

RACE DAY INFORMATION

Dear Runner,

Thank you for entering the Titsey Trail 10K.
Please find enclosed your race number.

START TIME

The race will start at 10.30am on Sunday 2nd October 2011. We suggest you arrive in good time to listen to the pre-race talk at the start line.

START LOCATION / RACE HQ

The start is on a bridleway 100m south of the clubhouse of Limpsfield Chart Golf Club, Westerham Road, Oxted, Surrey, RH8 0SL. The golf club is situated on the south side of the A25, across the road from Race HQ/toilet facilities within Limpsfield Church of England Infant School. The HQ is in the school hall where food and hot drinks can be purchased. See enclosed map showing location of Race HQ and Start/Finish area.

PARKING

If you are travelling by car please use the main race car park, which is situated off the north side of the A25 Oxted-Westerham Road, a few hundred metres east of the Race HQ and start/finish area. It will be signposted from the main road. There is only limited space in this car park, however further street parking is available in the surrounding roads. Remember to allow sufficient time for a short walk to the start area.

TRAVELLING BY TRAIN

There is a regular train service to Oxted on the London to East Grinstead or Uckfield line. Engineering works can sometimes take place – please check:

www.southernrailway.com

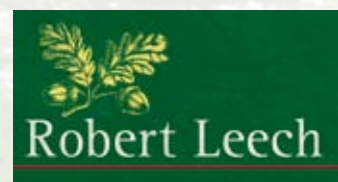
CHANGING FACILITIES AND BAG STORAGE

Because of limited changing facilities and toilets at the Race HQ you are asked to come already changed. Please note the course may be muddy in places, especially if it has been raining, so a change of dry clothes is advisable. A baggage van will be available at the start to store your bags while you take part in the race. You are advised not to leave valuables.

RACE NUMBERS

Please pin your race number to the front of your running top using the safety pins provided. (Spare pins will also be available at Race HQ). Please make sure your number is clearly visible during the race, and especially at the finish line, where times and numbers will be recorded. Please note that your race number should not be used by anyone else without the consent of the Race Secretary. If you do wish to transfer your number to another runner before the day of the race, please email both your details to: 10krace@oxtedrunners.org.co.uk

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SOLICITORS

Strength in Diversity

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THE RACE COVERS LAND OWNED BY THE TITSEY ESTATE AND THE NT

THE COURSE

The course is a single-lap 10 kilometre route following public footpaths, bridleways, private paths and tracks over land mostly owned by the Titsey Estate or National Trust. It is almost entirely off-road. The exceptions are two lane crossings and a stretch of 100m when you run along a quiet country lane; these points will be marshalled. A map of the course is on the Good Run Guide website – a link is provided within the Titsey Trail 10K website.

Trail shoes or studded cross-country shoes are recommended, but not spikes.

This is not a certified accurate 10 kilometre course, but is as close to 10 km as we can make it using GPS measurements. There will be kilometre signs from the 1st to 9th kilometre points.

WATER

There will be water stations at 4.5km, 6.5km and the finish.

COURSE CLOSURE

Competitors will be expected to complete the course within 1½ hours. Marshals will remain in place until 12.15pm at which time the finish line will be closed.

YOUR SAFETY ON THE COURSE

Oxted Runners will do all that they reasonably can to ensure the safety of runners but the club will not be held responsible for any injury you may sustain whilst running this race.

DOGS

Runners must not be accompanied by dogs, on or off a lead, during the race.

WHAT TO DO IN THE CASE OF INJURY

If during the race you become ill or suffer an injury that means you cannot proceed with the race please report to the nearest marshal or race official, or failing that ask a fellow runner to do so. A mobile team from St John Ambulance will be available to provide First Aid.

RESULTS

The race results will be published as soon as possible on the race website:

www.oxtedrunners.org.uk/10k.

CANCELLATION

We obviously hope it won't happen, but should the race be cancelled for any reason we will announce this on the race website as soon as possible. We regret that no refunds will be given in the event of a cancellation.

RACE LICENCE

The race has been approved by UK Athletics as a race that will be held under its Rules for Competition and operated in accordance with its Licence Requirements. The UKA licence number is 2011-102098. The race referee will be Brian Vandervilt, UKA county licence officer for Surrey. Brian will adjudicate on any issues or disputes arising from the race.

PRIZES

All finishers will receive a commemorative medal marking their completion of the race.

Prizes will be awarded in the following categories:

- 1st, 2nd and 3rd Senior Male;
- 1st, 2nd and 3rd Senior Female;
- 1st Veteran Male Over 40, Over 50 and Over 60;
- 1st Veteran Female Over 35, Over 45 and Over 55.

Please note that each competitor can only win one prize. Presentation of prizes will take place at Race HQ around 12 noon.

All finishers not winning one of the above prizes will be entered into a raffle and winning numbers will be drawn after the prize-giving. Raffle prizes will only be available to those attending the prize-giving.

