WWW.XERRITHERAPY.CO.UK - sports massage - injury rehabilitation - WWW.XERRITHERAPY.CO.UK

THE 48TH GEOFF MOULDEN WIMBLEDON TEN MILE ROAD RACE

(Under UK Athletics rules)

WWW.GOODRUNGUIDE.CO.UK - training routes - stats - WWW.GOODRUNGUIDE.CO.UK

WWW.JOGSHOP.CO.UK - shoes - clothing - training aids - WWW.JOGSHOP.CO.UK

WWW.REALRUNNERS.CO.UK - schools athletic development - WWW.REALRUNNERS.CO.UK

WWW.RUNNINGINLONDON.COM - news - images - WWW.RUNNINGINLONDON.COM

Thank you for entering the 48th Geoff Moulden Wimbledon Ten mile Road Race.
Your race number is enclosed. This must 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. Your Race Number is:

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 on 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.
For security reasons please do not leave unattended bags elsewhere. i.e– in the changing rooms.

THE START - SUNDAY 5TH 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. After 3 laps you retrace the path back to the track. The FINISH is on the finish line on the athletics track. Just straight in on the 100 m sprint!! After finishing please warm down round the track or keep to the right to avoid coming back on to the path of runners finishing. There will be mile markers and exact miles 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 3.5, 6.5, 9.5 miles 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 cash prizes for both men and women. £200 for 1st, £100 for 2nd. 3rd, 4th and 5th are voucher prizes. £60 voucher prizes in the veteran categories and voucher prizes in the team competitions (3 to score) Prizes will be presented as soon as possible.
WINNERS MUST BE IN ATTENDANCE TO COLLECT PRIZE.

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.

"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