

Swindon 10k November 17th 11.00am

Dear Runner, Thank you for your entry to this year's Swindon 10k.

Please collect your race number and chip on the day from race HQ before 10.45am

Race HQ, Registration & Car Park– Swindon Karting, Wroughton, nr Swindon, Wilts.

Directions from M4 junction 15. Take A346 south towards Marlborough. Continue up the hill and turn right alongside Esso Garage, signposted 'Barbury Castle' and 'Chiseldon'. Follow B 4005 through village of Chiseldon and into open countryside to 'Stop' sign at T Junction. Turn left signposted 'Barbury Castle' and 'Alexander conference centre'. Follow conference centre signs and turn right. Drive past centre to T junction, where you will see Swindon Karting in the hangar in front of you. Please do not approach or leave Swindon Karting via Priors Hill in Wroughton as this will jeopardise the future of this event - thank you. This year we have secured some overflow parking so please obey parking marshal's instructions so that we can park you all quickly and responsibly.

The Course - An accurately measured scenic two lap course, on road. Please note there will be traffic on the course.

Please obey marshal's instructions at all times. Distance markers every km.

Toilets - Please use portaloos provided outside Race HQ. Please try to arrive ready changed as there is no changing area. Please don't change in the foyer!

The Start – The race starts at 11.00am. The start is located on the road adjacent to Swindon Karting. If warming up in this area, please be aware of traffic using this road.

The Finish – On the road adjacent to Swindon Karting.

Drink Station – At approx halfway and finish.

Prizes – 1st-3rd overall male. 1st-3rd overall female, 1st male vet 40, 1st female vet 40, 1st male vet 50, 1st female vet 50, 1st male vet 60, 1st female vet 60, First Male 70 & 1st Female 70. Male team (3 to score), Female team (3 to score)

Medals – To all finishers

Presentation & results – Approx 12.30 in Swindon Karting. Please try and stay for the presentation as we will be raffling two cash prizes totalling £200!

Everyone's race number goes in the hat but you have to be there to

claim your prize!. Race results will be published on our website as soon as possible - www.grassrootsevents.co.uk

Refreshments – Cake Alert! This year the Lily Foundation will be selling home made cakes and hot drinks. Word on the street is that the cakes are going to be awesome. Everyone loves a cake after running so remember to bring your pennies.

First Aid – Will be provided by St John Ambulance.

Queries - Contact Steve Goulding Tel 0753 4997795 for queries/info

Our thanks to Swindon Karting & Run Swindon for their support and also to our merry band of marshals.

We hope you enjoy the run and after, grab a cup of tea and a CAKE and join us for the presentation. You could be the winner of some spending money for Christmas!

See you on Sunday 17th!