

MERSEA ISLAND LIONS 5 MILE AND 10 MILE RACES (2015)

10:30 AM START, SUNDAY 30th AUGUST 2015

DISTANCE: 5M/10M

PROCEEDS FROM THIS EVENT WILL BENEFIT SEVERAL MERSEA ISLAND LIONS CHARITIES

RUNNERS INFORMATION SCHEDULE-PLEASE READ CAREFULLY

Welcome and thank you for entering the annual 'Mersea 5 and 10 mile race'. We look forward to seeing you on the day and hope that the event will be a memorable one for runners and spectators alike.

Parking: This is available in Willoughby Avenue Car Park, West Mersea. The entrance will be signposted and will be free of charge for competitors up to 2:00pm, after which normal charges will apply. Please park as directed and do not block in fellow runners.

Reporting: Please report and collect your number if you have pre-entered, between 9:00am and 10:15am. (Note if you decide on the day to change the distance you wish to run—please inform late entries tent as another number will be allocated, and the race computer record will need updating)

Changing: There are no changing facilities, please come ready changed and arrange for your valuables to be looked after. The organisers will accept no responsibility for any loss. Car keys can be left at the registration tent if necessary. Public conveniences are available nearby.

The Start: This is on Victoria Esplanade by the entrance to Willoughby Avenue Car Park at 10:30am prompt. Please make sure your running number is securely attached to your vest with four safety pins. The running number must not be altered in any way as this is the only means of ascertaining your name for your finishing position and time. Anyone not finishing with their number will be disqualified. Please do not use personal stereo systems.

The Course: This runs in an anti-clockwise direction around West Mersea. Please run on the left side of the road and familiarise yourself with the course map before the start (on display at registration). There are a number of drink stations around the course and at the finish as well as distance markers. Marshalls will be stationed at hazardous points to direct the runners. Their instructions must be obeyed always as failure to do so will only jeopardise the future of the event and may result in immediate disqualification. There will be lead cyclist and the St Johns Ambulance will follow the last runners.

The Finish: In Willoughby Avenue Car Park—medals will be presented to all finishers as they cross the finishing line. 5 mile runners do one lap and finish down the left hand funnel. 10 mile runners complete 2 laps and finish down the right hand funnel.

First Aid: Will be provided by St Johns Ambulance on the course and at the finish if required. If you see a fellow runner requiring urgent assistance please inform the nearest marshal.

Presentation: Prizes and Trophies will be awarded to all winners in each group. These will be presented on the day, as soon as possible after the results have been formulated. Note: only one prize per runner. All entrants are encouraged to wait until the presentation.

Thanks: To our sponsors and all the helpers prior to and on the day.

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