

# Martock 10k

**Sunday 16<sup>th</sup> June 2024 | 09:00 | Race Information**

**Congratulations** on securing your place in the 2024 Martock 10k. If you are chasing a personal best, fundraising for a chosen charity or you are running a 10k for the first time, we wish you a safe and enjoyable race.

## Event Address

Martock Fire Station, Coat Road, Martock TA12 6EX <https://w3w.co/giants.obviously.commenced>

## Fire Service

We are very fortunate and delighted to have the continuing support of Devon and Somerset Fire and Rescue Service. The Fire Station is active, should there be an emergency call, this will take priority over the race.

## Number Collection

**We will not be posting race packs!**

Please collect your Race Pack on the morning of the race from Race HQ between 07:15 and 08:45am

If you prefer to collect on Saturday 15<sup>th</sup>, we will be at Frogmary Green Farm, South Petherton (home of Frogmary Green Farm Parkrun) between 09:00 and 10:30am.

## Parking

Please **DO NOT** park on Coat Road. There is a reasonable amount of parking within easy reach of the start.

Please where possible, either car share or walk to the start. Ample parking is available at the nearby Business Park on Great Western Road <https://w3w.co/amused.flush.noisy>

There is more parking at Martock Recreation Ground TA12 6AF <https://w3w.co/rings.fountain.dialects>

which is around 1.2km from the start or there is limited spaces at Moorlands Park Carpark TA12 6DH <https://w3w.co/shifting.really.listen> which is around 700m from the start.

Be sure to get parked in plenty of time to make sure you are in time to collect your race pack and be at the start for the pre-race briefing.

## Race Numbers and Timing Chips

Ensure you fill in the medical information on the reverse of your race number.

Your race number must be pinned to the **FRONT** of your running top, **please bring your own safety pins if you have them**. Failure to start and finish wearing your race number will result in no time or position being recorded.

Race numbers do not need to be returned at the end of the race.

## Facilities

Temporary toilets will be available at the Fire Station. There are no changing facilities or showers available.

**If possible, please leave any belongings in your car.** There will be no facility for secure left luggage, any items will be left at your own risk.

## Spectators

Spectators are more than welcome to attend, as are well behaved dogs, please ensure dogs are on a short lead at all times. We ask spectators to please take care near the road and be aware that Coat Road adjacent to the start and finish is not closed to traffic.

### Race Details

The race has been licensed by England Athletics - Licence #27852 and has been accurately measured Certificate of Course Accuracy Number: 17/247

**The race will start at 09:00am prompt.**

The route is one lap of 10k.

Due to the entire route being on open public roads, **the wearing of any music listening devices or headphones is strictly prohibited. This includes bone conducting headphones. Any runner reported wearing these will be excluded from the results.**

As you will be running on public roads throughout the event, please bear in mind and adhere to the Highway Code at all times. Please run on the left side of the road except on the approach to the two right turns along the route.

Look out for vehicles, cyclists and dog walkers. If you need to overtake a horse and rider, please allow plenty of space and ensure the rider is aware you are overtaking.

The route will be clearly marked by black arrows on a yellow background.

A sweeper will accompany the final runner.

### Marshals

There will be marshals lining the route, we are very grateful to all our volunteers, without whom events such as Martock 10k would not be able to take place. Please be polite and courteous to our volunteers, any abuse of a race marshal, member of the public or other road user will not be tolerated. Any violation will result in exclusion from the results.

If you have a friend or family member who would like to join our volunteer team for this or any other event, please drop us an e-mail [info@racenationevents.com](mailto:info@racenationevents.com)

### Drink Station

There will be one water station on the route at approximately the 5k point (change of location from previous years). Fully recyclable cups will be provided for all runners. Water will be available at the finish line, please put your used cup in the bin provided so that we can recycle them after the event.

### Litter

The dropping of litter is **not acceptable**. If you use gels you must return to the finish with the wrappers and take your litter home with you, if you can carry a full gel, you can certainly carry an empty one. Littering incurs immediate disqualification.

### Medical Assistance

Medical assistance is being provided by Peninsula Medical. Please let a marshal know if you require assistance, there will be medical assistance at the finish if required. If you see a fellow runner in difficulty or distress, please relay the situation to the next marshal location.

### Safety

Please note that the race is run on public roads, runners should take great care and heed any instructions from Event Officials and Marshals, particularly at road junctions.

