



FINAL RACE INFORMATION
SAUCONY 10K
SUNDAY 4th MARCH 2012 – START 10:30
SANDOWN PARK RACE COURSE, ESHER, SURREY
UKA LICENCE NUMBER: 2012-103618

PLEASE READ ALL OF THIS RACE INFORMATION

Welcome to the Saucony 10K @ The Triathlon Show 2012. This is your chance to shake off those Christmas excesses and get down to Sandown Park, Esher, Surrey for a two 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 Exhibition, simply pop on the wristband enclosed in this pack and you will be able to visit the show for the entire weekend.

The Saucony 10K is part of the Triathlon Exhibition 2012 so whether you are a seasoned competitor, or new to the world of multisport, the Triathlon Exhibition 2012 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 website 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 addition 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 1 x number bands to secure your race number.

Directions to Sandown Park Race Course

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

Car Parking

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

Enquiries Area & Bag Storage - 08:30 – 10:00

An enquiries and bag storage area will be available in the Esher Hall – right hand side of the main building.

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

When you receive your race pack you will find your race number inside. We are using the latest RFID chip timing system to time the race and your 'chip' is already attached to the back of your race number.

To help ensure that we capture your time there are 3 things you need to do:

1. Wear your race number visible to the front at all times
2. Do NOT tamper with the chip in any way
3. Pin your number with two pins at the top corners only

The chip that we are using does not contain a battery and is fully biodegradable and as such does NOT need to be handed in at the end of the race.

Using this cutting edge technology will mean results and category positions will be updated live as competitors cross the finish line. There will be a plasma screens providing live results to all competitors and spectators at the finish area. Please ensure that you only cross through the timing gates, which register your times, when you are competing. To avoid this problem do not climb over barriers as they are put in place to prevent access from these areas prior to the event. Failure to comply with this request will trigger the chip and will invalidate your result.

Race Numbers

A Race Number must be worn on your front. The number must be pinned at the top only, alternatively Number bands are allowed.

NB Please do not forget to bring your own safety pins or number band.

The Course – 2 Laps (See Course Map on event webpage)

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 1.25km out and back section where you will once again come face to face with the competition!

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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 2 laps!!!

Please study the course maps and attend the race briefing.

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

Male & Female

1st – 3rd Senior (Under 40) / Vet (40+)

Results

Times will be displayed on a large plasma screen on the Saucony Stand G38. Provisional results will be available to download on www.onestepbeyond.org.uk the Monday following.

Exhibition

A visit to the Triathlon Exhibition is your opportunity to get your 2012 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.

One Step Beyond Promotions – Stand J11

Since organising our first event in 1991 the team at One Step Beyond has been passionate about multisport & running events, now in our 21st year our values are still the same – organise safe, fun and competitive events that we would like to participate in ourselves.

At the Triathlon Exhibition 2012 we will be focusing on our premier long distance event – The Outlaw, come along and talk to us about this or any of the other 30 events we will be organising in 2012. You could even sign up and join the 20,000 people who will be racing with us this year!

Saucony – Stand G38

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.

Refreshments

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

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, 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 Thursday 1st March 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. If you would like further information about becoming a race marshal please email tasha@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 2012. 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.

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.

All the information here is believed to be true at the time of going to press. Changes may be 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.

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