

The Ranelagh Harriers Dysart Dash 10K

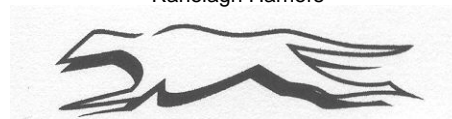
HQ at the Ranelagh Clubhouse

Behind the Dysart Arms, Petersham Road, Richmond, Surrey.

Sunday 28 June 2009 Start 9:00am. NOTE EARLIER START TIME

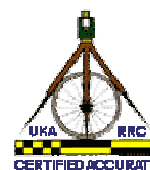
[Entrants Details Here]

Ranelagh Harriers



Founded in 1881

Supported by



SEAA Permit 6420

Thank you for entering this year's Ranelagh Harriers Dysart Dash 10K. 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 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 ranh@sportssystem.co.uk

Race No: 585

You qualify in the Vet Ladies 35-39 race age category.
You are a member of the Gravesend RR AC team.

Parking

Parking is NOT available at the clubhouse. Side roads near the start offer plenty of free parking but require a walk to the clubhouse.

Race Headquarters

The race HQ is at the Ranelagh Clubhouse located at the rear of the Dysart Arms, Petersham Rd, at the bottom of the Star and Garter Hill in the direction of Kingston, opposite the pedestrian gate into Richmond Park. There will be a help desk for general enquiries.

HQ can be reached by Train to: Richmond Station (BR and Tube), Kingston Station (BR) then Bus (65, 371) to Clubhouse.

Richmond train station is a good 15 minute walk away. Buses 65 and 371, either from Richmond or from Kingston, stop at the Dysart. Directions - see enclosed map or club website.

Changing facilities Toilets and showers are available. Additional toilets are available immediately across the road in Richmond Park.

The prize giving will be held at the club house and refreshments will be available after the race.

Kit Bags may be left in our Clubhouse, at your own risk. It will be occupied or locked during the race.

The Start

The start is on Meadlands Drive, 5-10 minute jog from the clubhouse. Pedestrians can reach the start via Sandpits Road, but this is not a through road for motor vehicles (see map). As the start and finish are some half mile apart, personal belongings should not be left at the start. If the weather warrants it, bags will be available at the start and they will be transported to the finish. Belongings left this way at your own risk.

The Route

A course map is on the reverse. The course has been measured by a UKA course measurer and is an accurate 10 kilometres -

Entries by



RRC CERTIFICATE SEAA 09/035. From the start in Meadlands Drive the course bends left, and then turns right onto Sandy Lane, before turning right onto Ham Street. From here it goes straight through the Ham House car park and left onto the Thames Towpath to Teddington Lock. Here a small road leads to the left to take runners to Riverside Drive (**CAUTION SPEED HUMPS**) and left again, back to Ham Street. There is a second lap. Each kilometre will be marked.

Race Marshalls will be posted at all turns on the route, but please familiarise yourself with the course map.

CAUTION: The towpath is narrow. Other members of the public will be using it on the day. Cyclists and pedestrians have as much right to be there as you do.

The race is on open public roads and towpath, and you have a duty of care toward your fellow runners and other members of the public. Dangerous or reckless behaviour will result in disqualification.

Please do not compete in this race unless you are in good health on the day of the race and compete entirely at your own risk

Drinks Station

Water will be available just past halfway and at the finish.

The Finish Area

The Finish is at the end of Riverside Drive at the end of the second lap. The last 100 metres are on grass.

Please keep moving once you have crossed the line, in the order in which you crossed it, and clear the finish area as soon as possible.

Results and prizes

Prizes are as follows:

Men

- 1st 3 individuals
- 1st 2 teams (3 to count)
- 1st 3 Masters (40 to 49)
- 1st 2 Masters (50 to 59)
- 1st Master (60+)

Women

- 1st 3 individuals
- 1st 2 teams (3 to count)
- 1st 3 Masters (35 to 44)
- 1st 2 Masters (45 to 54)
- 1st Master (55+)

Results will be available on www.ranelagh-harriers.com shortly after the race. Results can be mailed out on request at the information desk, please leave an addressed envelope plus £1.00.

All finishers will receive a medal at the finish of the race.

Prizes presentations will be at the clubhouse at approximately 11:00 am. Should an individual be eligible for an Open and a Master's prize, the greater value prize will be awarded. The other prize will be offered to the next finisher in either the Open or Master's race. Team prizes are unaffected. To qualify for team prizes, club vests must be worn.

General

Unfortunately the course is unsuitable for wheelchairs or pushchairs. Blind or partially sighted runners may be

accompanied; otherwise, runners must not be accompanied or followed by others on cycles. Dogs are not permitted in the race. The Dysart Arms is now a gastro pub and will only be open to people who have booked in advance.

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.

