



Mad March Hare 10k

Sunday 17th March 2019 start time 10.00am

UKA Licence No 2019-36909

Course Measurement Certificate No 19-025 (2k is 19-033)

Thank you for entering the first of the 2019 10k series race which takes place at Scottow Enterprise Park, Lamas Road, Badersfield, NR10 5FB located at the former RAF Coltishall airbase. If using a sat-nav postcode using NR10 5JR will get you to the site as NR10 5FB is not recognised by some units. If you have What3Words the square for the entrance is identified by reaction.northward.cuddling

To reach the Park, please take the B1150 through Coltishall continuing towards North Walsham turning left onto Scottow Road just past the rugby club. After a couple of miles turn left, signposted Badersfield, then left onto the base which will be signed and marshalled. The route will be signposted from Coltishall with black & yellow "Jaguars' Race" signs.

Once at the SEP, follow the signs along Main Drive to the parking area. Please only park where directed and only leave the car park as instructed. Disabled parking is available close to Race HQ, if you need to use this, please turn right onto Lightning Way just before you reach the hangars.

Marshals will point you towards the Jaguar's headquarters for collection of race numbers and timing chips. There is a changing room and baggage storage available here, but regrettably no showers. Ample toilets are available close to the headquarters.

As races get more popular, we have a higher entry limit and more runners than in previous years, please aim to arrive before 9:15 to give yourself plenty of time to park, collect you race number and be ready for the start at 10:00. Parking is limited so we are asking all runners to car share if at all possible.

Please attach your number securely to the front of your vest and make sure it is clearly visible. It is very important that you complete the medical and emergency contact details on the back of your number.

The course is mainly on the old perimeter track and is mostly very wide but the distance has been measured along the most direct and shortest possible route. Headphones of any sort, including bone conducting ones, are not permitted during the race and anyone seen wearing them will be excluded from the results.

Once again at this race we are holding a junior race, this is a distance certified and chip timed 2k for children aged 4-14. Entry cost for the junior race is £2.50 and it can only be entered on the day. The

junior race will start at 9:15am. **If you want to enter the children's race, please note that we will stop taking entries for this at 9:00am.**

Each finisher will receive a medal and as soon as possible after the last finisher crosses the line, awards will be presented to:

- The first male and first female wheelchair athletes and the first three male and the first three female runners
- The first male and the first female in the following age groups
 - 15 -18
 - 19-39
 - 40-44
 - 45-49
 - 50-54
 - 55-59
 - 60-64
 - 65-69
 - 70+
- The first senior and the first veteran team for men (top 3 to score)
- The first senior and the first veteran team for females (top 3 to score)

NB Age group and team prizes are based on chip to chip times, top 3 runners and first wheelchair athletes on gun to chip times. Winners of the first three placings are not eligible for age group prizes

Our race adjudicator is Bobbie Sauerzapf

Medical support is provided at all 2019 Jaguars races by MedPTS

Up and Running Treatments will be there on the day to give you a massage before or after the event if required.

We look forward to welcoming you to our 10k races in 2019 but in the meantime if we can be of any assistance whatsoever, please contact:

Paul Taylor (Race Director)

07875 543281 / Coltishall_Jaguars_Races@outlook.com or message me on the series page on Facebook: - <https://www.facebook.com/jaguars10kseries/>