



**Welcome to 'The Corsham St Georges' 10k 2018**

**Race start: 1030**

**Race HQ: Corsham Football Club (SN13 9HS)**

Thank you on behalf of the race organisers and sponsors, for entering and supporting our race. Our continued success depends entirely upon your participation. Last year more than £4000 was raised for charity, and we hope that this year we will be similarly successful in supporting the local voluntary organisations and charities in Corsham. About one quarter of the entry fee is your charitable donation! We're sure that the charities who will benefit will appreciate this.

**Race Number**

The race number you received a couple of weeks ago has the timing chip incorporated so all you will have to do is to pin the race number to your running tee shirt or vest. Once you have this as soon as you cross the start and finish line your number will be recorded and your individual race time will be accurately measured. Safety pins will be available at Race HQ. If you haven't received your number please get in touch asap, unless you're a late transferee in which case you will have been informed to collect it from Race HQ Info point.

**Getting there**

Free parking is available in any of the Town Car Parks (but not immediately outside Corsham Court) and in the local Primary and Secondary School which will be signed and can also be viewed on a map on the 10K website. Once parked you can have a nice amble down to the start area in Lacock Road just 1K away - or better still a gentle warm up jog. Alternatively parking is available in the Football Club and adjacent Rugby Club. Lacock road will be closed to traffic between 0845 and 1230, so wiser to park in the Town car parks.

**Secure Baggage**

There will be a secure baggage area staffed by Corsham Sea Scouts which will be located close to the large red Finish Gantry.

**Changing Rooms and Toilets**

There are basic and limited changing, shower and toilet facilities available at the Football Club Race HQ. Additional portable toilets will be provided.

**Water**

Water will be provided at the 5K point and again at the finish. This year it will be provided in biodegradable cups rather than single use plastic bottles.

**Safety**

You are advised not to run with a personal music system for your own and others' safety. Out on the country roads you need to be able to hear approaching traffic and directions from Marshals. Please be sensitive to the shared roads and run on the appropriate side of the road and as directed by Marshals.

St John Ambulance will be providing the First Aid services and all principal Marshal points are equipped with radios to ensure a swift response to any casualty. Please don't forget to write your emergency contact details on the back of your race number.

**Pre Race Warm Up and Brief**

There will be a pre-race warm up in the Football Club Car Park which will take place at around 1000 after which there will be a pre- race Brief.

**Start Line**

The START line is on Lacock Road to which you should only proceed once directed. There will be markers up to divide the FAST, MEDIUM and SLOW runners and would be grateful if you can be

realistic and fit yourself in to your relevant category. As a guide, the FAST runners will expect to complete the course between 30 minutes and 50 minutes, the MEDIUM runners between 50 minutes and 70 minutes and the SLOW runners between 70 minutes and 100 minutes.

### **Course**

The Course is undulating with a flat first kilometre then a gentle incline for the next 3 kilometres. Just before the 5K point there is a lovely downhill blast before another gentle climb up Jaggards Lane into Neston. After that the remainder of the course is mostly flat but just to ensure you are still awake there is a short downhill section followed by a tough couple of hundred yards past Corsham Primary School which just takes a bit of head down determination, a few deep breaths, and then you're at the top! There are efforts to entertain you on the way around including Corsham Wind Band situated at the War Memorial - please feel free to stand and listen(!), or at least give them a thank-you wave as you thunder past! The Course has Kilometre markers which are accurately measured After one hour 40 the marshals will be withdrawn and any runners left out on the course can finish at their preferred pace.

### **Pacers**

Once again we have Pacers, so if you are looking to get round in one of the times that we have Pacers for, please stick in their company as you run around. Pacers will be wearing back packs with flags showing the time they plan to get around in, and wearing tabards which indicate the numbers of minutes they will achieve. These are at 45, 50, 55, 60, 65 and 70 minutes.

### **Photos and Media**

Professional Photographers will be present and you will be able to purchase any photographs via the Corsham 10k website after the event. Keep an eye out for them and give them a cheery smile! Once again we will have video coverage which will include drone footage.

### **Presentation**

The presentations will take place around midday, and there are decent cash prizes for the first, second and third male and female runners, and trophies for winners of each category. Veteran categories are V40, V50, V60, V70, V80 as well as the Open and Junior categories.

### **Results**

A full list of results will appear on the race web site and results will also be streamed live onto the DB Max (our timers) website as runners cross the finish line.

### **Retail**

'Running Bath' the running equipment shop in the Corridor in Bath will be present and always have bargain running equipment for sale, so if you need any shoes or clothing make sure you bring some money. Also there will be various opportunities to buy tea and coffee and cake - all for good causes, so bring a pound or 2 with you. If you bring along old trainers for recycling Running Bath will give you a discount voucher for 10% against future purchases

### **Good Luck**

We hope that the remainder of your training goes well and that you have a great race. Please don't hesitate to contact us via the website if you need any more information. If you have a 'human interest' story that is inspiring your run which you would like to share, please let us know so that we can give it some publicity. BBC Wiltshire will be present and may be able to provide some airtime.

### **Thank You**

We are really grateful to all those who have helped us by way of Sponsorship towards the costs of the race and helped provide the Tee shirt, bottle of Box Steam Brewery Ale, and bespoke Medal that each runner will receive. Our main sponsor, Strakers Estate and Letting Agents, will be providing the lead car. All Sponsors' names/logos are on the back of the Tee shirt, so please patronise them if you can.

We also want to acknowledge the Sea Scouts, the Army Cadets and the Air Cadets who will be helping on the day, together with the PTAs from Corsham Regis School, and Neston school as well as the Corsham Wind Band, Corsham Cycling Club, Wessex Water, Nationwide BS and others. Of course

*we couldn't do any of this without the facilities of the Corsham Football Club which we use as the Race HQ and who are fantastically supportive.*

*And finally we need to thank the members of Corsham Running Club who organise this event and give up their opportunity to run, so that others can get the chance to get involved in this great way of keeping fit and staying healthy. There are a total of over 150 people helping make the day work safely and efficiently. Huge thanks to them all.*

*And above all, have fun and we really hope that you have a good day!!!*

**10K Race Committee**