

East Grinstead 10K – ‘The Andy Ripley Memorial Race’

Race Day Information

Start at 10.00 on Sunday 24th September 2017

**Race HQ: Imberhorne School, Imberhorne Lane, East Grinstead,
West Sussex RH19 1QY**

To help ensure that you have the best possible day at this race please read the following information for all competitors, particularly the safety notice.

Rules and Permits

The course is multi-terrain and has been measured as accurately as possible. The event will be run under UK Athletics rules, Licence no. 2017-27324.

Safety Notice

This is being issued to all entrants to the East Grinstead 10K. Your participation in this event will be taken as confirmation that you have read this notice.

- a) Competitors should not be accompanied by either dogs or cyclists. By the nature of the course, the race organisers consider that it is not appropriate for participants in wheelchairs/similar vehicles to take part. This is not only for your safety, but also for other competitors.
- b) Please listen to all of the public address announcements. Important health and safety information will be communicated by these means.
- c) The course will be marshalled. They will be wearing yellow marshal bibs. Please listen and act on any instructions given to you by these race marshals.
- d) Although most of the course is off-road, it does include roads where there is likely to be traffic. Consequently, please keep to the pavement, unless you are instructed otherwise by a designated race marshal. All road crossings will be marshalled.
- e) The course is multi-terrain, including grass, footpaths, a farm track, a disused railway track and roads. Please take care when changing between surfaces. There is a gate, which will be open, and a ‘zigzag’ between two barriers. Most of the off-road part of the course is ‘shared use’, so you may encounter cyclists, dog walkers and horse riders. Please be considerate to other users and follow the marshals’ instructions.
- f) MP3 players and ear and head phones are not allowed. This is so you can hear public address announcements, marshals’ instructions and other runners.

Parking and Changing

Plenty of parking will be available adjacent to the race HQ; please follow the marshals’ directions. There is a free public car park in Imberhorne Lane just as you turn from the A22; this is a five minute walk from the race HQ. You can also park ‘on street’ in Birches Industrial Estate (turn right at the mini roundabout just past the free car park entrance). Parking is at your own risk. You can also park ‘on street’ in Heathcote Drive and the surrounding roads. There are toilets at Imberhorne School. Please come changed and ready to run. There will be a baggage area, but please note that bags etc are left at your own risk.

Race Numbers

Registration opens at 8.15. Please arrive by 9.15 to collect your race number and chip from registration. Take care of your race number and wear it on the front of your vest so that it is clearly visible to the finishing line officials. The chips will be attached to the rear of your race number; please do not tamper with them. If you cannot run, we are happy for you to pass your entry to someone else. However, you MUST notify registration, so we can update the entry list and chip details. This is particularly important, should you win a prize!

Start and Finish

The start time is 10.00 prompt. The start is on the grass athletics track adjacent to the car parking area.

Please assemble at the start at 9.45. Please place yourself in the start funnel according to your expected finishing time. Parts of the first 1.5k are fairly narrow, so this will ease congestion. The finish is in the middle of the recreation ground on the other side of Imberhorne Lane opposite the school.

Refreshments and Medical Cover

A drinks station will be available on the course at approximately 5k. Further refreshments will be available at the finish. First Aid support will be based at race HQ.

Running Equipment Discount

Herbert Sports at 10-12 High Street, East Grinstead, RH19 3AW is kindly offering race entrants a 10% discount on running products from 17th to 23rd September. Please give your name to a member of staff and they will check it against the entry list.

Prizes and Trophies

All finishers will receive a T-shirt and medal. There will be prizes for the first three men and women, first man and woman vet and first U18 male and female. There will also be trophies for the prize winners.

The prize giving will be at 11.00 in the finish area.

Results

The results will be posted on www.eg10k.com.

Have a good run!

Lance Quirico/Colin Day

Race Organisers – East Grinstead 10K eastgrinstead10k@gmail.com.