

THE 49TH GEOFF MOULDEN WIMBLEDON TEN KM ROAD RACE

Prizes sponsored by
JOGSHOP.CO.UK

(Under UK Athletics rules)

Thank you for entering the 49th Geoff Moulden Wimbledon Ten KM Road Race.

Your number must be collected on the day next to the grandstand. This should be securely attached to the front of your vest or T-shirt during the event. It must not be cut, folded or perforated. Please fill in your **personal information on the rear of the number.**

PARKING AND PUBLIC TRANSPORT

Parking is available in Wimbledon Park (limited) and roads within easy reach of the start/finish as shown on the website. Residents parking restrictions do not apply on Sundays but do check the signs. Southfields and Wimbledon Park station are linked to Wimbledon via the District underground line. Earlsfield is linked to Wimbledon and London mainline stations. They are ten minutes walk away. Bus stops run close by and many run to Wimbledon station which is a 20-25 minute walk to the track. See website for map details.
www.wimbledonten.co.uk

ENQUIRIES AND CHANGING FACILITIES

The race office and on the day entry will be on the left hand side of the grandstand near the track finish line.

Changing facilities including toilets/showers are available under the grandstand.

There will be provision to leave bags, tracksuits etc in the arena for the duration of the race.

THE START - SUNDAY 4TH OCTOBER - 10.00AM.

The race starts on the track. Prior to the start runners must assemble on the finishing line facing the opposite way to the track direction. i.e – clockwise! You will be led up to the official start line.

THE ROUTE

Athletes will run around 450m clockwise on the track then head out of the athletic arena. You will make your way to the start of the 3 lap route. 1 small lap within the park then 2 larger laps of surrounding roads. The FINISH is on the 200 m start line on the back straight of the track. After finishing please be careful of crossing the path of finishing runners entering the track. There will be KM signs and exact KM's sprayed on the ground. Marshall's will be at important points. It is essential to follow marshall crossing points as the course has been measured to these points . The Roads will not be closed to traffic! **STRICTLY NO HEADPHONES.**

DRINKS STATION

Water will be available at regular intervals and at the finish.

REFRESHMENTS.

Tea/Coffee and light refreshments will be available next to the finish. A coffee shop is situated in the park near the tennis courts with a playground and crazy golf.

RESULTS AND PRIZES

Results will be available at www.wimbledonten.co.uk late evening after the race and also at race office.

This year there will be a £200 cash prize for 1st Male and Female. Voucher prizes for the rest of the prize winners **SPONSORED BY JOGSHOP.CO.UK**

£100 Cash first M40 **SPONSORED BY WWW.GOODRUNGUIDE.CO.UK**

THE ROADS WILL NOT BE CLOSED TO TRAFFIC

While running you must keep to the left hand side of the road, please run on the pavement where possible and stay to the left side if being lapped.

"TO GIVE ANYTHING THAN YOUR BEST IS TO SACRIFICE THE GIFT"

(STEVE PREFONTAINE)

CONTACT DETAILS ON THE DAYS LEADING UP TO EVENT - RICHARD XERRI 07737335296

www.wimbledonten.co.uk

email: richardxerri@mac.com

WWW.HERCULESWIMBLEDONAC.ORG.UK