

DEWSBURY 10K

RACE DAY GUIDE

WHEN

February 3rd 2019
9am



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TIMETABLE

8.00am – Race HQ opens

9.00am – Race starts

10.30am – Bradford Road reopens to cars*

10.15am – Prize presentations

*all runners still on the course will be asked to move to the pavement at this point. Marshals will be in position until the last runner has passed.

RACE NUMBERS

Race numbers will be posted out on 18th January. Please e-mail dewsbury10k@gmail.com if you have not received your number by 25th January. Any runners without a number on the morning of the race must report to Race HQ.

Race numbers **MUST** be worn by all competitors and **CANNOT** be transferred.

Your timing chip will be fixed to your race number – please make sure these are fixed securely to the front of your clothing and are always visible.

Please check that all pre-printed information on the back of your race number is correct and complete any unfilled boxes.

This year we have split the entries into 4 groups. Your race number will be colour coded. We request that you start within the relevant colour coded section. We will be placing coloured signs in the Start Area to help you find your way to the right place.

PARKING

A section of Dewsbury Ring Road will be closed from 7am - refer to map below for details. We recommend that you bear this in mind when planning your journey.

Several local public car parks are marked on the map. The large carparks near the race village and immediately behind the Sports Centre are free on Race Day, but the ones at the Railway Station and behind Mecca Bingo may still charge. Please check the signage at the relevant carpark.

The organisers will take no responsibility for any fines received if vehicles are not parked correctly.

RACE HQ & EVENT VILLAGE

Race HQ is at Dewsbury Sports Centre, Longcauseway, Dewsbury, WF12 8EN.

You will find a free bag drop and a team of volunteers ready to assist you and answer your questions.

The Event Village and Start are a 5-minute walk from Race HQ and can be seen on the map below. There will be toilets at the Race HQ and Event Village.

Free sports massages will be available at our Event Village. Donations to our chosen charities, Yorkshire Air Ambulance and Teenage Cancer Trust will be much appreciated.

The start area will be split into 4 different sections to give all runners the best chance to get a pb and to help keep you all safe. Our marshals will direct you to the correct starting area.

Please look out for our pacers who will be holding up flags for the following times:
40,45,50,55,60,65,70,75 minutes.

BAGGAGE

There will be a baggage drop facility at Dewsbury Sports Centre, available from 8.00am.

All items are left at the owner's risk; we cannot be held responsible for any loss or damage caused using this facility.

WEATHER

Due to the time of year, the weather will be unpredictable. Please ensure you have checked the forecast and are dressed appropriately for the conditions.

THE COURSE

The route is shown on the map below. It is an 'out and back' with a gentle elevation on the outward leg. The rise between the start point and the turn at 5km is approximately 42m (138ft), making it all downhill for the last 5k.

There will be a water station just after the turn-around point at 5km, and another at the finish. There will be km markers along the course.

The course is run entirely on a main road and therefore road running shoes are appropriate.

Bradford Road will be completely closed to all vehicles (except safety and emergency vehicles) for 90 minutes after the start of the race. Any runners remaining on the course after 90 minutes will be guided to run on the pavement.

The ring road will remain closed in both directions until 12pm, which should allow all runners to complete the course and cross the finish line.

SAFETY

First aid will be provided by VMS, who will be located at the Event Village adjacent to the Start & Finish Area. A record of any medical conditions you disclosed on your entry will be held by the senior medical person on site. However, we ask that you write any relevant information on the back of your race number.

There will be a sweeper and support vehicle travelling behind the last runner. Anyone struggling to continue at any point should alert the nearest marshal for assistance and for transport back to the Event Village.

Under UKA rules, the wearing of headphones is prohibited. Anyone found doing so will be disqualified.

The safety of runners, marshals and supporters is our primary concern. Our event team reserve the right to cancel or postpone the event if for any reason we feel that it is not safe for us to proceed. In these circumstances, any refunds or deferment of entry will be entirely at the organisers' discretion.

A full road closure will be in place with access provided to emergency vehicles. Please remain vigilant and give way to any vehicle entering the course.

RESULTS & PHOTOS

Results will be sent via text message and will be available on the Racebest website. There will also be a link on the Dewsbury Road Runners website and Dewsbury 10k Facebook page.

Photographers will be in attendance and photos will be available via social media at some point after the race.

PRIZES

Prizes will be awarded to the first 3 men and first 3 women to cross the finish line.

There will be prizes for the first in the following categories: M40, M45, M50, M55, M60, M65, M70, F40, F45, F50, F55, F60, F65 and F70.

First club men's team (first 3 back to score) and first club women's team (first 3 back to score) will also receive prizes.

T-shirts will be given to all finishers of the race.

The prize presentation will take place near to the finish line at 10.15am.

