



FINAL RACE INFORMATION
SAUCONY 10K SUPPORTED BY CYTOSPORT - SUNDAY 14th FEBRUARY 2010 - 10:30
SANDOWN PARK RACE COURSE, ESHER, SURREY
UKA LICENCE NUMBER: 2009-100391

PLEASE NOTE: DUE TO THE ADVERSE WEATHER CONDITIONS THE VENUE HAVE ASKED US TO REDESIGN A COURSE WHICH STAYS ON HARD-STANDING SURFACES. WE HAVE DEVELOPED A FAST COURSE WHICH TAKES IN SOME KEY AREAS WHICH ARE NORMALLY 'OUT OF BOUNDS' TO THE PUBLIC - SEE THE COURSE SECTION.

Welcome to the Saucony 10K supported by Cytosport @ TCR 10. This is your chance to shake off those Christmas excesses and get down to Sandown Park, Esher, Surrey. A three lap dash around the grounds of the historic Sandown racecourse. The event will be chip timed to ensure accurate and immediate results. Friends and family can watch your progress from numerous viewing points none better than the main Grandstand. Race entry includes 1 ticket to the Triathlon, Cycling and Running 2010 exhibition, simply head to the reception desk and state your name as a 10K competitors to receive your weekend pass.

The Saucony 10K is part of the Triathlon, Cycling and Running Exhibition 2010 so whether you are a seasoned competitor, or new to the world of multisport, TCR10 is for you. Three seminar theatres will have presentations from top coaches and athletes, a SwimZone to help with your swim technique, the Saucony 10K run, indoor cycle competitions and over 120 top brands and retailers exhibiting. Information is available at tcrshow.com.

We have done all that we possibly can to ensure that everyone has an enjoyable and safe event. Your help in following these guidelines would be greatly appreciated.

Directions to Sandown Park Race Course

Sandown Park is located on Portsmouth Road, Esher, Surrey, KT10 9AJ.

Car Parking

There will be free car and bike parking at the venue.

Race Registration 08:30 - 10:00

Race Registration will take place in the Esher Hall - right hand side of the main building. Entrance to the registration area will be clearly signed. All competitors will need to register on the morning of the race, where you will collect your timing chip and race numbers. Please be aware you will need to bring either safety pins or 2 x number bands to secure your race number. Before entering the registration area ensure that you know your race number. Race numbers will be displayed on a screen in the entrance of Esher Hall. When registering please allow plenty of time, do not leave it until the last minute. There will be no registration after 10:00am, any competitors that have not registered by 10:00am will lose their place in the event.

Secure Storage Area

Within the race registration there will be a secure area for competitors to store bags and personal belongings.

Race Briefings

There will be one race briefing at 10:15 this will take place in the start / finish area in front of the grandstand. If you are unsure about anything please attend. The Race Briefing will inform you of any last minute route changes and safety points. If you have any questions or queries on race day, please ask them at the Race Briefing.

What Will You Need?

You will require running kit that you feel comfortable in. In addition you will need either safety pins or 2 x number bands to secure your race number. Your timing chip and race number will be issued to you at the race registration on the day.

Electronic Timing

To ensure accurate times and results, every competitor will receive a timing chip to use whilst racing. Using this cutting edge technology will mean results and category positions will be updated live as competitors pass the finish line. There will also be a large projector screen displaying live results on the Saucony stand within the exhibition. When you have finished, please remember to return your timing chip to our officials. If your timing chip is not returned after the race, you will be charged £25 for the chip. Please also ensure that you do not cross the mats, which register your times except in the case of when you are competing. To avoid this problem do not climb over barriers as they are out in place to prevent access from these areas prior to the event. Failure to comply with this request will trigger your timing chip and will invalidate your result.

The Course - 3 Laps (See Course Map)

The race will start from in front of the main grandstand heading downhill off the 'Apron' and circling up and in front of the spectacular main building. Be aware you will be faced with a steady incline of approximately 100 - 150 metres.

When entering back into the venue the course turns left and heads through the stables, an area normally out of bounds to the public, this will be your first chance to come face to face with your competition as you loop through the stables and back out and around the parade ring. With large amounts of viewing from the main building hopefully, supporters will be on hand to cheer you on!

You will exit the parade ring along a newly surfaced pathway which will bring you down to the edge of the racecourse. The course then has a flat 500metre out and back section where you will once again come face to face with the competition!

When you have completed this section you will head uphill until you reach the main grandstand building where you will turn left and then immediately right before a 100metre dash to the finish line - obviously don't forget its 3 laps!!!

Please study the course maps and attend the race briefing.

Race Rules & Appeals

The running events will be held under the rules of UK Athletics. Under these rules it is mandatory that all competitors are insured by third party civil liability insurance - Members are insured as part of their affiliation package, and all other competitors will be required to pay a £2 non-affiliation fee to ensure that they have the relevant civil liability insurance. If you require further information about affiliation please email info@englandathletics.org or telephone UK Athletics on 0870 9986700.

Exhibition

A visit to the Triathlon, Cycling and Running Exhibition is your opportunity to get your 2010 race season off to a flying start. There'll be over 120 exhibitors showing the latest bikes and accessories, race wear, shoes, wetsuits, nutrition, holidays and training. Information is available at www.tcrshow.com.

