

**SOUTHPORT 10k, HALF MARATHON
& FAMILY MILE FUN RUN**

30th June 2019

Victoria Park

Southport PR8 2BZ

UKA Sanctioned and officially measured

Competitor Information Pack

***This Race Pack contains important information
Please read the whole document***

Timetable 29 & 30th June	
Saturday 29th June - Race Number Collection for Late Entries (n.b. all entries received after Weds 19 th June)	Saturday 1400- 1700hrs
SUNDAY 30th June	
Sunday - Event Car Park Open	Sunday 07:00
Sunday - Race HQ Open for Late Entry Race Number Collection	07:30
Last Late Entrants admitted to Race HQ number collection queuing	08:20
Race HQ Closes for Late Entrant Race Number Collection	08:30
Road Closures in effect	08:30
Race Briefing(s)	08:45
10k & Half Marathon Race Start	09:00
First 10k Finishers (approx.)	09:30
10k Presentation and Prize Giving (approx.)	10:00
First Half Marathon Finishers (approx.)	10:10
Half Marathon Presentation & Prize giving (approx.)	11:00
Family Mile Start (approx.)	11:20

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Final Marine Drive/Coastal Road closures re-opened	12:00
Final Finishers (approx.)	12:30

Endurance Revolution



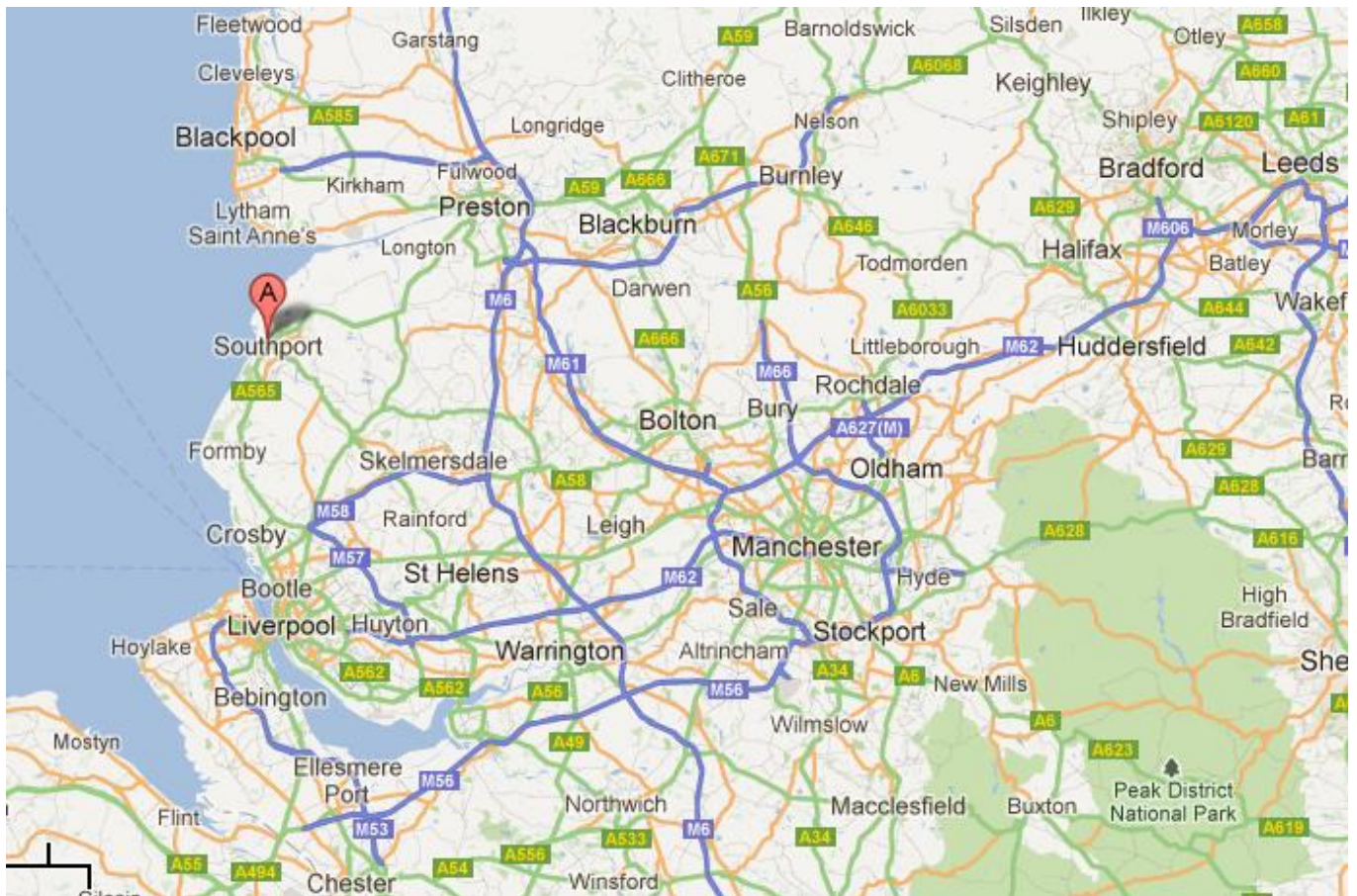
Swim * Cycle * Run
#EnduranceRevolution

Race Day Location

Victoria Park is located on Victoria Way in Southport, which is easily reached by exiting the M6 at Junction 26 and taking the M58 towards Liverpool before exiting at Junction 3 and following the A570 into Southport.

