



PROVISIONAL RACE INFORMATION
SAUCONY 10K SUPPORTED BY CYTOSPORT
SUNDAY 13th FEBRUARY 2011 - 10:30
SANDOWN PARK RACE COURSE, ESHER, SURREY
UKA LICENCE NUMBER: TBC

PLEASE READ ALL OF THIS RACE INFORMATION

Welcome to the Saucony 10K supported by Cytosport @ TCR 11. 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 entries includes 1 ticket to the Triathlon, Cycling and Running 2011 exhibition, simply head to the reception desk and state your name as a 10K competitor to receive your weekend pass.

The Saucony 10K is part of the Triathlon, Cycling and Running Exhibition 2011 so whether you are a seasoned competitor, or new to the world of multisport, TCR11 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.

Confirmation of Entry

Competitors are requested to check on the list of entries posted on the web site to confirm that they have been successful in their application. One Step Beyond cannot be held responsible for loss of entries in the post and strongly advises competitors to enter on line if possible as this is a more secure entry system.

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.

Age Restrictions

In line with UKA rules, to be eligible to take part in this race, competitors must be at least 15 years old on or before the event date. In additional anyone under 18 years old must have parental permission to take part in the event.

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.

Directions to Sandown Park Race Course

Sandown Park is located on Portsmouth Road, Esher, Surrey, KT10 9AJ. Click this link for full travel options and info: <http://www.sandown.co.uk/pages/how-to-find-us/>

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 - 10:15

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.

Race Start - 10:30

The race will start from in front of the main grandstand at 10:30.

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.

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.

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.





PROVISIONAL RACE INFORMATION
SAUCONY 10K SUPPORTED BY CYTOSPORT
SUNDAY 13th FEBRUARY 2011 - 10:30
SANDOWN PARK RACE COURSE, ESHER, SURREY
UKA LICENCE NUMBER: TBC

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.

Prizes

There will be prizes from the Sponsors - Saucony & Cytosport in the following age categories: **TBC**

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.

Exhibition

A visit to the Triathlon, Cycling and Running Exhibition is your opportunity to get your 2011 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 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.

Cytosport

CytoSport is a US manufacturer of premier sports-oriented nutritional products such as CytoMax and Muscle Milk. Cytosport are investing heavily in the UK market which is illustrated through their presence at the TCR Show. Cytosport 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.

Refreshments

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

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. No race credits will be issued to those withdrawing after the withdrawal date of 3rd February. Please note that you are not allowed to give your entry away, if you are not going to take part, please follow the guidelines to withdraw from the event. All competitors will be asked to show some form of photographic identification before they are allowed to register.

Event Office Closure

The Event Office will be closed from Wednesday 9th 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 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 2011. 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.

2011 Event Calendar

5TH MAR	CLUMBER - Duathlon
1st MAY	SOUTHWELL - Sprint Triathlon
14 TH MAY	NOTTINGHAM - O/W SPRINT TRIATHLON
29TH MAY	WOODHALL - Sprint Triathlon
11TH & 12TH JUNE	ROTHER VALLEY - Triathlon Festival
10TH JULY	DAVID LLOYD - Sprint Triathlon
24TH JULY	OUTLAW - Iron Distance Triathlon
27 TH & 28TH AUG	CLUB RELAYS - National Relay Championships
18TH SEPT	LAST MINUTE - Sprint Triathlon
16TH 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 Cytosport 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

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.

