

The 24rd DEANE DLO TAUNTON 10K

www.taunton10k.co.uk

Sunday 26th September 2010 - Start 11.00 am

Run under the laws of UK Athletics – Licence 2010-101176

SEAA Course Measurement Certificate 07/103

RUNNERS' INSTRUCTIONS

THE START - The race HQ is at the Tone Leisure Blackbrook Pavilion sports centre in Blackbrook Way in the Holway area of Taunton, signposted from M5 junction 25. (See plan attached).

PARKING - Car parking facilities are available in the field next to Blackbrook Pavilion. Please do not inconvenience the local residents by parking in the adjacent roads, as these form part of the diversion keeping traffic away from the Start. Please park as directed by the marshals.

Your **RUNNING NUMBER** is enclosed. This must not be cut or folded in any way and **MUST** be worn on your front so it can be seen clearly as you cross the Start and Finish lines. Please make sure you have filled in the emergency contact and medical details on the back of the number.

DO NOT PASS YOUR NUMBER TO ANYONE ELSE. If you are not able to run and know someone who wants to you must agree a substitution in advance with the race organisers. The details we will give the Medical Provider are the ones we have on the entry form. If the runner is not that person there could be complications if medical treatment is needed. Running under a false name can also lead to disqualification from the results and prize list.

Limited **CHANGING FACILITIES** are available at Blackbrook Pavilion with lockers available for storage of kit, for £1 deposit. Articles are left there **ENTIRELY AT OWNER'S RISK**. Toilets and limited shower facilities are available within the Pavilion. Additional toilets will be provided in the car park field.

THE ROUTE - Assemble at the Start in the road immediately outside Blackbrook Pavilion at 10.55 am. The route proceeds along Blackbrook Way, Chestnut Drive, right into Upper Holway Road, left into Holway Avenue, South Road, Stoke Road (crossing Chestnut Drive) and out into the countryside along narrow roads through Stoke St Mary, turning left at the village hall towards Henlade, left past the golf driving range, through Haydon. At the end of Haydon Lane turn right onto the pavement along Chestnut Drive and Blackbrook Way to the Finish at the Pavilion. Distance markers will be placed at kilometre intervals. Runners are requested to keep to the left hand side of the road at all times (except for the pavement section) and to comply with instructions from Marshals. Some parts of the course are narrow. Roads are **NOT** completely closed to traffic. The course has been measured using a bicycle fitted with a Jones Counter, as required by UK: Athletics.

IN THE INTERESTS OF SAFETY

- do not run wearing MP3 players or similar – these prevent you from hearing approaching traffic
- please run in single file if you hear vehicles approaching from behind
- where directed by Marshals please run on the footway
- no dogs or cyclists will be allowed to accompany runners
- runners must not take part pushing children in 'buggies' .

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A **WATER STATION** will be located at approx 5.5K. We advise that drinks should be taken whenever possible. Please take only one bottle of water to make sure there are enough for those that are not as fast as you!

St. John Ambulance will provide **FIRST AID** on the course and at the start and finish.

The **FINISH** will be within the Blackbrook Pavilion grounds. First Aid and cold drinks will be available.

RESULTS will be processed and held on computer. Provisional results will be posted at intervals at the Information Point. Results will be published on the event website www.taunton10k.co.uk as soon as possible after the race.

PRIZES will be presented on the day as close as possible to 12.30 pm in the Sports Hall. Mementoes will be given at the end of the funnels beyond the finishing line.

There will be an **INFORMATION POINT** in the Sports Hall. Please use this if you have any queries.

www.photo-fit.net will be the official photographers this year. Photos will be published on the www.photo-fit.net website. Register with your race number, email address and name to receive preview photos in your inbox. An order form is enclosed with these instructions or use the online order form. **If you do not want your photo published** on the website please email enquiries@photo-fit.net or tauntonmarathon@btinternet.com with your running number or on race day leave details at the Information Point. Please note - photos of under-18 runners will not be published.

REFRESHMENTS - Drinks and other refreshments will be available for purchase at the Pavilion complex before and during the race.