If travelling from Liverpool/Wirral area head for A565 North (Formby By-Pass) and follow signs for Southport.

If travelling from Preston/Blackpool area head for A59 South and then take A565 into Southport.



Race HQ and Car Parking – PLEASE ARRIVE NO LATER THAN 0800hrs TO ALLOW PLENTY OF TIME TO PARK AND GET TO THE START. THERE WILL BE QUEUES AND THE RACE START CANNOT BE DELAYED DUE TO THE LIMITED TIME FOR THE ROAD CLOSURE – IF YOU ARE NOT AT THE START LINE BEFORE 0900hrs YOU WILL NOT BE ABLE TO TAKE PART.

Race HQ is located in Victoria Park the nearest postcode for Sat Nav is to the Esplanade Car Park, Southport PR8 1RX. All participants and spectators are encouraged to park on Esplanade Car Park at the Eco Centre from 07:00 on Race Day as it will offer the most convenient access to the venue and will cause least disruption to the residents and businesses of Southport. Further information is available here; <http://www.southportecocentre.com/contactus>
Please note this a Pay on entry Car Park and a reduced rate will apply for arrivals before 09:00.



Race Day and General Instructions

<p>Race Numbers & Timing Chips</p>	<p>Numbers with timing chips attached to the back of the number will be posted out to entrants approx. 7 days prior to the event.</p> <p>Please note any late entrants entering after Weds 19th June will need to collect their numbers on Saturday (if possible) or if not on Sunday from Victoria Park or on Sunday morning at Race HQ:</p> <p>Saturday Race Number Collection is available 1400 to 1700hrs at Victoria Park, and again at Race HQ at Victoria Park on the morning of the race from 0730hrs to 0830hrs</p> <ul style="list-style-type: none">• If you are a late entrant (after numbers have been posted) you will not receive your number in the post – you must collect your number PREFERABLY on SATURDAY from RACE HQ in Victoria Park 1400-1700hrs• Race Day Registration will be only open from 0730-0830hrs in Victoria Park – please arrive at Race HQ (i.e. already parked) no later than 0800hrs to collect numbers if you are a late entrant.• Any late entrants arriving at Race HQ to join the queue after 0820hrs will not be able to take part in the race to ensure the start is not delayed for all other runners. <p>For all other entrants please ensure you bring your race number received in the post with you on the day of the race, failure to do so could mean you are unable to take part;</p> <ul style="list-style-type: none">• During the race the Race Number must be worn on your FRONT and includes a timing chip attached to the back of number and must be worn throughout the race• Failure to wear the number and chip in the correct manner (i.e. attached to the front of your running vest/shirt) will jeopardise an accurate race time• Please do not bend the race numbers or pierce the timing chips with safety pins when attaching to your run jersey as this could affect the function of the chip <p>PLEASE TRY TO AVOID WALKING ON OR NEAR TIMING MATS BEFORE YOU START YOUR RACE AS THIS MAY AFFECT YOUR RESULT</p>
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Race Pack	For runners receiving their race number through the post, the timing chip is attached to the back of the bib number. You will receive t-shirts and medals at the finish line following the event.
Insurance and UKA Licenses	Your entry fee already includes 3 rd Party insurance cover provided by UK Athletics. If you are a UKA member your membership details provided at the point of entry will be validated by UKA.
Race Route	<p>The Half Marathon and 10k runners will start in Victoria Park and then head north along Lord St before the 10k turns left and heads around the Lake before returning to Victoria park along the Coast. The Half Marathon continues north after Lord St before taking in the beautiful Hesketh Park (home of Southport parkrun http://www.parkrun.org.uk/southport/) and then passed the Golf Club before returning to the coast and heading south towards the Marine Lake, then along Promenade and under the Pier, through Kings Gardens, around the Marine Lake and back to the coast via the lakeside pathway before heading south again and returning for a Finish in Victoria Park.</p> <p>The Family Mile will take place entirely within Victoria Park starting at approx. 1120hrs (dependent on numbers of HM/10k runners still on the course) after a large proportion (but not all) of the 10k/HM participants have finished.</p> <p>Routes are available to view online via the event page on our website click here. The course is flat, fast and the surface is tarmac for the majority of the route. The path alongside the western side of the Marine Lake is quite narrow in areas, please show caution in this section.</p>
Race Rules	<p>This race will be staged under UKA rules and the course has been measured and certified accurate. As such it meets the highest approved standards of race organisation within the UK.</p> <p>No person (except a blind runner's attendant) may accompany a competitor at any point on the course.</p> <p>All competitors must compete on foot. Competitors are advised to familiarise themselves with the course prior to the event.</p>
Bag Drop	There will be an area adjacent to registration near the race start where you may leave a small bag for the duration of the event – please be aware items are left entirely at the owner's risk and it is not advised to leave any valuables in the Bag Drop area as it is not a secure area.
Race Briefing	All athletes will be required to attend a Race Briefing at 08:45, this will be held at the Start/Finish Area in Victoria Park. The briefing is mandatory and is to ensure your health and safety and that of the marshals, officials and spectators.

