



CROWBOROUGH RUNNERS
SUPPORTED BY CROWBOROUGH LIONS

CROWBOROUGH 10km ROAD RACE



SUNDAY 3rd December 2017, 10 a.m. START

INFORMATION FOR COMPETITORS

SUSSEX GRAND PRIX EVENT - UK. ATHLETIC RULES
Certificate of Course Accuracy SEAA.05/069



Thank you for your entry to the Crowborough 10km Road Race.

Race Number	Race numbers to be collected on the day. The number should not be used by anyone else. Safety pins will be available at registration. Please complete the emergency information on the back.
Venue / Parking	Beacon Academy, North Beeches Road, Crowborough, East Sussex, TN6 2AS Car sharing if possible would ease limited parking facilities. Please use car parks provided, there are no parking facilities at the finish.
Changing / Toilets	Men's and women's changing area, toilets and showers at the North Beeches site. Look for the signs. Personal possessions left at owner's risk.
Enquiries	Desk in the Main Hall will deal with entry and other enquiries. Or before the event to kevin.battell@hotmail.com
Late entries	If the race limit of 600 has not been reached on the entry closing date, then late entries will be accepted up to and including race day and up to the entry limit.
Start	10 a.m. at North Beeches Road site. TOILET FACILITIES ARE AVAILABLE AT REGISTRATION AND THE START.
Route	East Beeches Road, Old Lane then two laps of Green Lane, Crowborough Hill and Palesgate Lane. Marshals are there to assist – YOU MUST follow their instructions. Please keep to the left at all times. There will be km markers. If deep water at Palesgate Lane, race will be diverted over the footbridge parallel to the ford.
Water	Available at half way and at the finish
Finish	The finish is in the entrance of the Green Lane site, i.e. runners will turn right from Green Lane and through the entrance gate. Please note there is a 5 minute walk back to the HQ, Toilet, shower and parking
First Aid	St. John's Ambulance will be in attendance at the finish.
Refreshments	Before and after the race food and drinks will be on sale at reasonable prices in the Dining Hall up at the North Beeches site, not at the finish
Results	Online results available at www.crowboroughrunners.org.uk
Massage	A pre-race and post race massage will be available
Headphones	HEADPHONES ARE NOT PERMITTED as the route crosses traffic and alertness is essential.
Baggage	Baggage storage will be available in the main hall

Prizes: presentation of prizes at approximately 11.45 a.m. in the Dining Hall.

10k road race prizes

Men's prizes:

Overall: First five finishers

Age: First veteran man in each age category:

V1 (40-44), V2 (45-49), V3 (50-54), V4 (55-59), V5 (60-64), V6 (65+)

Team: Teams affiliated to UKA. Four runners to count. First three teams

Women's prizes:

Overall: First three finishers

Age: First veteran female in each age category:

LV1 (35-39), LV2 (40-44), LV3 (45-49), LV4 (50-54), LV5 (55-59), LV6 (60+)

Teams: Teams affiliated to UKA. Three runners to count. First three teams

5k fun run prizes

Men's prizes

1st, 2nd, 3rd prizes

Women's prizes:

1st, 2nd, 3rd prizes

These rules are those of the organisers of the Crowborough 10km.

We hope that all competitors and supporters enjoy their day in Crowborough. Please let us know if there are any difficulties, or if you have any suggestions to improve the event. Feedback can also be left via our website: www.crowboroughrunners.org.uk

Crowborough 10K

