

Duckponds 7km and 3km Fun Run Information 14th July 2012

Thank you for entering the Duckponds race. Plymstock Road Runners hope you have an enjoyable race.

START - The Duckponds 7km race will start at 6.00pm prompt. The 3km fun run will take place at 5.15pm.

RACE NUMBER and REGISTRATION - You will be able to register, pick up race numbers and find out any race information in the school playground. If it is raining we will be located in the middle classroom next to the playground.

Race numbers for postal entries and your Mug will be available for pickup at Registration this year. Please arrive at the registration desk in enough time to collect your number/mug. The registration desk will be open from 4.30pm.

PARKING - Car parking is extremely limited around the school so we strongly suggest that you park in the Morrisons car park near Billacombe Roundabout and follow the signs to the start of the race.

FUN RUN- This year a 'hare' will run at the front of the fun run to ensure everyone knows the correct course.

THE COURSE - The race is being held off road in Radford Park therefore we request that you adhere to the Country Code when running. The race will start and finish at Oreston Community Academy playing fields. This will also be the race HQ.

As the race is off road and along an undulating surface it is not safe for wheelchair bound persons to take part in the race.

There will be a member of the club running behind the very last runner.

FINISH – At the finish your number must be visible. Your time will be recorded by the official timekeepers. There will be drinks available near the finish.

FACILITIES - There are changing facilities at the school along with a baggage storage area and toilets.

We welcome children at the race and there is a public playground for children to play in if they wish.

DOGS AND CYCLISTS - Dogs are not permitted on the race course. Runners should not be accompanied or followed by cyclists.

RESULTS - Provisional race results will be posted on the classroom window soon after the race has finished. The full set of results will be available on the club website (www.plymstockroadrunners.co.uk) within a week of the race and on the Tamar Trotters website within a few days.

PRESENTATIONS - Presentations will take place in the playing field at approximately 6.45pm.

MEDICAL - St. John Ambulance will be present at the race. Please do not run if you are unwell. If you have a medical condition please write details on the reverse of your number.

Finally, may I thank you on behalf of Plymstock Road Runners and the sponsors for taking part and wish you good luck for the race.

Steve Rose
Chairman
Plymstock Road Runners
and
Race Director