

RACE DAY INFORMATION



TITSEY TRAIL 10K

Dear Runner,

Thank you for entering the Titsey Trail 10K. Race HQ will be open from 8am on race day for registration and collection of race numbers and timing chips. Please pin your race number to the **FRONT** of your running top using the safety pins. The timing chip is now on the back of the race number so no need to attach anything to your shoes.

TRANSFERRAL OF NUMBER

Please note that your race number should not be used by anyone else without prior consent of the Race Director.

START TIME

The race will start at 10.30am on Sunday 6th October 2019. We suggest you arrive in good time to find a suitable parking space, collect your race number and get prepared for the race, without any last-minute panic.

RACE HQ / START LOCATION

Race HQ is located at Limpsfield Chart Golf Club, Westerham Road, Oxted Surrey, RH8 0SL. Toilets will be available at Race HQ and food & hot drinks can be purchased before and after the race. The start is on a bridleway south of the clubhouse of Limpsfield Chart Golf Club. See map showing location of Race HQ and Start/Finish area on following page.

PARKING

If you are travelling by car please use one of the race car parks. One is located on the A25, east of Race HQ, courtesy of The Plummers Arms Allotment Association. This will hold approximately 50 cars. The other is west of Race HQ, at Hazelwood

school, on Wolfs Hill. This will hold approximately 100 cars. Both car parks will be signposted when you approach Race HQ. Further street parking is available in the surrounding roads. Remember to allow sufficient time for a short walk to Race HQ to register and collect your race number.

TRAVELLING BY TRAIN

There is a regular train service to Oxted on the London to East Grinstead or Uckfield line. Engineering works can sometimes take place – please check:

www.southernrailway.com

CHANGING FACILITIES AND BAG STORAGE

As there are no changing facilities and a limited number of toilets at the Race HQ you are asked to arrive in your race clothing. Please note the course may be muddy in places, especially if it has been raining, so a change of dry clothes is advisable. A baggage van will be available at the start to store your bags while you take part in the race. You are advised not to leave valuables.

A SCENIC TRAIL RACE OVER TITSEY ESTATE OWNED LAND & NATIONAL TRUST WOODLAND

THE COURSE

The course is a single-lap 10 kilometre route following public footpaths, bridleways, private paths and tracks. It is almost entirely off-road. The exceptions are two lane crossings and a stretch of 200m when you run along a quiet country lane; these points will be marshalled. A map of the course is on the race website.

Trail shoes or studded cross-country shoes are recommended, but not spikes.

This is not a certified accurate 10 kilometre course, but is as close to 10km as we can make it using GPS measurements. There will be kilometre signs from the 1st to 9th kilometre. The race route can be viewed on the Titsey Trail 10K pages of the Oxted Runners and Holland Sports AC club websites.

WATER

There will be water stations at 4km, 6km and the finish.

COURSE CLOSURE

Competitors will be expected to complete the course within 1¹/₂ hours. Marshals will remain in place until 12.15pm at which time the finish line will be closed.

YOUR SAFETY ON THE COURSE

The Race Organisers will do all that they reasonably can to ensure the safety of runners but the club will not be held responsible for any injury you may sustain.

NO HEADPHONES

For your safety, personal ear and head phones are not permitted. This is so you can hear announcements, marshals' instructions and other runners.

NO DOGS

Because of the restricted width of the woodland footpaths, we also cannot accept race entrants running with their dogs.

MARSHAL INSTRUCTIONS

Please obey Marshal instructions at road crossings.

WHAT TO DO IN THE CASE OF INJURY

If during the race you become ill or suffer an injury that means you cannot proceed with the race please report to the nearest marshal or race official, or failing that ask a fellow runner to do so. A mobile team of experienced medics will be located at the Start/Finish and can attend to injured runners on the course if required.

RESULTS

The race results will be published as soon as possible on the race website:

www.titseytrail10k.co.uk

CANCELLATION

We obviously hope it won't happen, but should the race be cancelled for any reason we will announce this on the race website as soon as possible. We regret that no refunds will be given in the event of a cancellation.

RACE PERMIT

This year's race is licensed by the Trail Running Association, on behalf of UK Athletics. Race Permit number is 2689

PRIZES

All finishers will receive a commemorative medal marking their completion of the race.

Prizes will be awarded in the following categories:

1st, 2nd and 3rd Senior Male;
1st, 2nd and 3rd Senior Female;
1st Veteran Male Over 40,
Over 50 and Over 60;
1st Veteran Female Over 35,
Over 45 and Over 55.

Please note that each competitor can only win one prize. Presentation of prizes will take place at Race HQ around 11.45.



OXTED RUNNERS

We're a small friendly running club based in Oxted, Surrey. We welcome runners of all standards from keen marathon runners to those seeking a regular way of keeping fit.

The club meets every Tuesday evening at 7.15pm at Limpsfield Lawn Tennis Club in Detillens Lane, Oxted. A smaller group also runs on Thursday evenings at the same time and location.

In the summer months we run into the attractive countryside surrounding Oxted, while in the winter we do a five mile road circuit.

The club is very easy going and welcoming. Essentially, if you're able to run 5 miles at a reasonable — not necessarily fast — pace without stopping, you'll be ok. We form fast, medium and slow groups to cater for runners who run at different speeds.

And we don't leave people behind!

The club also runs beginner courses led by our UK Athletics qualified Leaders in Running Fitness, which target all participants being able to run 5k by the end of the 10 week course

Throughout the year we organise several social events including pub runs, a post London Marathon meal and an annual Christmas run and party.

Check out our website :

www.oxtedrunners.org.uk

for more information contact us at
enquiries@oxtedrunners.org.uk

If you're interested, come down on a Tuesday night (we leave promptly at 7.15pm), have a go at the club run and see whether you like it.

We're sure you will!

HOLLAND SPORTS AC

We are a small, friendly club situated in Mill Lane, Hurst Green, Oxted, Surrey, RH8 9DF. We have a floodlit athletics track, clubhouse and an enthusiastic team of coaches.

We cater for all track and field disciplines as well as for middle and long distance running including cross-country. The club is affiliated to England Athletics. All members, junior and adult, are expected to compete for the club.

Our qualified, CRB-checked coaches, aim to help athletes of all abilities and all ages (minimum age is 9) to enjoy their athletics and achieve their sporting goals. Training sessions are available on 4 nights Monday to Thursday with the main adult session on Wednesdays 7 – 8pm.

Check out our website for more details
<http://hollandsportsac.org.uk> or E Mail
membership@hollandsportsac.org.uk



Holland Sports AC
For athletics in East Surrey