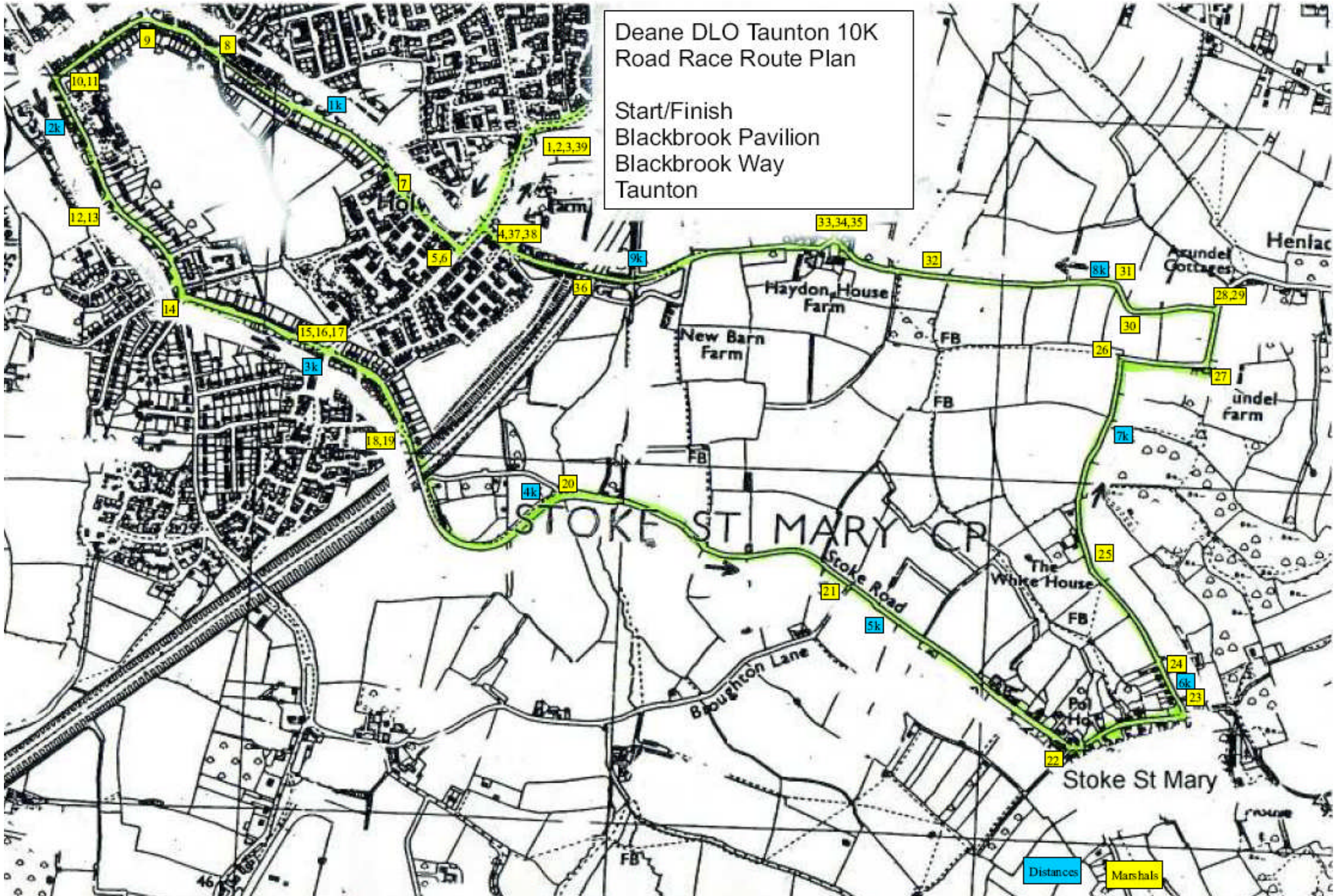
ANY LAST MINUTE changes to race arrangements will be posted on the website www.taunton10k.co.uk

We hope you enjoy your visit to Taunton and have a successful run. If you have any queries contact:

*John or Sue Lewis - telephone (01823) 283892
email tauntonmarathon@btinternet.com*

Deane DLO Taunton 10K
Road Race Route Plan

Start/Finish
Blackbrook Pavilion
Blackbrook Way
Taunton



Blackbrook Pavilion
Blackbrook Way
Taunton
TA1 2RW

Northbound on M5 – At J25 take 2nd exit on left towards town centre
Southbound on M5 – At J25 take 4th exit on left towards town centre
Follow brown signs to “Sports Centre”
Car park is 100m before Sports Centre

From town centre

*Turn right at bottom of East Reach into Wordsworth Drive then follow Lisieux Way to roundabout, take first exit on to Blackbrook Way – Sports Centre is on right.
Car park is 100m beyond Sports Centre entrance*

