



**CROWBOROUGH RUNNERS**  
SUPPORTED BY CROWBOROUGH LIONS



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## **CROWBOROUGH 10km ROAD RACE and 5km FUN RUN**

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**SUNDAY 25<sup>th</sup> November 2018, 10am START**

### **INFORMATION FOR COMPETITORS**

SUSSEX GRAND PRIX EVENT - UK ATHLETIC RULES  
Certificate of Course Accuracy 16/404



*Thank you for your entry – we look forward to seeing you on the day!*

<b>Race Number</b>	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.
<b>Venue / Parking</b>	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.
<b>Changing / Toilets</b>	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.
<b>Enquiries</b>	Desk in the main hall will deal with entry and other enquiries. Or before the event to <a href="mailto:sue.crowboroughrunners@btinternet.com">sue.crowboroughrunners@btinternet.com</a>
<b>Late entries</b>	If the race limit of 500 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.
<b>Start</b>	10am at North Beeches Road site. TOILET FACILITIES ARE AVAILABLE AT REGISTRATION AND THE START.
<b>Route</b>	East Beeches Road, Old Lane then one lap (5km fun run) and two laps (10km race) 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.
<b>Water</b>	Available at half way and at the finish
<b>Finish</b>	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.
<b>First Aid</b>	St. John Ambulance will be in attendance at the finish.
<b>Refreshments</b>	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
<b>Results</b>	Online results available at <a href="https://www.nice-work.org.uk/races/results">https://www.nice-work.org.uk/races/results</a> and <a href="http://www.crowboroughrunners.org.uk">www.crowboroughrunners.org.uk</a>
<b>Headphones</b>	<b>HEADPHONES ARE NOT PERMITTED</b> as the route crosses traffic and alertness is essential.
<b>Baggage</b>	Baggage storage will be available in the main hall.

**Prizes:** presentation of prizes at approximately 11.45am in the main hall.

### 10k road race prizes

**Men:** **Overall:** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>  
**Age:** First veteran male 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:** **Overall:** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> prizes  
**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

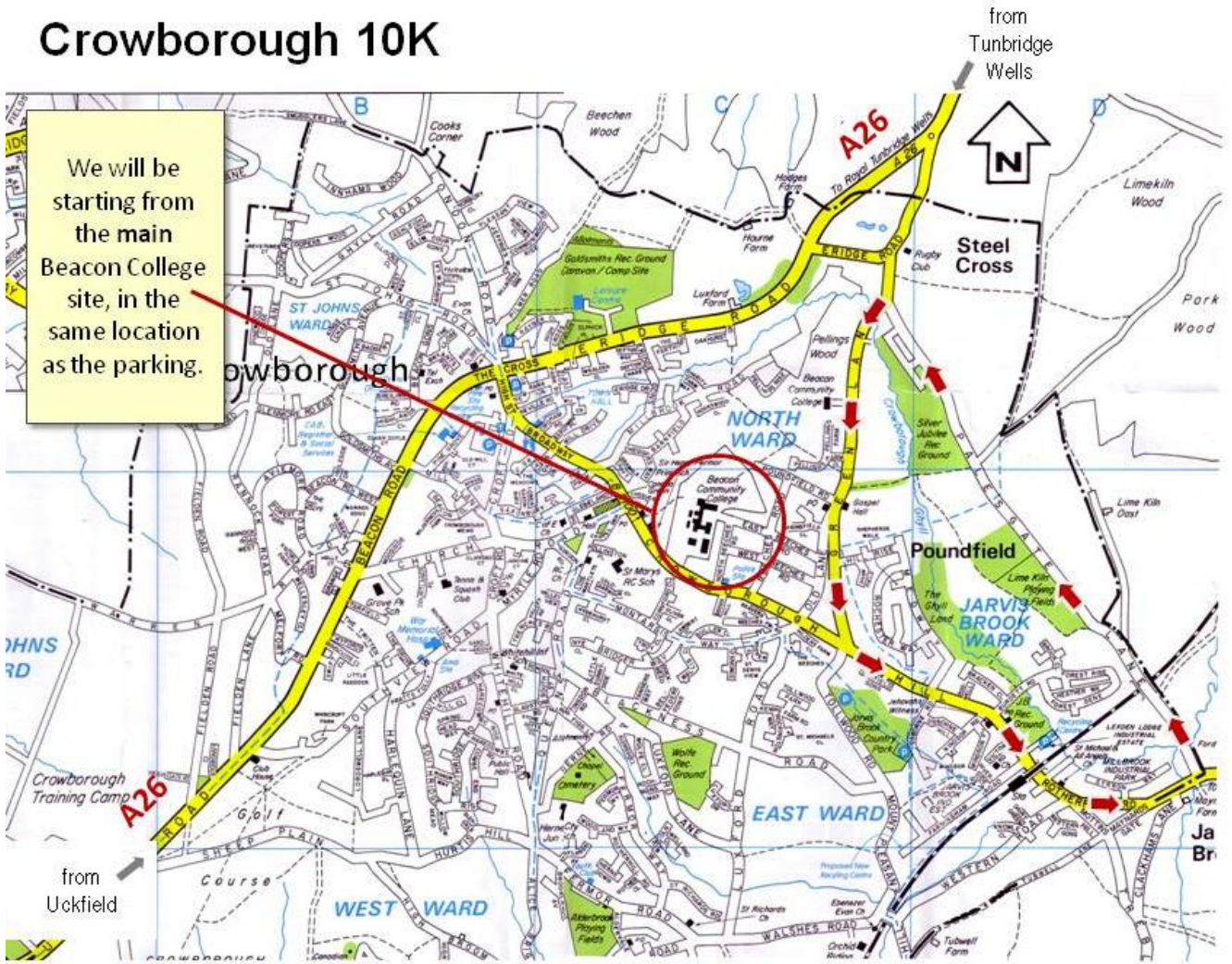
**Men:** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>  
**Women:** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>

**These rules are those of the organisers of the Crowborough 10km road race and 5km fun run.**

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](http://www.crowboroughrunners.org.uk)

# Crowborough 10K

We will be starting from the main Beacon College site, in the same location as the parking.



from Tunbridge Wells

from Uckfield