Essex Road Relays Sunday 10 April: Race Instructions

Location: Northern Gateway Sports Park, Cuckoo Farm Way. CO4 5YX

1. **Race timetable:**
* **Junior Girls (U13/U15/U17) - 10am**
* **Junior Boys (U13/15/U17) - 11am**
* **Senior/vets (Open/V40/V50/V60) - 12pm**
1. **Directions**

The Northern Gateway is located just off Junction 28 of the A12 (the other side from the football stadium). If heading East on A12 take the exit and turn left, then first right into the venue.

If travelling West on A12 take the exit and turn right at the roundabout, crossing the A12 and straight across the next roundabout, taking the first right into the Sports Park.

1. **Parking**

There is a reasonable amount of parking at the venue but it would still make sense to share cars wherever possible. The parking time allowed is 4 hours and you will need to enter your reg no into the I-pads which are just inside reception on the right. If you are at the venue for more than 4 hours please re-enter your details as your 4 hours approaches.

Team Managers and Officials, please send me your name and car reg to the mail below and we will let the venue know that you will be there all day. Please don’t mail if you are not one of the above, your details will not be taken. Please mail: Richard@runninginmind.co.uk;

1. **Changing facilities**

There will be no changing or ‘bag drop’ facilities at the venue. Parking is relatively close to the event so please come ‘almost’ ready to run.

1. **Registration**

Registration will take place in a room to the left as you walk in to reception. Numbers can be collected here on the day. There is a front number for all athletes. In addition, age category numbers will be given to all junior and vet runners indicating which championship race they are participating in. **Numbers will not be handed out to individual athletes.** Team Managers will be required to collect numbers and return team declaration forms. This will help to reduce the amount of traffic through registration.

1. **Toilets**

There are limited toilet facilities within the venue and you are asked to use the portaloos which have been provided specially for this event. Normal queueing rules to apply.

1. **Refreshments**

There are some refreshments on sale at the café in the reception area. Please bring your own water though as this will not be provided separately.

1. **Spectators**

The course is fenced and spectators must stay outside the fenced area at all times. You can, however, watch from anywhere along the ‘pitches’ side of the course. (The other side is the bank of the A12 and not accessible). It is a ‘looped’ course so you will see athletes several times on the course from any one spot. Dogs are allowed on site but must be kept on a lead at all times. Please ensure you clean up any mess.

Unfortunately there is not sufficient space in the start area for tents/gazebos but there is space for club flags on the grass area which is just beyond the start and changeover area. Please do not gather in large groups around the changeover area or near the entrance/exit gates for starting and finishing athletes to help with smooth management of that area.

There is not any official cover but if the weather happened to be really bad, we would allow athletes/spectators into the registration room/s. Let’s hope for good weather!

1. **The course**

Course maps are attached. The course is all on the cycle track which is a one mile complete loop and will be run in a **clockwise** direction.

The junior race will be 1 full lap and 1 shorter lap totalling approx 2.6K. The senior and vets races will be 3 full loops totalling approx 4.8k.

Please take responsibility for remembering how many laps you have run. It is relatively straight forward but could be slightly confusing when loads of runners are on the course. The marshals will not know which lap everyone is on.

Athletes should only enter the changeover area at the end of their respective race. Junior athletes completing lap 1, and senior/vet athletes completing laps 1 & 2 should not enter the changeover area but instead continue to run past the changeover area to the right of the cones.

It is mostly flat with a small hill at the far end of the course. Junior athletes will do this once and seniors 3 times.

1. **Changeover area**

There will be a ‘coned’ waiting area for outgoing runners on the grass next to the track. Enter via the gate which will be indicated and marshalled. As your incoming runner approaches step on to the track at the start/finish line. You can leave as soon as they cross the line. Junior athletes are doing the long lap first. Please look out for runners already on the course.

Runners finishing please do not hang around at the finish. Walk forwards on the grass and exit the course via the gate on your left. Marshalls will be there to guide you and will tell you to move if you hang around.

1. **Team declarations**

Declarations are to be made no less than **20 minutes** before the start of the relevant race. Declarations are handed in at the registration desk as mentioned in (4) above.

1. **Results and awards presentation**

The race is being manually timed so full results will not be processed until after the event. Essex County team medals for the first 3 county teams in each championship will be given as soon after each race as possible**.** Either outside or in the registration room.

Individual “fastest lap” medals will be forwarded after the event once the full results have been processed and verified.