



2023-46787

# WEYMOUTH 10



Weymouth 10 – Sunday 22<sup>rd</sup> October 2023 – 9:00am

## RUNNER INSTRUCTIONS

1. The race is **scheduled to begin at 9:00am**. Please arrive in good time to park and register prior to the start. Registration will open at 8:00am. If you are coming by car, there is ample parking available in the main Weymouth Pavilion Car Park to the rear of the building, although the charges have increased significantly this year - £6.80 for 3 hours, £8.30 for 4 hours. Other car parks are available in central Weymouth.
2. Registration and Race HQ will be located in the Pavilion Reception / Piano Bar area at the front of the building. The Piano Bar may be used as a meeting point and for leaving baggage during the race. This area will be attended, but is not secure. Toilet facilities are available in the Pavilion for use by competitors and supporters.
3. The registration desk will be split into multiple queues, any of which are suitable for pre-paid number collection. For entry on-the-day please go to the far desk (£20 UKA Club Runners, £22 Unattached). Cash will not be accepted, and on-the-day entry will require runners to provide their card details for online payment. On-the-day entry will close at 08:40, and pre-paid number collection will close at 08:50 to allow runners to attend the pre-race brief.
4. Please remember to fill in the back of your race number with your personal details.

5. The Start and Finish line is on the Esplanade alongside the Pavilion.
6. The 10-mile course is mostly on tarmac, with a hardpack lane on the 2-lap section (map below). Please avoid running in the road wherever possible. There are no closed roads for the purpose of this event, so be aware of any traffic and exercise caution, especially at junctions.
7. Conventional headphones are strictly prohibited in accordance with UKA rules. Any runner ignoring this rule will be disqualified. Bone conduction headphones are permitted but discouraged.
8. A large part of the course takes place along Weymouth Esplanade and Preston Beach Wall, with the sea on your right as you head out from the start, and on the left when you return to the finish. This section is completely flat. At the Oasis Café you will begin the first of two loops, climbing a steep hill towards Bowleaze Cove. Please keep to the pavement **on the right hand side on your 1<sup>st</sup> loop**. Stay on the right over the top of the hill and down past the entrance to the Fun Park. Ignore the main entrance to the Waterside Holiday Park, you will see a marshal further up the road who will direct you into the Waterside section of the course.
9. A drink station will be situated within Waterside Holiday Park. You will pass this twice at 3.2 and 6.0 miles. Water will be available in environmentally-friendly bio-degradable cups, which will be disposed of accordingly after the race. Runners may also choose to carry their own collapsible cup or similar, and top-up tanks will also be available.
10. The route exits the rear of the Holiday Park into Church Road, the first section is a hardpack lane and may be uneven in places, please take extra care.
11. At the top of Church Road a marshal will direct you left along the pavement of Preston Road. Please keep to the left. There are a number of minor road junctions on the left along this section. Marshals and signs will warn traffic wherever possible, but please take care when crossing the mouth of junctions.
12. You will continue around the left pavement of Preston Road until you return back to the bottom of Bowleaze Hill. You will then be directed left back up the hill, **on the left hand pavement on your 2<sup>nd</sup> lap**.
13. On returning after the second loop, marshals will direct you across the road junction at the bottom of Bowleaze Hill to return back along the Esplanade. This junction is the only major crossing point on the course, extra marshals will be in place, please take care and observe any instruction.
14. The race has a cut-off time of 2 hours and 30 minutes. The start of the second lap (Oasis Corner) occurs at the 5-mile half-way point in the race. Runners who do not commence their second lap before 1 hour and 15 minutes will not be permitted to do so and will be directed back towards the finish.

15. Water will be available at the finish.
16. Trophies will be awarded in the following categories:
  - a. 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Female
  - b. 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Male
  - c. 1<sup>st</sup> Female & 1<sup>st</sup> Male for the age categories of over 40, over 50, over 60 & over 70
  - d. 1<sup>st</sup> Female & Male teams (minimum of 3 runners to qualify)
17. The awards will be presented in the Piano Bar area of the Pavilion around 11:00am.

**We hope you enjoy the race and please come back again next year.**

*Mike Luke – EHH Race Director*