In the event of any major occurrences along the route, the race director and the emergency services reserve the right to alter or stop the event as necessary. This would be in circumstances beyond our control, no refunds will be given.

### Race Cut Off

There is no official cut-off for the event, however you will be expected to complete the event in less than 1 hour 45 minutes in total. In the unlikely event that an event manager deems that you are not fit to continue they will remove you from the event.

### Event Medal and Photographs

An awesome metal medal will be presented to all finishers.

Free of charge, professional, high resolution, event photographs will be available shortly after the race via the website [HERE](#) feel free to download and share away, please tag either Georgina or Derek our ace photographers.

### Refreshments

We will be joined once again by the Nomadic Barista selling a range of hot and cold drinks, snacks and cakes. And Ice Cream will be supplied by Somerset Ices.

### Race Results

Martock 10k will be chip timed by DB Max.

Results will be available [HERE](#) to view online once you record a finish time.

All results will remain provisional for 72 hours to allow the timing team to respond to any queries.

### Presentation of Awards

Prizes will be presented at approximately 10:30 near to the finish line to the top three male and female finishers, we will also present age category prizes to the fastest male and female in each category - 40-49 | 50-59 | 60-69 | 70+

We are grateful to Burrow Hill Cider for kindly donating some bottles of their finest cider for the winners!

### Acknowledgements



#### Devon and Somerset Fire and Rescue Service

Thank you to Martock Fire Station - without whom Martock 10K would not have a home!



We are grateful to our friends at [STABLE DESIGN](#) in Martock, a great company to work with. Always more than happy to help with anything we throw at them!

Thank you all for supporting our events.

**If you see any of the Stable Design Team out on the course, be sure to give them a big cheer!**



#### Thank you to [The Somerset Cider Brandy Company and Burrow Hill Cider](#)

They have been making cider on their 250-acre farm for over 300 years and Somerset Cider Brandy since the 1980's. All their products are made from fruit grown organically on the family farm. As well as cider and apple brandy they make eau de vie, Somerset Pomona, Kingston Black Aperitif, perry and various fruit spirits. In 2011, they joined an elite list of European food and drink producers after being awarded Protected Geographical Indication status. They are currently the only spirit in England to have this recognition.

Thank you to DB Max Timing, Peninsula Medical Services, The Nomadic Barista, Somerset Ices, George and Derek our amazing event photographers and of course our fantastic team of event Volunteers. Martock 10k simply would not take place without our top-notch team of marshals and volunteers who give up their time to assist us in putting on this great event.

**And finally a massive thank you to you the runners for signing up to this great event!  
We look forward to seeing you on the Start Line!**

### Please note

If you need to withdraw less than four weeks prior to the event - No refund or deferral will be permitted.

It is very important that if you are unable to attend, for insurance and medical reasons, you do not give your race place to another athlete.



As part of our mission to reduce waste at sporting events, we are delighted to, once again, be teaming up with **JOG ON** in helping to remove one million pairs of running shoes from going into landfill!

No use to you, but there are millions of people around the world who would benefit from your old trainers. Help us to keep them out of Landfill!

**Please bring your old trainers to Martock 10k and place in the box at Race HQ  
Give your running shoes a second chance!**

## Dates for your Diary



### Friday 2<sup>nd</sup> August 2024 - [THE WESSEX 10K \(SOMERTON\)](#)

Starting from Somerton Recreation Ground dropping down onto some of the most gorgeous scenery the Somerset Levels has to offer. Enjoy running on the old country drives before re-joining the road and heading back up to where you started. Oh and the Sports Club bar will be open after the event, an opportunity to catch up with your running buddies and compare your speeds and talk all things running over a, well deserved, cool pint of Somerset cider!



### Sunday 15<sup>th</sup> September 2024 - [LANGPORT TRIATHLON](#)

This event always has a great atmosphere with challenging routes for both cycling and running. Around 400 competitors, some that come to England just to compete and take on the undulating bike route and the cross country run. Before they even put on a shoe in transition, competitors will be swimming the 400m in the newly refurbished indoor swimming pool with a viewing area for loud supporting families and friends.



### Sunday 27<sup>th</sup> October 2024 - [STROUD HALF MARATHON](#)

Although not flat, the course is a great place for a fast time. Suitable for racers, recreational runners and novices alike.

*A well organised race with friendly marshals and water stations. Route is nice – fairly flat and around country roads, many of which are still open, but felt safe throughout!*



### To Be confirmed - [THE LEMUR LOOP](#)