



**PROVISIONAL RACE INFORMATION**  
**SAUCONY 10K @ TCR 10 - SUNDAY 14<sup>th</sup> FEBRUARY 2010 - 10:30**  
**SANDOWN PARK RACE COURSE, ESHER, SURREY**  
**UKA LICENCE NUMBER: 2009-100391**

**PLEASE READ ALL OF THIS RACE INFORMATION**

Welcome to the Saucony 10K @ 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 historic Sandown racecourse with the emphasis on fun. The challenging course is undulating along a surface of turf & tarmac, with a steady climb in front of the main building leading back into the complex. 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.

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](http://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.

**Enjoy your day.**

**Directions to Sandown Park Race Course**

Sandown Park is located on Portsmouth Road, Esher, Surrey, KT10 9AJ. A map with transport details is available by selecting the 'directions' icon.

**Car Parking**

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

**Race Registration 08:45 - 10:00 (Provisional Times)**

Race Registration will take place in the Sports Bar - left hand side of foyer, 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 numbers. Before entering the registration area ensure that you know your race number. Race numbers will be displayed on a screen in the main foyer. 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 Briefings.

**What Will You Need?**

You will require running kit suitable for a mixed terrain course of turf and tarmac. In addition you will need either safety pins or 2 x number bands to secure your race numbers. Your timing chip and race numbers 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 One Step Beyond stand within the exhibition. The timing chip will be worn on your leg, around the ankle. When fitting your chip it is useful to smear a small amount of lubricate to stop any chaffing. Full details regarding this will be issued at registration. 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**

The race will start from in front of the main grandstand heading left circling around the parade ring. From the parade ring you will join the pathway which runs alongside The Warren and Leisure Complex until you reach the side entrance to the race course on Esher Lane. Please take extra care at this point as vehicles will be using this entrance to access the golf and go-karting courses, this point will be strongly marshalled please listen to their instructions. You will then turn right along the edge of the internal road before cutting left down to a gate which turns you right along the central 'back straight' through the middle of the golf course (left hand side) and go-karting course (right hand side). Follow this central pathway until it reaches the bottom end of the race course where it turns right and back on itself adjacent to the finishing straight of the race course. You will then cut across the race course in line with the bottom end of the grandstand, looping in front of the grandstand before exiting into the Portsmouth Road Car Park, from where 2 right hand turns take you onto a steady climb in front of the entrance to the main building along the car park and back into the complex, turning in front of Sandown Lodge. From this point you rejoin the course completing 2 further laps before turning right down the side of the grandstand and right again into the finish area. When you have finished, please remember to return your Timing Chip to our officials.

Please study the course maps and attend the race briefing if there is anything you are unsure of.

**Course Profile**

The course profile below is measured in feet.





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#### 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](mailto: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](http://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](http://www.saucony.co.uk).

#### Refreshments

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

#### Medical Cover

The medical cover will be provided by the venue and its associates. 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

Race Numbers must be worn on both the front & back event at all times. 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 One Step Beyond / Saucony Stand. Provisional results will be available to download on [www.onestepbeyond.org.uk](http://www.onestepbeyond.org.uk) the Monday following.

#### Prizes

There will be prizes from the Sponsors - Saucony in various age categories for both male and female competitors, TBC closer to the event.

Also all competitors will receive x 1 weekend ticket into the exhibition 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!

#### Withdrawals

If you wish to withdraw from the event, then please follow the guidelines contained within our 'Terms & Conditions of Entry'. Please note that under no circumstances will any race credits be issued without following these guidelines.

#### Event Office Closure

The Event Office will be closed from Wednesday 10<sup>th</sup> 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. All marshals will receive an event shirt, food & drink. If you would like further information about becoming a race marshal please email [tcr@onestepbeyond.org.uk](mailto:tcr@onestepbeyond.org.uk) you do not require any previous experience or knowledge on triathlon to become a race marshal; any training required will be given on race day.

#### 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](http://www.onestepbeyond.org.uk).

#### 2010 Event Calendar

14TH FEB	TCR - Saucony 10K
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 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 [tcr@onestepbeyond.org.uk](mailto:tcr@onestepbeyond.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.  
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