

THE CABBAGE PATCH 10

In aid of Clarendon School, Hampton, Middlesex.

Sunday 18 October 2009 Start 10:00am

From: The Cabbage Patch 10 c/o Sport Systems 61 Walton Street Tadworth KT20 7RZ

<Entrant Address>

Thank you for entering this year's Cabbage Patch 10.

Your race number with attached timing chip 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 check the personal details below and inform the help desk on the day of the race if there are any serious errors. Alternatively you can email entries@cabbagepatch10.com

Your Race Number is: <Race Number>

<Entrant category and team information>

Parking

Parking is available in several car parks and streets within easy reach of the start/finish as shown on the map overleaf.

Residents parking restrictions do not apply on Sundays. The parking restrictions that do apply will be *rigorously enforced*. Please note wardens will issue tickets for parking on the pavement.

Enquiries and Changing Facilities

The enquiries desk and pre-race congregation will be at the Cabbage Patch Pub, 67 London Road, Twickenham, 500 metres from the start and finish areas. Changing facilities are very limited so please arrive changed and ready to run. Toilets are available at the Cabbage Patch but there are no public toilets near the start. There will be provision to leave bags etc. in the pub's function room during the race.

For security reasons please do not leave unattended bags elsewhere.

The Start

Prior to the start runners must assemble in the Church Street holding area (see map). This is a pedestrian area and **YOU MUST STAY THERE, AND NOT OBSTRUCT THE MAIN ROAD**. Marshals will walk you to the start line.

The Route

The map shows the route. There will be mile markers and marshals throughout. The Roads will not be closed to traffic!

Drinks

Water will be available between miles 3 and 4. Water and Lucozade will be available between miles 7 and 8 and at the finish.

The Finish Area and Timing

The finish area is in front of York House in the centre of Twickenham, see map. Your race number has a timing chip attached. Please do not tamper with or remove this chip. Follow the instructions on the reverse of the number and avoid damaging the chip and wire aerial when pinning it to your vest. Make sure that your number is displayed vertically and not folded when finishing. The chip will be detected as you

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cross the finish line and your time and race number will be recorded automatically. After finishing your number will be scanned manually. This is only a backup. *Please keep moving once you have crossed the line and clear the finish area as soon as possible.*

Post Race Stretch and Massage

Sports rehabilitation students from St Mary's University College in Twickenham will be providing, as part of their training, a supervised stretch and massage service. The stretching will take place near the drinks distribution. The massage will take place in York House at the Finish Area.

Results and Prizes

Results will be available on www.cabbagepatch10.com shortly after the race.

There are prizes for the first ten male finishers and for the first ten female finishers as well as prizes in the veteran categories and team competitions.

There will be cash prizes for the men and women, £1,000 for 1st, £300 for 2nd and £100 for 3rd.

These prizes will be presented at the Cabbage Patch at 1.00 pm. All competitors, family and friends are welcome.

Special Spot Prizes

We will be giving away two bikes at the Cabbage Patch Pub during the prize giving. For a chance to win you must place your race number in the bin provided and be present in person to collect the prize.

No entries on the day!

The race has sold out.

Cancellation

Should this year's Cabbage Patch 10 race be cancelled for any reason beyond our control refunds will not be available due to all received funds being committed to our suppliers.

THE ROADS WILL NOT BE CLOSED TO TRAFFIC

While running you must keep to the left hand side of the road, run on the pavement where possible and observe the Highway Code.

