

LEXUS CROYDON 10K

Incorporating a 3K Fun Run for 9-14 yr olds

Sunday 19 October 2008 Start 10:15am



CROYDON COUNCIL

*Environmental, Cultural
& Sports Services*



**SPORT
SYSTEMS**
www.sportssystem.co.uk

«FirstName» «LastName»
«Building»
«Street»
«Locality»
«Town»
«Postcode»

[«EntrantNo»]

Thank you for entering the Croydon 10K.
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.

Any later information (after this sheet was printed), will be advised through the website or through email (if you have subscribed for email updates).

Race No: «EntrantNo»

You qualify in the «Cat» race age category. You are not a member of a team.

Parking

Please park using the side-roads off Coombe Road (opposite the Park). Lloyd Park Avenue will be closed. There is NO parking on the course.

Toilets, Changing and Baggage Facilities

If you live locally, come changed and ready to run. N.B. The organisers of the run and the London Borough of Croydon can take no responsibility for the safety of items left by you. Please do not leave any valuables. Baggage can be left at the Baggage Tent, which will be looked after by the 1st Selsdon & Addington Scout Group

Toilets will be available in the Car Park and there will be additional portable loos by the top gate of the bowling club..

Refreshments

There will be a fine selection of sandwiches, cakes, sweets, tea and coffee at the Refreshment Tent before, during and after the run.

Pre-Race Warm-Up & Announcements

A musical warm-up, lead by the dynamic Sue will take place at 9.50am on the grass alongside Lloyd Park Avenue. We hope you will take part; preparing yourself before the event by warming up muscles, joints and getting into the spirit of things before the 10am line-up. The South Norward Clinic and the Wolff Clinic Group therapists and massage teams will be on-hand before and after the race for a free massage/consultation. The Wolff Group are based in Purley. www.wolffgroup.com

3K Race Assembly

Competitors in the 3K Fun Run will be lined up at the back of the 10K field facing the other way. On the starting gun, they will run up the grass to the back of the park where the 3K will join the last part of the 10K route. Stewards will be at hand to assist.

The 10K Start

The Start for the 10K Race is in Lloyd Park Avenue. Remember to be at the start by 10:00am LATEST. There will be a lot of competitors and getting you all in place could take some minutes. The START is in Lloyd Park Avenue. Please line up according to your ability. Serious runners on the front rank and those less serious further back. There will be plenty of time to

make up those lost metres. There is plenty of room for warm up in the field area adjacent to the START.

The Route

A map of the route is shown overleaf. The course will be stewarded by members of Croydon Lions and Croydon Harriers. The route will be clearly marked and will include individual kilometre markers around the course. There are places where, in the interest of safety, you will be directed on to the pavement. If you are not a practised runner, you may find the pavement safer throughout your run, subject to crowds of supporters allowing this! PLEASE be aware of pedestrians and give way to traffic in the interest of safety. Lloyd Park Avenue, Coombe Road and Oaks Road will be subject to limited closures.

The race crosses the tramlink and, while our stewards and their operatives will be on duty, it is your responsibility to be alert to any trams. At oaks Road, should the lights show red YOU MUST STOP.

Drinks Station

Water will be available near the half way stage and at the finish.

The Finish Area & Timing

The finish area will be on the grass by Lloyd Park Avenue. 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 starting and finishing. The chip will be detected as you cross the start and finish line and your time and race number will be recorded automatically. After finishing your number will be scanned by marshals using hand held detectors. This is only a backup; your time is recorded as you cross the finish line. *Please keep moving once you have crossed the line and clear the finish area as soon as possible.* If you require assistance, help will be on-hand. A medal will be presented to you and water will be available.

First Aid

First Aid will be provided near the start / finish, by St. John Ambulance.

Getting Sponsored

If you would like to get sponsored while you run, then this is a great opportunity to do just that. You can either raise funds for the Mayor's Charities (which are the Croydon Sea Scouts and TheCause2000 who provide much needed support to the diverse people of Croydon). Also, Croydon Harriers charity is the *Cardiac Risk in the Young* and any sponsorship monies received for them will be passed on. Sponsor Forms are available on the website.

Directions there and Accommodation

East Croydon Train Station is on the main-line between London and the South. From East Croydon take the Tram – Route 3 direction New Addington. Get off at Lloyd Park Tram Stop. Full travel information and accommodation can be found on the website.

Results, Presentation and prizes

It is hoped that the local press will carry a complete Results service in their edition the week following the event, as they have in the past. Results and photos will also be on the website: croydon10k.com shortly after the event.

The presentation of prizes will be carried out at about 11:20am. Please stay around to congratulate the winners. You never know, you could be a winner. There will be a Prize Pot of £500 for individual winners. The first 3 Men and Women to cross the finishing line as well as Age Category Winners. Team Prizes will also be awarded to winners of Running Clubs and Corporate Teams.

Please note prizes will only be awarded at the Presentation ceremony.

Runathon/LEXUS Spot prizes & Vouchers

Runathon

Walk. Run. Race.

The local, specialized running shop in Croydon, Runathon are joining forces with New Balance.

There will be a chance to purchase clothing at discounted rates from their stand on the park. They will be providing winners and spot prizes as well as vouchers to give away. Expert advice on running will be on hand.

Any Enquiries

If you have any queries prior to the event, please either visit the Official 10K Website: croydon10k.com, email: info@croydon10k.com or telephone: 020 8686 8754. If you have any queries or constructive feedback following the Run, please email us. We are always keen to hear back from you after the event to hear your side of the story! From the website use the "Feedback" link. To keep you informed of updates and future events, you may wish to add your email address to the email listing group.

Route Map

The map below shows the course which is predominantly a one lap left-hand circuit. The website shows the route with photo views of what you will see at certain points.

After you leave the 10K Start along Lloyd Park Avenue, you will cross the tram track and turn left at Coombe Road. You will be able to take advantage of running in the road up to Oaks Road where you will turn left. 15 minutes after the starting gun any runners still moving up Coombe Road will be directed onto the pavement as traffic will resume along this road. From Oaks Road onwards, traffic will be as normal. Marshals and directional signs will be positioned around the course to guide you along your way as well as directional signs. Please keep well into the left at all times.

The 3K Start is not as marked below but is at the rear of the 10k start.

An interactive map can be viewed from the website.

