



MARRIOTT'S WAY 10K

Sunday 11th October 2015
Information Sheet

Sponsored by Whitwell & Reepham Railway
Supported by Broadland District Council
Supported by D & F McCarthy Ltd
Supported by Sweatshop



Race Parking

There is a free car park at Stimpsons Piece, Reepham. A shuttle bus will operate for runners at 9:15 and 10:00 from Stimpsons Piece to the registration area at Woodgate Nursery. Spaces are limited, to book a seat please call 01603 430570 or email sport@broadland.gov.uk by Wednesday 7th October with your name, contact phone number and preferred bus time. There is free car parking at Woodgate Nursery, Buttlands and Burgh Road car park in Aylsham and Stimpsons Piece and Station Road in Reepham. Please refer to the parking maps that can be found at www.broadland.gov.uk/mw10k. The nearest parking to the start will be at Woodgate Nursery (except for Blue Badge holders).

There will also be a shuttle bus returning from Stimpsons Piece, Reepham to Woodgate Nursery at 12:45pm and 1:25pm. Spaces are limited, to book a seat please call 01603 430570 or email sport@broadland.gov.uk by Wednesday 7th October with your name, contact phone number and preferred bus time.

Please car share where possible.

Number and timing chip collection

These will be ready for collection from 9.30am on race day next to the car park area at Woodgate Nursery. The nursery is South West of Aylsham on the B1145 (Aylsham to Cawston Road).

From A140 (Norwich to Cromer Road) at the roundabout (just south of Aylsham) take the exit marked Cawston (B1145) & the entrance is less than a mile on the left (Postcode NR11 6UH).

Your race number must be pinned to the front of your top, using a pin in each corner please. You must not cut, fold or mutilate your race number in any way. Please complete the requested medical details on the reverse of your race number using the pens provided. Your timing chip must be fastened to your shoe in accordance with the instructions displayed on the day. Please make sure that you collect your race number and chip by 10:45am at the latest; the races will start promptly at 11am, 11:10am and 11:20am.

Runners must run in the wave that they are registered in and your number and colour wash indicates your wave time, please see below.

11am	Number	1-150	Red colour wash
11:10am	Numbers	151-300	Blue colour wash
11:20am	Numbers	301 – 450	Yellow colour wash

A list of names, numbers and start times will be displayed at the registration area

The café at the nursery will be open from 10am for hot and cold drinks and serving food.

There will be portaloos on site for runners.

T-shirts

Pre-ordered t-shirts should be collected from the registration area. If you have not ordered a t-shirt it is not too late, please call 01603 430570 by Monday 28th September to place your order and make payment of £9.

Race Start

From Woodgate Nursery you will need to cross the road to access the Marriott's Way. Once on the Marriott's Way the race start is approximately 350m east from here. The start will be signed and there will be marshals around.

Please do not go to the start line until 10 minutes before your wave time to prevent congestion. Runners may assemble at the start line once the previous wave has all departed to allow runners in a previous wave through.

The finish and results

After you have crossed the finish line, please allow us to remove your timing chip from your shoe and then collect your commemorative medal, goody bag and bottle of water. A charge will be incurred for any chips not returned. The presentation of prizes will be made soon after the last runner finishes at approximately 12:45pm. Prizes will be awarded in the tent at the finish. Full results will be posted at www.broadland.gov.uk/mw10k within 48 hours.

Catering

Light refreshments will be available at the Purdy's Tea Room at Woodgate from 10am. Refreshments will be available at Whitwell and Reepham Railway,

approximately 2km from the race finish. Runners showing their race number at the Dial House after the race will be entitled to 20% off drinks and food. Menus can be found at www.thedialhouse.org.uk, booking is advised if you are having Sunday lunch. The Kings Arms will also be open in Reepham Market Place

Reepham church will be serving teas and coffees at the church close to the finish after their morning service, all are welcome to join them.

Water stations

There is a water station positioned between 5 and 6k. Water will also be available at the finish. Please ensure you take a drink on finishing.

Photography

Photographs taken on the day will be displayed on Broadland's facebook page, please go to www.facebook.com/broadlandevents

Baggage facility

Jackets and Jumpers can be left at the start of the race and collected from the finishers tent. Please ensure any items left are in a bag and clearly marked with your race number. Please collect a luggage tag from the chip collection point. All items are left at the runners own risk.

Race Rules

Race rules can be found at www.broadland.gov.uk/mw10k

Sponsors and supporters

Whitwell & Reepham Railway – Whitwell & Reepham Railway station will be open all day with ample parking and diesel trains will be running on demand.

The BBQ will be on and serving our well know Whitwell specials and bacon butties, also the sidings bar will be open with a large range of beers and wines as well as teas, coffees and cakes available in the station cafe.

Plenty of seating available inside and out giving you a chance to relax

Whitwell & Reepham Station, Whitwell Road, Reepham. NR10 4GA 01603 871694 www.whitwellstation.com

Sweatshop - Sweatshop was founded in 1971 by Chris Brasher On 6th May 1954, Chris became part of athletics history by helping to pace Sir Roger Bannister to the first sub four minute mile. Chris' selfless support of his team mate has helped define Sweatshop's modern day aim, to help people be the best that they can be. Having successfully supported Sir Bannister, Chris decided that he wanted to fulfill his own potential and become the best that he could be. With this in mind, he set about meticulously planning for success in the 1956 Melbourne Olympics.

Sweatshop are the first and only running retailer to provide a bespoke fit by combining motion analysis with customised insoles to offer you the best shoes for your running needs. We are the first to offer 100% peace of mind – our unique 30 day guarantee for anyone buying a pair of shoes in store. You can run in your shoes for up to 30 days and if you're not completely satisfied we'll exchange them for a new pair, whatever the reason and the first running retailer to train its staff to fit sports bras

Sweatshop running community (SRC) - SRCs are completely FREE no obligation running groups that operates from our Norwich store. We currently offer the following running groups which are open to all abilities; Monday-Intermediate 5-7km @ 6pm; Wednesday - efforts sessions @5 pm; Thursday-Beginner 0-5km @ 6.45pm; Sunday - 10K sessions @ 9:15am. Why? We want Sweatshop to be able to provide support for runners of all abilities. If you have never run before but want to start, or run but have no one to do it with, we can help by giving you a place to come to, free of charge, where you will have a chance to go out with supportive and friendly staff at Sweatshop plus other runners to share this experience - with a real community feel.

<http://www.sweatshop.co.uk/why-sweatshop/running-community>

McCarthys – Thank you to McCarthys for their continued support of the race, suppliers of race fruit and water. www.mccarthys.co.uk/