

The Quest International 10K **& COUNTYSQ Children's Fun Run**

from the Julie Rose Stadium, Ashford
Sunday 8th October 2006. Start 10.00am.

From: Quest International 10K c/o Sport Systems, PO Box 307, Reigate RH2 7WF

<Entrant's name and address>



QHOTELS

Ashford
International Hotel

★★★★

Thank you for entering this year's Quest International 10K & COUNTYSQ Children's Fun Run. Its not long before you will be pounding the streets of Ashford so we hope your training is going well.

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 quest10k@sportssystem.net

Race No: 10

<Entrant's category and team details>



Entries, Timing & Results by:

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

Travel, Parking & Accommodation

It is essential that you arrive in good time. There are two car parks with free parking. One on the field to the left of the stadium entrance and one at Quest International's premises approximately 400m from the stadium entrance. Both will be open from 8.00am and are shown on the race website. For safety if you are arriving on foot please enter the stadium through the pedestrian gate and not the main car park entrance.

Ashford International Hotel is offering heavily discounted rates for the race weekend. Please contact the hotel on 01233 219988. Directions - see attached map.

Enquiries, Late Entries and Changing Facilities

The race HQ is at the Julie Rose Stadium. There will be an information desk for general enquiries. Late entries will be available from the desks in the indoor track.

Changing facilities are available as are showers. Toilet facilities are also available close to the changing rooms.

We will be manning a baggage area from 8.00am. It is located at the far end of the indoor track. Bags may be left in this area at your own risk but can not be left unattended in other parts of the hall.

Fun Run Entries

Please note that although the Fun Runs do not start until 11.15 the surrounding roads may still be closed for the 10K. You are therefore urged to bring your children along early. Alternatively you can gain access to the stadium from the Kennington end of Ashford near the Conningbrook Hotel.

The Start

Runners will be assembled on the track and will receive final instructions before the start. Please be ready to run at not later than 9.45am.

The Route

A course map is overleaf. The route will be traffic free with road closures enforced by the police and marshals to help you along the way. It is accurately measured and distance markers will be positioned along the route. Please obey marshal's instructions. The course is the same as last year's and takes place on private roads and public highway.

Drinks Station

There will be a water station at the 5km.

The Finish Area & Timing

The finish is on the track. Your race number has a timing chip attached. Please do not tamper with or remove this chip. To attach the number follow the instructions on its reverse. 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 cross the 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.*

