

The logo for the Saffron Striders FAST 5 Mile race. It features the words "Saffron Striders" in a yellow, sans-serif font at the top. Below this, the word "FAST" is written in large, bold, pink letters with a 3D effect. To the right of "FAST" is a large yellow number "5" with a 3D effect, and the word "Mile" is written in a smaller yellow font inside the top curve of the "5".

Saffron Striders
FAST 5 Mile

30TH SEPTEMBER 2018

**IMPORTANT RACE DAY
INFORMATION PACK**

Welcome and thank you for signing up to the Saffron Strider's Fast 5 mile multi terrain race

Car Parking & Directions

Parking for our event is at the old airfield adjacent to Carver Barracks, Water Lane, Wimbish, near Saffron Walden. The postcode is CB10 2YA.

Parking is on hard standing and grass at the airfield. **Do NOT go the Barracks.** Marshalls will be at the entrance to the airfield to direct you.

Please note we accept no responsibility for any damage to or theft from vehicles. Cars are parked at the owner's risk.



Race Numbers and Chip Timing

Your race packs will be available to collect on the day of the event from the Gazebo close to the start. The desk will be open from 8.30 am onwards.

Please ensure you allow sufficient time to attach your race number and timing chip.

Your pack will contain:

- Your running number (safety pins will be provided)
- A disposable timing chip to be fastened to your shoe

You must wear the timing chip on your shoe to receive a time. If you have any problems attaching your chip, please see the race entries team.

Note your running number is also a voucher worth £5 off to spend in store at Advance Performance until 30th March 2019.

Please dress appropriately for the weather conditions

Headphones/ Health and Safety

Headphones must **NOT** be worn at any time, **this includes bone conduction headphones**. Runners who do so may be disqualified as per UKA rules and regulations.

Changing and toilets

Changing facilities and toilets are available at the pavilion, a short walk from the start

Baggage

There is no baggage area as the start is close to the car park. Limited, unsecured option baggage storage will be available in the pavilion and changing rooms. We recommend **NO** valuables are left in these bags.

Late Entries – if not sold out

These will open at 8.30 am and close at 9.50 to allow time for you to attach your chip and number and for your details to be entered on the race database. Please bring the correct fee where possible. ALL late entries will be charged a flat fee of £15.

Fast 5 – Race Start

The race briefing will be at the start. Please be at the start ready for the briefing in good time. The race will start at 10.30 am. There will be a lead bike to direct runners and a tail-end runner.

Course Information

The course is well marshalled with arrows and cones to mark out the route. There are mile markers.

The course is entirely off-road on a disused airfield. While suitable for road shoes please be aware that there are some potholes, uneven ground and broken tarmac in places. Please take care.

There will be one water station at mile 2.5.

Pre and Post Sports Massage



The team from Injury Active will be on hand to provide free pre- and post-race massages and injury advice. Any donations will go to our chosen charity Support for Sight.

Refreshments

Tea and coffee will be available to purchase from the Black Cab Coffee Company.

Homemade cakes and squash will be available from our volunteers. All profits raised from our cake sale will go to Support for Sight.

There will also be an ice cream van on site near the finishing area.

Finish

Please make sure your number is clearly visible on the front of your vest.

Presentations

Prizes will be awarded for 1st, 2nd, 3rd male and female, 1st MV40, MV50, MV 60, 1st FV35, FV45, FV55. Note only one prize will be awarded per runner. These will take place around midday.

Results – Provided by Active Training World

There will be a printer at the finish for you to take a printout of your results.

Results will also appear online at: <http://eventchiptiming.com/> and from our website <http://www.saffronstriders.org.uk/>

ATW will also include video footage of each runner crossing the finish line which will be available online at their results page after the event (please remember to smile when you cross the line! ;))

Children's 1-mile Fun Run

There will be a 1-mile fun run before the main race, starting at 10am. Enter on the day, or complete the attached entry form and pay on the day. £2 per entry, all proceeds will go to our chosen charity Support for Sight.

The children's race will be started by Clare Thompson, coach and GB age group athlete. She carried the Olympic flame through our town prior to the 2012 London Olympics. There will be an opportunity to have your photo taken with Clare and her torch after the Fun Run.

And the children will be joined on the run by Support for Sight's mascot Seymour.



From all of us at Saffron Striders Running Club, we look forward to seeing you on Sunday 30th September

Alistair Cooke

Race Director, Saffron Striders RC

A big thanks to all our Sponsors





1 MILE FUN RUN

Sunday 30th September 2018

Start time 10.00 am (before the
Saffron Striders 5 mile race)

Carver Barracks, Wimbish,
Saffron Walden, CB10 2YA

All welcome to enter (untimed)
Prizes to first girl and first boy
Medals for all finishers

Entry Fee: £2

Complete entry form and pay on the day

NAME (PRINT)

ADDRESS

.....

.....

.....

POSTCODE

Age on Race Day..... Gender M or F (please circle)
(only if under 16)

Signature of
parent/Guardian.....Date.....

I understand that the organisers of the Saffron Walden Fun Run
will not be liable for any loss or injury directly or indirectly
caused by, or resulting from participating in the race.