall are left there at the owner's discretion and the organisers will not be held responsible for any losses.
- Toilets** As always toilets are the most required item at any race, usually about 15 minutes before you start! We have several located within the Community Centre, and we also have ordered several unisex portaloos and a mens (obviously) urinal unit outside, which you will have driven past when parking. Yes we know portaloos are not the most inviting things in the world, but please do use them, we hire them to save on queuing as much as possible for you. If you do not want to use the portaloos, then be prepared to queue longer!!
- Refreshments** Hot & cold refreshments are available at this event, sausage & bacon baps on sale as well as delicious cakes. Hot & cold drinks also on sale. This year we will have bouncy castles to entertain children during the event. Wristbands can be purchased or pay per go.
- Audible Devices** Under UKA Rules for road races on open roads, the wearing of Ipods or similar is **strictly forbidden** on the grounds of H & S as you will not be able to hear any marshalling instruction or any approaching traffic. You also have a Duty of Care to yourself and other road users. The wearing of these devices **will lead to disqualification**. In the online entry process you also agreed not to use such devices when agreeing to the terms of entry
- Accompaniment** No person, cyclist or animal may accompany a runner at any point on the course, with exception of a blind runners attendant, and children under 9 years old entered in the 2km fun run. Anyone reported to be doing so will lead to the disqualification of the runner.
- Start Information** The start and finish areas are both closed to traffic this year, whilst this is an advantage, please do be aware the remainder of the course will have traffic, so please follow marshals instructions, and keep to the left unless advised otherwise.
- 2km Start** The 2km start is in School Road, 50m before the crossroads at Shepherd Public House.
- 2km Course** This course is very straight forward, just 3 turns before the finish, so not much to say! Please be sure to turn left at the Chapel Lane junction after 700m of running.
- Km Markers** There is only a 1km marker (Black with White lettering), which will be 400m after the left turn mentioned above.
- Course Information** All course map is attached. You should check the course map in advance. We have marshals and signage on course, but in the case of some completely random occurrence, it would be appreciated if you have at least had a glance at the map. Competitors are reminded to run on the LEFT HAND SIDE of the road at all times unless instructed to do otherwise by police or course marshals. As standard with course measurements, where there are no white lines on right hand bends, then the course is certified to the centre of these roads, so if you choose to run on the right hand bend, you are firstly running short, and secondly putting yourself in danger of oncoming traffic. Please do not put yourself at risk by running on the right!

- Garmins etc** For info, our garmin measured 2.01km on this course. Please remember GPS watches are not 100% reliable, and all the courses are certified accurate.
- Finish** When crossing the finish line the chip which is attached to trainer laces will record your time. All chips are disposable and do not need to be returned. Upon finishing please do support others who are still taking part, but under no circumstances return back down the field and run in and through the finish line again as the chip will delete your first time and only record your second time. It will be as you have not finished previously.
- Results/Chip Timing** Please do check your race result is present when they are posted up in the hall asap. Mistakes do happen, even with chips, and we would rather find out sooner than later when presentations are being made to the wrong runners! The 2km only has a chip finish, not mats at the start, as there are only a maximum of 200 runners.
- Disabled Athletes** The 2km course is deemed suitable for self-propelled wheelchair competitors.
- Medals** All runners will receive a bespoke medal designed by a Langham Primary School pupil.
- 2km Awards** Male and Female; Overall 1st, 2nd, 3rd; Age Awards; Under 5, 5-6, 7-8, 9-10, 11-12, 13-14. 1st Boy & Girl Langham Primary School Pupil. No awards for 15s or over!
- 2km Presentation** This is aimed for 10:15am in the outside presentation area, recognisable by the large sponsors wall just after the 10km race has started.
- First Aid** First Aid cover will be situated at the start / finish areas during the 2km.
- Drink Stations** There are no drinks stations on the 2km route itself, but you will get a bottle of water at the finish.
- Lead/Sweep Vehicle** There will be a lead car in the 2km, and sweep car.
- Building Evacuation** In the case of an emergency and building evacuation, a warning sound of continued short bursts from an air horn will be sounded and/or a fire alarm. Please make your way in an orderly fashion to the nearest fire escape or open door and assemble near the finish area.
- Approach Roads** Due to the races occurring over a long time span we have created a plan of the immediate roads within the village, in order to try to implement the best safety for runners, and the easiest progress for you to arrive and depart the parking area. Please see below map:





OUR SPONSORS

LANGHAM 10KM & 2KM FUN RUN 2019



2KM COURSE MAP