Saucony

Saucony products are available from a network of specialist running and sports stores around the UK and Ireland. They have a reputation for manufacturing the highest quality products and for ensuring customers make the right choice when selecting footwear or apparel.

One way they ensure this happens is their [Saucony ShoeLab](http://www.saucony.co.uk) which uses a digital video studio and tailor-made software to help their experts advise you on shoe selection, more info available at www.saucony.co.uk.





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Cytoport

CytoSport is a US manufacturer of premier sports-oriented nutritional products such as Cytomax and Muscle Milk. Cytoport are investing heavily in the UK market which is illustrated through their presence at the TCR Show. Cytoport will not only have a stand on the first floor but they will also be the nutrition sponsor for the Saucony 10k Run supplying Cytomax drinks stations throughout the course and prizes for the event.

Plus Cytoport will have their sponsored athlete Chrissie Wellington on their stand for photo signing and holding a Q&A session in the 220 Triathlon seminar theatre.

Refreshments

On the day refreshments will be available from within the exhibition hall.

Medical Cover

If before, during or after the event you feel that you require any type of medical care, please do not hesitate to contact an event marshal.

Medical Conditions

We request that all competitors write their next of kin & contact details on the back of their race numbers using a waterproof pen. If you have any type of medical condition or are taking any type of medication please write a large 'MC' on the bottom left of your race number. Please write your medical condition fully on the back of your number also. This will only be used in the event of you being involved in an accident.

Race Numbers

A Race Number must be worn on your front. Numbers must be pinned at all four corners. Number bands are allowed but it is recommended that two be worn. One number band for the top of the number & one number band for the bottom to stop your number creasing up and becoming unreadable.

NB. Please do not forget to bring safety pins.

Results

Times will be displayed on a large projector screen on the Saucony Stand. Provisional results will be available to download on www.onestepbeyond.org.uk the Monday following.

Withdrawals

The Closing Date has now passed and unfortunately any withdrawing competitor will not be eligible for a race credit. Please note that you are not allowed to give your entry away.

Event Office Closure

The Event Office will be closed from Wednesday 10th February at 5pm. Please do not send emails regarding this event after this time, as we will be on site setting up and unable to answer your messages.

Race Volunteers - Please Help

No event like this can run smoothly without the help of many marshals. If you have friends or family that will be supporting you at the event, why not ask them if they would be willing to give up a couple of hours to help marshal.

Prizes

There will be prizes from the Sponsors - Saucony & Cytoport in the following age categories:

CATEGORY	PRIZE
MALE OPEN 1ST	£125 worth of Saucony Products
MALE OPEN 2ND	£75 worth of Saucony Products
MALE OPEN 3RD	£50 worth of Saucony Products
FEMALE OPEN 1ST	£125 worth of Saucony Products
FEMALE OPEN 2ND	£75 worth of Saucony Products
FEMALE OPEN 3RD	£50 worth of Saucony Products
MALE VET 1ST	£125 worth of Saucony Products
MALE VET 2ND	£75 worth of Saucony Products
MALE VET 3RD	£50 worth of Saucony Products
FEMALE VET 1ST	£125 worth of Saucony Products
FEMALE VET 2ND	£75 worth of Saucony Products
FEMALE VET 3RD	£50 worth of Saucony Products

Also all competitors will receive x 1 weekend ticket into the exhibition, a race medal and a £10 voucher to spend at the Saucony stand at the exhibition on any purchase of non-discounted goods above £60 so don't miss out!

Other One Step Beyond Events

One Step Beyond Promotions will be organising a number of other multi-sport and running events throughout 2010. These range from children's fun runs and novice pool triathlons to high profile open water triathlon events. For more information about One Step Beyond Promotions and our events please visit www.onestepbeyond.org.uk.

2010 Event Calendar

6TH MAR	CLUMBER - Duathlon
9TH MAY	WOODHALL SPA - Sprint Triathlon
30TH MAY	SOUTHWELL - Sprint Triathlon
12TH & 13TH JUNE	ROTHER VALLEY - Triathlon Festival
27TH JUNE	LAKESIDE - O/W Sprint Triathlon (<i>New in 2010</i>)
4TH JULY	DAVID LLOYD - Sprint Triathlon
8TH AUG	OUTLAW - Iron Distance Triathlon (<i>New in 2010</i>)
21ST AUG	CLUB RELAYS - National Relay Championships
22ND AUG	NOTTINGHAM - O/W Sprint Triathlon
19TH SEPT	LAST MINUTE - Sprint Triathlon
10TH OCT	ROBIN HOOD - Multi event Adventure Day

Thanks

It takes a great amount of work to organise an event such as this. Special thanks go to our Team of Officials and the race day volunteers. M2 Events for organising a fun and informative exhibition. To Saucony and Cytoport for sponsoring and supporting the event, Sandown Park for allowing the event to take place & finally you the athlete.

Further Information

Any questions related to the event can be answered by emailing tcronestepbeyond.org.uk

Teresa Hamilton - Managing Director. - All the information here is believed to be true at the time of going to press. Changes maybe required ensuring that the event is organised safely and within the law, these changes will be made without notification. The organiser has the final decision. This information is Copyright to One Step Beyond Promotions, reproduction of this text or style is forbidden.

