



Camberley 10K Julian Farrell Memorial

TIME/VENUE: Starting at 10:30 hours prompt in Watchetts Drive, (outside the entrance to Kings International College) Camberley, Surrey. GU15 2PQ – see map at www.camberley10k.co.uk. Please note - road access to the area will be restricted approx. 20 mins before the race start.

FINISH: The finish is situated in the College grounds. At the finish, each runner will pass through the funnel where their timing chip will be removed and they will receive a commemorative medal and drink.

REGISTRATION: Your race number, timing chip and luggage label will be available to collect on the day. Entries on the day may be permitted if there are any spaces left.

CHANGING: There are limited Ladies and Gents changing facilities at the College. Therefore, runners would be advised to come already changed. Secure bag storage is available on site.

CAR PARKING: Car parking is available in Albany Park, see directions below, which is only a short walk to the college. Satnav Postcode: GU16 7PL. **PLEASE DO NOT PARK ANYWHERE ON THE ROUTE OR AT KINGS INTERNATIONAL COLLEGE.**

Directions:

M3 South, exit J4, take 2nd exit on first roundabout (A331 direction Aldershot), after approx. 200yds take first exit slip for Frimley, keep to left-hand lane and take left-hand filter on next roundabout into Frimley Road. Parking is in Albany Park which is to the left before Matalan and the motorway bridge.

M3 North, exit J4, take 2nd exit on roundabout (A331 towards Aldershot), pass under M3 flyover, continue straight over at next roundabout (again A331), after approx. 200yds take first exit slip for Frimley, then follow directions as per M3 south.

A30 south, at traffic lights turn left into Frimley Road, continue for approx. 1 mile past shops, continue straight over first roundabout, continue under the motorway bridge to the next roundabout. Take the third exit into Albany Park_ and follow signs for race parking.

A30 North, at traffic lights turn right into Frimley Road, follow directions as per A30 South.

MEDICAL AID: Medical facilities will be provided at the finish area. It must be emphasised however, that if you are feeling unwell on the day, **PLEASE DO NOT RUN**. If you have any particular medical condition please briefly write details on the reverse of your running number, and put a large bold cross on the right hand-side of your number.

AT THE START: The race will start at 10:30 hours. Adequate warning time will be given prior to the start. However, please place yourself in the area of your approximate finishing time.

RACE NUMBERS MUST BE WORN ON THE FRONT OF YOUR RUNNING VEST

THE COURSE: There is a map of the course on our website. It is a one-lap race and can be described as undulating but with a fast-downhill finish. The course will be well marshalled and signed. There will be two drinks stations (water only), on the Portsmouth Road (near 5K marker) and at the top of Crawley Hill (after 7K marker). In addition, water is available at the finish. All stations will be signed on the approach to them.

PLEASE KEEP TO THE LEFT-HAND SIDE OF THE ROAD EXCEPT WHERE INSTRUCTED TO DO OTHERWISE BY MARSHALS, POLICE OR SIGNS.

WHEELCHAIR ENTRANTS: We regret that the course is not suitable for wheelchairs.

FINISH TIMES: Race timing is being provided in partnership with Race Timing Solutions. Results will appear shortly after the event on our website and the website of Race Timing Solutions. In the unlikely event that the chip timing system fails all times are being recorded by qualified timekeepers as runners cross the Finish line.

PRIZE GIVING: will take place, adjacent the finish at approx. 11.30am, subject to the declaration of results.

Cash Prizes will be provided to:

1st, 2nd & 3rd Male & Female;

1st Male & Female Veteran

Trophies are awarded for:

1st male and 1st female

1st U21 male and 1st U21 female

REFRESHMENTS: These are available in the Clubhouse.

ACKNOWLEDGEMENTS: We have been able to stage this event as the result of the generosity of many members and businesses in the local community to whom we give our grateful thanks. Without their assistance, this race could not be held. Equally our thanks go to you for making all our efforts worthwhile. We look forward to seeing you again at next year's Camberley 10K. Please complete our feedback form which will greatly assist us in planning for our 2018 race.

HEADPHONES: The wearing of headphones, or similar devices, (other than those medically prescribed), is not permitted in races on any single carriageway road that is not wholly closed to traffic (UKA Rules of Competition)

FINALLY, it is the ultimate intention of the organisers to provide a first-class athletics event, to be enjoyed by entrants and spectators alike.