

Dear Runner

A warm welcome to the Wimborne 10 sponsored by Farrow & Ball.



SAFETY

As an entrant to this race, your safety is our main concern. To minimise risk, we need your help.

1. **TRAFFIC** – the route is not traffic free and runners do not have priority. Always be prepared to run in single file on the left and step off the road, if necessary, to avoid conflict with drivers.
2. **MEDICAL** – You must fill out the medical information on the rear of your number. If you have any medical issues, then please tell us in advance so we can assess the risk.
3. **TRANSFERS** – We need to know who is running both for the results and for your safety in a medical situation. Tell us if you give your number or receive your number from someone else. Notify jeff@wimborne10.co.uk by 18th November 2017. Disqualification awaits anyone who does not comply.
4. **HEADPHONES** – Only bone conducting headphones are allowed. Anyone wearing earphones that sit directly in the ear will be disqualified. This does not apply to runners with a genuine hearing impairment.
5. **CYCLISTS** accompanying runners only adds to congestion and infuriates already inconvenienced drivers – Do not allow anyone to cycle with/ around you in the race or you will be disqualified.
6. **DOGS/ BUGGIES** in the race will also result in disqualification.

RACE NUMBER

Please fill out your medical/contact details on the rear of your number and pin to the front of your vest. Do not cut, fold or mutilate in any way. Make sure your number is visible when you cross the finish line.

CAR PARKING

The main car park is in the town centre at Westfield Close, BH21 1ES (80p for 3 hours). Runners who car share and arrive early can use QE School, BH21 4DT, 160 spaces. There is no parking whatsoever at QE Leisure Centre. There will be NO parking at Pamphill except if you have disabled spectators and have notified us in advance.

From either car park, it is a 15 minute walk to the start via two different routes – see map.

RACE HQ / BAGGAGE / CHANGING / TOILETS / TEA & CAKES

There are no changing facilities so arrive ready to race. There is also limited shelter at the start area so be prepared in inclement weather to wear waterproofs.

Baggage that has been clearly marked with your race number may be left at the baggage tent. Bags are left at your own risk but will be supervised throughout the race.

If you have any late issues with numbers / transfers then go to RACE HQ at the Pamphill Cricket Pavilion. Toilets are at the start.

Don't miss out on the free tea & cakes at the finish.

THE RACE

Starts promptly at 10.30 am

Please follow the instructions of the marshals at all times and keep on the left unless directed otherwise. Water will be available at approximately 3, 5 and 7 miles and also at the finish. Drop any bottles or gel wrappers/rubbish at a marshal position. Do not discard rubbish randomly along course.

If you do feel unwell then you are advised not to start. If you are ill or injured during race then withdraw at the next marshal position where we will arrange transport back to the start area.

POST-RACE PRESENTATIONS AT THE FINISH AREA - APPROX 12.30PM

Volunteer? – We welcome volunteers and will reward non WAC volunteers with a free non-transferable entry to one of our next 2 races. Email spwyatt@aol.com in advance of race day if you'd like to help.

Our next race is the 'Wimborne Dental 20' on 4th March 2018.

Steve Wyatt
Race Director

FARROW & BALL[®]
CRAFTSMEN IN PAINT AND PAPER

WIMBORNE 10 SPONSORED BY FARROW & BALL

10.30am Sunday 19th November 2017



Celebrating 20 years
1998-2017

Licence No. 2017-27717



Run under
UKA rules



Course Measurement
Cert No. 13/186



Literature sponsor

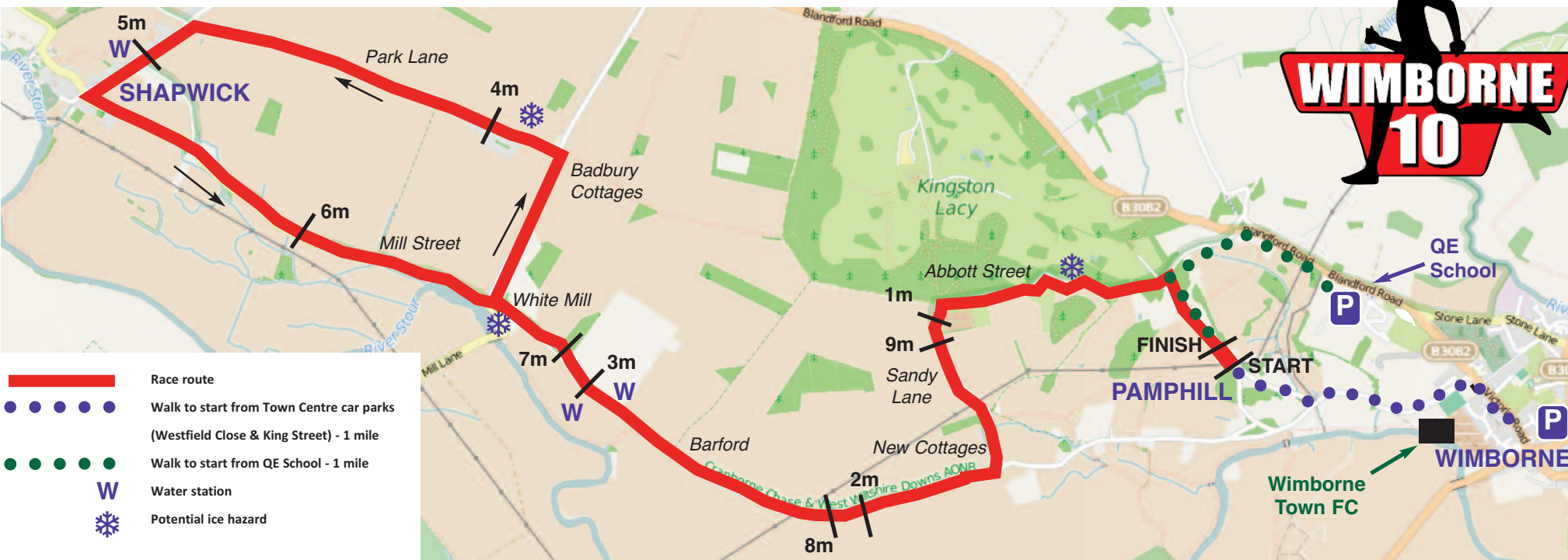


Supported by



ORGANISED BY
WIMBORNE ATHLETIC CLUB

Supporting: Lymphoma Association (Charity No. 1068395)
Race website: wimborneac.co.uk/wimborne10home.htm
Club website: wimborneac.co.uk



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Start

Adjacent to Pamphill First School.

Route

Head towards St Stephen's Church.
Turn left into Abbott Street. Take care when descending hill, potential ice hazard.
Turn left into Sandy Lane.

At T-junction near New Cottages turn right.
At T-junction at Whitemill turn right - potential ice hazard here.
Almost immediately turn right towards Badbury Cottages.
At Badbury Cottages turn left into Park Lane - potential ice hazard here.
At T-junction turn left towards the Anchor Inn, Shapwick.
At the Anchor turn left towards White Mill.

At White Mill turn left on road signposted 'Wimborne'.
(From this point onwards you retrace the outbound route).
At New Cottages turn left into Sandy Lane.
Turn right into Abbott Street.
At St Stephen's Church turn right into avenue of trees.

Finish
In the avenue of trees.

