



GLASTONBURY LEVELS RACES 10 Miles / 10K and Mile Race / Children's Fun Run Sunday 17th September 2023 – 10:30am Start RUNNERS INFORMATION SHEET

Dear Runner, Thank you for entering our exciting new Autumn Equinox event! Before you set out for our race, please take note of everything on this sheet as it will help you on the day. We wish all our runners a pleasant and fulfilling race and we look forward to seeing you again in the future.

Prior to Your Run

- 1) For this event we are not mailing out any race packs, but are asking you all to collect them on the morning of the race. Full entry lists will be posted on the race website at www.GlastonburyRoadRun.info from Friday evening.
- 2) This year we are taking entries on the day, though these will cost a little more than pre-entries. Pre-entries will close at NOON on the day before the race. We'd much appreciate you entering beforehand as it reduces the workload on the day. Please note that as the event is the Somerset County Championships no on-the-day entrants will be eligible for any county medals or cash prizes.
- 3) Under **NO CIRCUMSTANCES** are you to transfer your number to somebody else without explicit permission. That means an EMAIL from the Race Director obtained prior to race day. You must also only run in the event you have entered. Provided you gain approval from the Race Director prior to race day you may transfer between race distances. ALL REQUESTS must be received BEFORE noon on the day before the event. A £5 fee will be payable for all alterations after 10th September.
- 4) Spectators are allowed, though we ask that they do not congregate near to the start and finish area and not to impede any of the runners. The runners have been instructed to use their RIGHT HAND side of the roads so the safest place will be on the other side of the roadway. Spectators are requested NOT to cross the finish line.

Travelling to Our Event

- 5) Our HQ for the event is at Strode College Sports Centre, postcode **BA16 0AH**. We have allocated the outer car park for runners and envisage there should be enough room for you all to have a space. Access to Street will be only via the main roads, as we will have the levels short-cut from Glastonbury closed for the race. There are other car parks serving Clarks Village as shown on the map and are about a 15 minute walk from Race HQ.
- 6) The runner's car-park will be open from 8:15. Please proceed to Race HQ (shown on the site plan) to collect your race bib. Collection tables will be arranged alphabetically in surname order. There will be additional tables for late entries. Please ensure you have cash available if you are entering on race day as we will not have card readers available.
- 7) There is an indoor bag drop available for those who require it, but the car park is close enough for you to keep your belongings safe.
- 8) Please ensure that you fill out the Medical Information on the back of your number in case of you needing treatment.

At Race HQ

- 9) Enter via the Gate at point E on the map below if on foot or via the car park entrance at point F.
- 10) Please collect your Race Bibs from Race HQ. There will be a number of collection tables arranged alphabetically in surname order with "A" on the left hand side. Separate tables will be provided for the 10 Mile and 10K races. Numbers will be available for collection from 9:15 am.
- 11) Numbers will be colour coded so our marshals can correctly direct you on course.
- 12) A late entry table will be situated to the right of the pre-entry tables. This year we will be able to process CARD payments if you would prefer to be cashless.
- 13) Once on-site please listen to the PA system announcements for updates and reminders.
- 14) There is plenty of room for you to use to warm-up within the race village. We request that runners do not enter the course for warm-up purposes.

- 15) Toilets are provided in two locations, within the main sports centre buildings.
- 16) The bag drop is situated next to the PA station. Please write your bib number on the supplied luggage tag and retain your number as proof when you collect your bag following the race.
- 17) If you need to report to the Race Director please make your way to the Mendip AC Gazebo marked "HQ" on the map.

Reporting to the Marshalling Area for your Race

- 18) Please note the race times for this year's event:
 - a. 10 Miles – 10:30 start report time 10:20
 - b. 10 K - 10:50 start report time 10:40
 - c. Mile / Fun Run - 10:55 Start report time 10:45
- 19) You should report to point M on the map below TEN minutes before start time (i.e. by 10:20am). Please gather in approximate finishing time order. You will be given a safety brief for the event and walked down to the actual start. Each start will be a single massed start. Please ensure that your number Bib is clearly displayed on the FRONT of your running top so that we can check that everyone is starting in the correct race.

On the Course

- 20) The course is traffic free. On the course runners must keep to the RIGHT hand half of the road at ALL TIMES. Please run towards the right hand side of the road (be careful of any rough road edges) so that runners can overtake to your left. There will be runners coming back on the other half of the road so do not cross the "central line" of the roadway.
- 21) There are several stretches where the road narrows, please obey the "no overtaking" signs at these points.
- 22) In case of our First Aid ambulance needs to access the course all runners are requested that they are able to hear approaching traffic and any runners who are overtaking them to their left. Only bone-conducting headphones should be used at the event. A first aid post will be situated at approximately 1km and 9km on the route and at the finish. If you see someone who is in need of first aid please tell the next marshal you see who will call for assistance.
- 23) The 10Km course remains as per previous events, with a turn-around at approximately 5km. The 10 Miles has TWO laps, turning at the new water-station after approximately 3 miles and returning to the Cowbridge Road Cross Roads before turning and completing the 10Km route.
- 24) A water station will be located at the first turn for the 10 Mile event, so the 10 Milers will pass the water station at approximately 3 miles and 6.5 miles. The 10Km runners will pass the water station once at about 4.5 km. Water is available at the finish at the medal table. If you use the water station please dispose of your drinking cup in the dumpy bags provided along the route and at the medal table.
- 25) Please note that runners are not allowed to run with dogs, nor with buggies. This is for safety reasons as we are using both sides of the roadway.
- 26) Watch out for our race photographer on the finish stretch. There will be free to download photos following the event (a link will be put onto the website along with the provisional results).

At the Finish

- 27) Please proceed immediately away from the finish line. You will be directed back into the race village where you will be given your finishers medal and water. Please vacate the medal area quickly – you may wait for your friends and family to finish within the event village.
- 28) There will be a first aid station available at the finish area.

Awards

- 29) First, second and third medals in the usual 10 year age categories will be made for finishers in the 10 Mile event that are competing in the Somerset Championships. It is envisaged that the award ceremony will take place no later than 12:30. Please listen out to the PA for updates on timings.
- 30) There will be an award ceremony for both Race and Category winners at approximately 12:00. Awards will be made in the usual ten year masters categories from U20M to M80 and U20W to W75.

- 31) All Levels Race awards will be made on the basis of Age Graded Times recorded for each of the 10 Mile and 10 Km races. There will be the usual Age Graded prize list subject to the overall size of the entry (we've lost money on our last three events so the more entries we get the more generous we can be with the prizes).
- 32) Provisional Results will be available on-site around 12:30, and will be published on the race website by the evening of the race at www.GlastonburyRoadRun.info. They will appear on runbritain a day or so later.



Next Year

- 33) We will be back next year on Sunday September 15th, when we will be offering a ten mile option as well as the 10K.
- 34) Our main Glastonbury "Round the Tor" event will be held on its traditional course on May 2nd.

Course Map