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Medics & First Aid	<p>Fully staffed ambulance crews will be in attendance on race day with a First Aid Unit at Race HQ in Victoria Park, a mobile Ambulance/RRV Units and mobile Cycle Response Medics. However, you should not take part in the event if you have been feeling unwell. If you feel unwell during the event it is important that you stop racing and inform an event official so that medical staff can attend. Do not ignore warning signs such as chest pains, dizziness, headaches, nausea, diarrhea or other forms of distress. If you have an existing medical condition you should check with your doctor that you are able to take part. If you are able to enter, ensure that full details of your condition are written on the reverse of your event number in case of an emergency ensuring you include all information such as current medication.</p>
Hydration	<p>Fluids lost in sweat must be replaced. There will be 4 drink stations (with water available – along with Energy Gels and Jelly Babies) along the Half Marathon route and 2 stations on the 10k route. It is your responsibility to take on fluids as necessary. It is also not advisable to drink alcohol the night before – alcohol can have a serious impact on hydration.</p>
Failure to finish	<p>If you withdraw from the event at any stage before the finish – you must inform the officials at Race HQ or the Finish Area. This will allow us to account for all entrants.</p>
Headphones, MP3, Mobile Phones	<p>We strongly advise that you DO NOT use headphones, MP3 players, iPods, mobile phones, etc on the course during the event. The reason for this is that we need runners to be able to hear instruction from marshals and in case of emergency, the safe passage of emergency vehicles needs to be assured. It's really important and for your own safety. Endangering the safety of your fellow competitors, event staff, spectators and members of the public will lead to disqualification by the race referee. UK athletics deem that headphones/MP3 players are not allowed. However, we are aware UK Athletics have in recent years promoted use of bone conducting headphones: http://www.uka.org.uk/EasysiteWeb/getresource.axd?AssetID=151996&type=full&servicetype=Attachment Therefore, it is acceptable to wear these specific headphones providing that the volume is at a level where you can still communicate and hear potential hazards or the official's/marshal's voices. The route is traffic free but there are areas where traffic could be close by – please do not be offended if a marshal or official requests that you remove your headphones at any point this could be due to hazards ahead on the route.</p>
Photography	<p>Race photographs will be taken on the day by a team from Mick Hall Photos. Please be aware that all images will be published online and</p>

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	<p>available as a free digital download after the event on our Facebook page click here and on the photographer's website here http://www.mickhall-photos.com. If you have any reason for images not to be published please make us aware as soon as possible.</p>
Results, Winners and Prizes	<p>Results will be available real time on the web throughout the event via our live results page. Your time will also be displayed at the start/finish area as you finish. Winners will be announced at the Prize Presentation after all competitors have finished the event.</p> <p>Prizes will be awarded for both male and female athletes by age group. A provisional listing of the full results will be posted on the Epic Events website (www.epicevents.co.uk/results.html) to which competitors will have 48 hours from the time of its posting to raise any queries.</p> <p>Every finisher will receive a medal.</p>
Spectators	<p>Spectators are welcome to come along and watch the event and support the entrants. But please be mindful of the competitors whilst racing and where necessary step out of the way of oncoming athletes.</p> <p>Please don't be offended if asked to move!</p> <p>The most advantageous areas to watch the participants are in and around Victoria Park and also at the Marine Lake Café in King's Gardens near to the Pier where entertainment will also be available and refreshments on sale throughout.</p>
Lost Property	<p>The organiser cannot be held responsible for competitors' property lost, stolen or damaged before, during or after this event</p>
What's there on the day? Food and Music	<p>Refreshments will be available courtesy of Crazy Cow catering and Triviso ice cream throughout the day.</p> <p>We will also have live music and entertainment from Batala Samba Drummers and acoustic duo The Paper Cranes.</p>
Litter	<p>There is a zero-tolerance policy regarding litter on the course. There will be four drop zones clearly signed at the water stations. Littering outside of these zones will result in a DQ from the event.</p>