

# Dorking and Mole Valley A.C.



BARR Ref. No: 247

## DORKING TEN MILE & 10KM ROAD RACES

(UK Athletics rules)

**09.00 am & 09:40 am SUNDAY 2<sup>ND</sup> JUNE 2019**

Thank you for entering the 34<sup>TH</sup> Dorking Ten/ 10km Road Race. The event has been organised by Dorking & Mole Valley Athletics Club and incorporates both the Surrey and the **British Masters Athletic Federation Championship Ten Mile Road Races**. The undulating route loops through scenic countryside with one challenging hill.

### **LOCATION AND PARKING**

The Race Headquarters is the 'Big Field', Dorking Rugby Club, Kiln Lane, Brockham, RH3 7JR. Most travelling by car will use the A25 Dorking/Reigate Road, including those having to use the M25 motorway who should turn off at Leatherhead (Junction 9) or Reigate Hill (Junction 8). Brockham Lane is approximately one mile east of Dorking Town Centre. Motor vehicles must not be parked in the road, but on the 'Big Field' off Brockham Lane. Please park neatly and tightly, as instructed. Please do not use the car park by the race headquarters which is for sole use of the race officials (unless directed to do so by the parking marshals). Vehicles must be kept off the football pitches. In addition, parking is not permitted on Brockham Green for safety reasons.

### **RACE NUMBERS – TO BE COLLECTED ON THE DAY FROM RACE HQ**

All race numbers (pre-paid and entry on the day) are to be collected on the day from Race HQ.

### **RACE START**

The assembly point for the start is on Brockham Green which is approx 1000 metres from the race HQ and car parking. Runners should make their way to the start at least 20 minutes beforehand and stay on the Green until requested to step into the road for the start of the race. The 10 mile race will set off at 09:00 a.m. and the 10km race at 09:40 a.m.

### **ENTRY-TEN MILE RACE and 10km RACE**

All competitors must be 17 years of age on the day of the 10 mile race to compete (or 16 years of age for the 10km race). The waterproof number (with integral timing chip) must be worn on the front of your vest. All numbers and chips are to be collected on the day from Race HQ. Please queue up in front of your SURNAME initial in the Race HQ. No registration for team entries is required but must comprise same sex, with first four home to count of runners entered on or prior to race day. Wheelchair competitors will be started 5 minutes earlier at around 08.55/09:35 for safety reasons.

### **CHANGING FACILITIES**

Ample changing, toilet facilities and hot showers for both male and female competitors. Valuables and baggage may be left in the baggage room (at your own risk). Be ready and changed by 08.40 (10 mile)/09:20 (10k) am, and assemble on Brockham Green. Direction signs will be in place. Warnings will be given by the commentator 10 and 5 minutes before the race. Toilets are available in the Village Hall next to the Start as well as in race HQ (and there are shorter queues for the toilets by the Green!). **The Start is a good 10 minute walk from Race HQ.**

### **USE of PERSONAL STEREOs AND MP3 PLAYERS PROHIBITED**

As it is your responsibility to follow instructions from the marshals and race officials and not to put yourself or fellow runners at risk, use of MP3 players, IPODS and similar devices is not allowed for safety reasons. Anyone seen to be wearing ear/head phones will be disqualified.

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## **THE ROUTE AND RACE INFORMATION**

**Ten Mile race:** A pace car will lead the runners around the 10 mile route and warn other road users a race is in progress. The course has been accurately measured at ten miles - Certificate of Course accuracy number SEAA 15/249. The race is a circular route consisting of a small inner loop and a larger outer loop. At the 3 & 1/3 mile point, at the junction of Snower Hill and Wellhouse Road, any runner not making the 40 minute cut-off time will be directed to continue towards the finish (9km).

**The Cockerel 10k race:** the 10km runners will be led out by a cyclist until the runners meet the main race, at which point they will follow the 10 mile runners around the same route. The course consists of a single circular route which is the outer loop of the 10 mile road race route and has a Certificate of Course accuracy number SEAA 17/382.

All junctions will be marshalled, with accurate mile and km markers along the routes. The three water stations are at 2.5 (4km), 5.5 and 8.3 miles. (The 10km race misses the 5.5 mile water station but passes the 3<sup>rd</sup> one at the Dolphin Inn at 6.4Km). An ambulance and/or motorcycle paramedic will be stationed on the race route to ensure that medical cover can reach any runner reported to need assistance as quickly and efficiently as possible. A sweep bicycle will accompany the last runner around the route.

Please accept instructions given by the Marshals who have a difficult job with roads open to traffic. PLEASE TAKE CARE - keep well to the left at all times and be extremely careful on blind bends. The finish is on the 'Big Field', just over 200m after runners enter from Kiln Lane, with the final run-in to a right-hand bend and round through the Finishing Arch. Your time will be recorded as you cross the line. Please continue running and move into and away from the funnel as quickly as possible. Drinks will again be available in front of the Pavilion. Please note that dogs or wheeled carriages are banned from the race but racing wheelchairs are permitted. Runners must NOT be accompanied or followed by others on cycles (with the exception of the official race sweep) or any kind of motorised vehicle.

## **PRIZES and PRESENTATION**

Prizes will be given to all qualifying runners. Special prizes awarded to the first three men and first three females to finish in both races. **There will be no distinction between seniors and veterans for the main prizes.** However, small trophies will be presented to both men and women the following categories for both races:

1st/2nd/3rd runner in age groups 16-29, 30-39, 40-49, 50-59, 60-69 and 1<sup>st</sup> over 70

In addition, there will be team prizes for the first three men's teams and first three ladies' teams to finish, first four in each team to count for the Ten Mile race. The special prizes and first three teams (men and women) are presented on the day commencing approx. 11.00 am in front of the Prizes tent, all the other prizes must be collected in person from the Medal Table in the Prizes Tent. Trophies are restricted to one per competitor (i.e. first 3 overall are removed from the age groups).

## **RESULTS**

A full set of results will be published and available to competitors. Results will be available via [www.dmvac.org.uk](http://www.dmvac.org.uk) within 24 hours. UK Masters and Surrey Championship race results will be dealt with separately.

## **REFRESHMENTS/MASSAGES**

A full refreshment service is provided before and after the race (in the Event Village) along with a massage service (£10 for 15 minutes, booking system in operation).

## **AVOID DEHYDRATION**

The weather at the beginning of June is usually hot and humid and we offer the following basic advice: don't drink alcohol for at least 24 hours beforehand, take on water or preferably an electrolytic fluid or sports drink in small quantities at regular intervals before, during and after the race AND don't wait until you feel thirsty – keep hydrated!