

MARTOCK 10K 2019
Sunday June 16th 09:30
Athlete Information

Congratulations on securing your place in the 2019 Martock 10k.

Entries sold out more than a month before race day for this increasingly popular mid-season flat, fast 10k.

If you are chasing a personal best, fundraising for a chosen charity or running 10k for the first time, we wish you a safe and enjoyable race.

Fire Service

We are very fortunate to have the continuing support of Devon and Somerset Fire and Rescue Service, who you will see on race day, do a huge amount to help make the event run safely.

The Fire Station is active, and should there be an emergency call, this will take priority over the race.

Race Permit

The race is run under a permit issued by the Association of Running Clubs. 19/109

Parking

There is a reasonable amount of parking within easy reach of the start. Please where possible either car share or walk to the start. Please **DO NOT** park in Coat Road (the Fire Station is in Coat Road).

Ample parking is available at the nearby Trading Estate.

Failing this, only a short walk from Race HQ is Martock Primary School (TA12 6EF).

A walking route from this car park will be marked.

Or there is parking in Martock Recreation Ground TA12 6AF, which is around 1.2km from the start or Moorlands Park TA12 6DH which is around 700m from the start.

Be sure to get parked in plenty of time to make the pre-race briefing

Registration

With the race starting at 09:30am, please arrive in plenty of time for the pre-race safety briefing at the Fire Station (TA12 6EX) at approximately 9:20am.

You have been sent your race number in the post with timing chip attached (stuck to the back of the bib with a foam separator on top).

Please see the information below from our timing team on how to wear your race number.

If yours did not arrive or you have lost it, there will be a desk at Race HQ where a replacement can be issued.

Facilities

Temporary toilets will be available at the Fire Station.

There are no changing or showers available.

There will be no facility for secure left luggage at registration.

Somerset Ices will be on hand selling quality ice creams and cold drinks.

There will be a fundraising cake stall at the finish line.

Race Details

The race will start at 09:30am prompt.

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.

A lead vehicle will be present. Please run on the left side of the road except on the approach to the two right turns along the route, and Drinks Station 2.

A sweeper runner/ cyclist will accompany the final runner.

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

There will be many marshals lining the route. Please be polite and courteous to our volunteers who make the event possible. Any abusive behaviour will not be tolerated.

There is one drink station, which will be passed twice (1.5 & 5 miles), where water will be available in biodegradable cups

Please help keep the local area tidy, by placing your empty biodegradable cups in the bins provided.

Bottled Water (made from recycled plastic) will also be available at the finish kindly supplied by Glastonbury Spring Water.

A quality medal will be presented to all finishers.

Awards will be made to the top three male and female finishers, age group winners in ten-year splits and fastest father and child team.

Presentation of Awards

The presentation will take place as soon as the final category award winner crosses the line.

We anticipate this being around 11:00am.

Acknowledgements

Martock 10K is proudly supported by Carlauren Express

Devon and Somerset Fire and Rescue Service

Glastonbury Spring Water

Martock Primary School

Split Second Timing

John Burton Signs

Somerset Ices

The residents of Martock and surrounding areas

Our fantastic team of Volunteer Marshals



Your timing chip is on the back of your number, to record your time correctly please:



Wear your number clearly on the front as per these two photographs



Please NO belts or garments around your number!



Please do NOT crumple or pin to the side of your leg!



Thank you for your help!