

CURE LEUKAEMIA RUN – MAY 17th 2009

GENERAL INFORMATION

Venue

All activities will take place on Palace Hill, opposite the Visitors Centre, Sutton Park, Sutton Coldfield, which is near to the Town Gate entrance. Car parking for competitors is at the Boldmere Gate entrance; there is then a 5 minute walk to the start/finish area . If you arrive before 11.00 am there will be no charge for entering the park, after 11.00 am there is a charge of £1 per car.

Format

The 10K Midlands Counties AA registered race will start at 10 am prompt and the 5K race at approximately 11.30 am. All runners should arrive at least 45 minutes before the start of their event, and should listen carefully for line up announcements. The 1k race will start at 12.00.

Race numbers

Race numbers 1-2000 are allocated to the 10k race, 2001 to 3500 are allocated to the 5k race and 3501 to 4000 are allocated to the 1k race. If you are entered into the wrong race then please contact Cure Leukaemia before the event (0121 627 5858) or go to the Registration Marquee one hour before your race on the day. We must be notified of any changes to registered details, such as someone else running in your allocated race number. Please also check that your race number corresponds to your chip number.

Course Details

All runs are on traffic free roads and will be over an undulating course through open parkland. The 10K course has been officially measured and conforms to Midlands Counties AA regulations. Both the 5K and 10K courses will have kilometre markers for your reference and help.

Registration

If you have already sent in an entry form and have received your runner's pack then, unless you need to change details, you DO NOT HAVE to register again on the day. If you need to change details, eg you are running in someone else's place or your team member names have changed then please go to the registration desk one hour before your race. We may need to issue you with new number(s) and chips. Postal entries should be received in the office no later than 11th May 2007. Please note there will only be on the day registrations if there are places available. This will close 60 minutes prior to each race or at the point when all places have been taken.

T-Shirt Collection

T Shirts are available for all those running in the 10k and 5k races only and can be collected prior to the race in the registration tent. You will need to show your runners number as proof of entry. Further T-Shirts can be purchased at the merchandise stand in the start/finish area.

Race Results

All runners in the 10k and 5k races are issued with a ChampionChip – which is a small timing device worn around the ankle – the instructions for attaching the chip are shown on the envelope containing the chip. A stopclock will be mounted above the start and finish gantry. Results will be available through the website (www.cureleukaemia.co.uk) from Wednesday 20th May 2007.

If you enter your mobile phone no. on the entry form you will be texted your time and finish position shortly after the race.

As the 1k is aimed at the under-8's we are not timing or issuing race results although there will be prizes for the first three boys and first three girls, finishers medals and balloons for all finishers.

Presentation of prizes

The prizes for the individual 10K winners will be presented at approximately 11.15 am and for the individual 5K winners at approximately 12.30 pm. All team prizes will be presented between 12.45 – 1.00 pm. Prizes for the 1k race will be presented immediately after the race.

Please note that all finishers will receive a souvenir medal on completing their event.

Kit storage, toilet and first aid facilities

Limited space will be available in the Registration Marquee for items of clothing/sports bags Please note we cannot accept any responsibility for runner's belongings. Toilet facilities will be available on the Palace Hill site, and first aid will be provided by St John Ambulance who will be situated near the Start/Finish area.

Refreshments

Competitors will be provided with water and chocolates at the end of each race. There will also be a water station half way around the course. A variety of food outlets for general use will also be on site. Runners may also wish to bring their own water/refreshments.

Other facilities on site.

There will be live music from Outluck, and a variety of information and merchandise will be available in the Registration Marquee or on the stage unit at the rear of the open top bus.

General Disclaimer

Please note that Cure Leukaemia cannot be held responsible for loss or damage to personal effects, personal accident or injury or any public liability.