Thank you to:

- **BookitZone Ltd**
- **Calder Screenprint Ltd**
- **Centurion Traffic Management**
- **The Disco Shop**
- **Dewsbury Rock Choir**
- **Even\$plits/Racebest**
- **George Shaw & Sons Toilet Hire**
- **12th Dewsbury Girl Guides**
- **1st Heckmondwike Scouts**
- **Kirklees Active Leisure**
- **Kirklees Council**
- **Mick Hall Photography**
- **My Handyman Ltd**
- **Northern Pacing Volunteers**
- **Renew Sports Therapy**
- **Shepley Spring**
- **SMK Running**
- **Spuddy Licious**
- **T K Creative**
- **Vibrant Colour Ltd**
- **West Yorkshire Police**
- **Vie Medic Services Ltd**

Dewsbury 10k Town Centre Map

Route

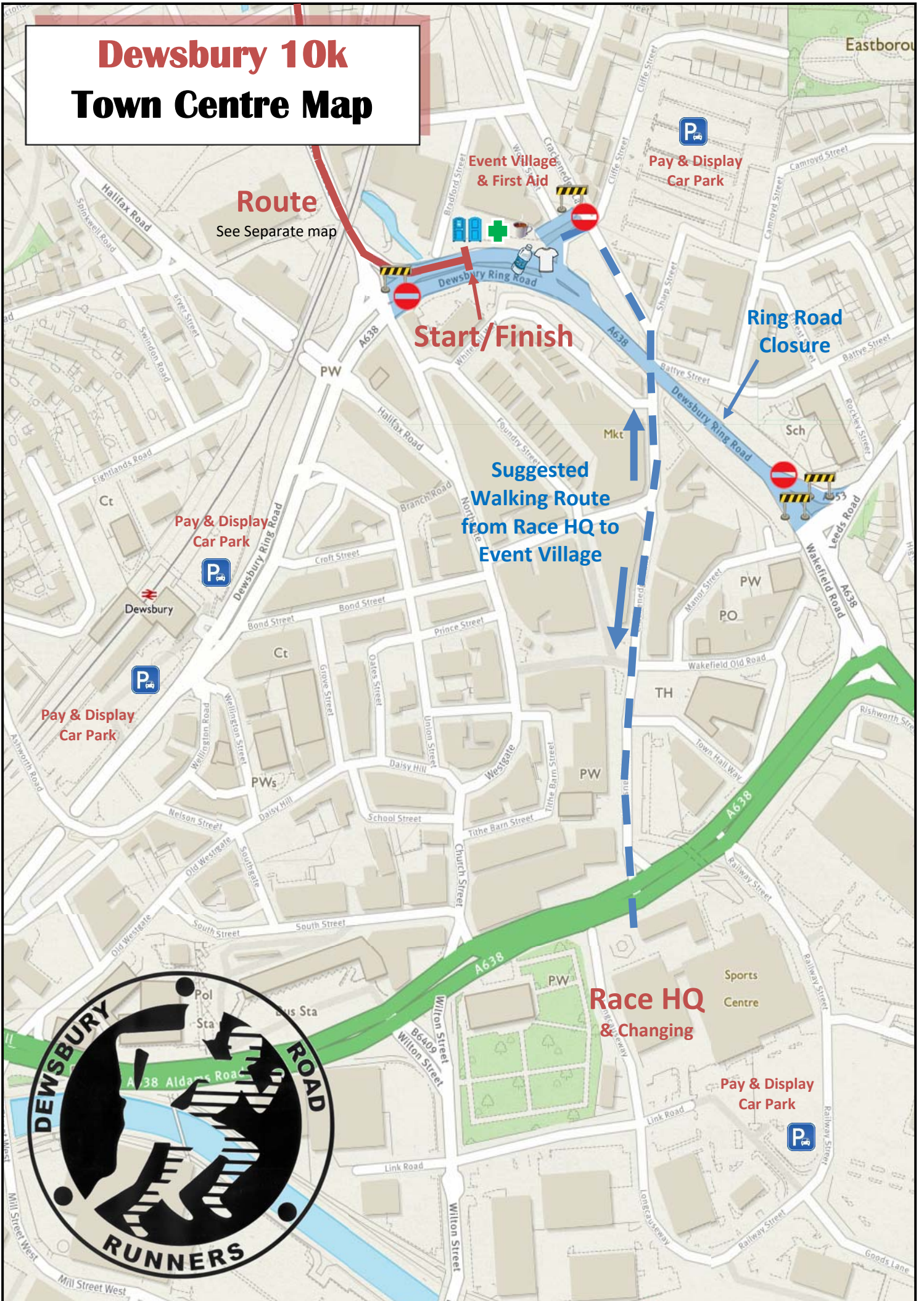
See Separate map

Start/Finish

**Suggested
Walking Route
from Race HQ to
Event Village**

**Ring Road
Closure**

**Race HQ
& Changing**



Dewsbury 10k Route Map

5km Turn Point

Water Station
Brookroyd

4km 6km

3km 7km

2km 8km

1km 9km

Start/Finish