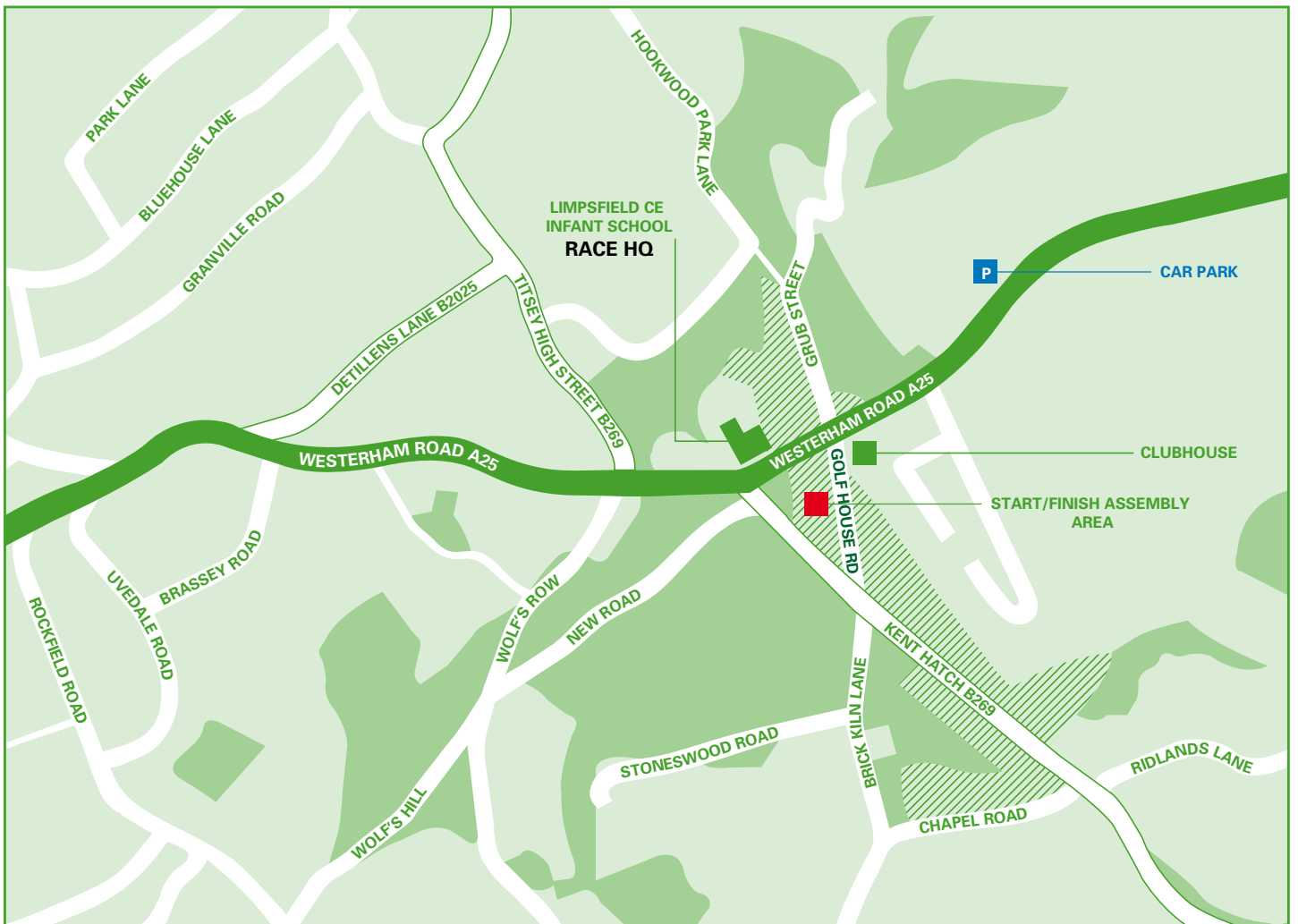
MAP

LOCATION OF RACE HQ

Limpsfield Church of England Infant School

START/FINISH

Clubhouse



HAVE A GREAT RACE!



OXTED RUNNERS

We're a small friendly running club based in Oxted, Surrey. We welcome runners of all standards from keen marathon runners to those seeking a regular way of keeping fit.

The club meets every Tuesday evening at 7.15pm at Limpsfield Lawn Tennis Club in Detillens Lane, Oxted.

In the summer months we run into the attractive countryside surrounding Oxted, while in the winter we do a five mile road circuit.

The club is very easy going and welcoming. Essentially, if you're able to run 5 miles at a reasonable — not necessarily fast — pace without stopping, you'll be ok. We form fast, medium and slow groups to cater for runners who run at different speeds.

And we don't leave people behind!

Throughout the year we organise social events. These have included quiz nights, barn dances, evening meals (including after the London Marathon), summer BBOs, hash and relay runs, and an annual Christmas run and party.

Check out our website :

www.oxtedrunners.org.uk

for more information contact us at **enquiries@oxtedrunners.org.uk** or telephone **01883 722976**.

If you're interested, come down on a Tuesday night (we leave promptly at 7.15pm), have a go at the club run and see whether you like it.

We're sure you will!

