

RUN IN THE PARK 10K ROAD RACE SUNDAY 20th MAY 2012 START 10.30AM

I would like to welcome all competitors and friends to the annual Southampton Athletic Club (previously Southampton Running Club) 10k race. I would like to express my thanks to the Hampshire Recreation Department and staff of the Royal Victoria Country Park and Hampshire Constabulary for the use of their grounds. Thanks also to South Coast EMS for providing medical cover. This race continues to be sponsored by **Just Run** the running and footwear specialists who are situated opposite the entrance to the Swan Centre in Eastleigh. We are using Chip Timing this year please pick up your chip on the day and ensure it is secured firmly **NO CHIP NO TIME**.

HOW TO GET THERE

The Royal Victoria Country Park is situated on the eastern shore of Southampton water 3 miles from Southampton. The Park is well signposted and if travelling on the M27 you should leave at **Junction 8**. For satellite navigators the post code is SO31 5GA. **Please car share where possible to help to reduce congestion on the roads.** From the park entrance you will be directed to the race car park. The Fee for parking in the race car park is £3 and will be paid to Hampshire Recreational Department by Southampton Athletic Club and will be collected with a bucket on the day. I am very much aware that previously this cost has been absorbed within the race fee but with the added cost of chip timing this year I can no longer fund parking Sorry

THE COURSE

The race is run entirely within the confines of the park and adjoining police grounds and consists of 3 laps with an additional 600 yards to finish adjacent to the historic chapel. Please note that some of the roads and paths are narrow and those of you who are likely to be towards the rear of the field please be aware of the faster front runners lapping you towards the end of the race. Please run in single file where possible. Your assistance in this request is very much appreciated and will avoid possible accidents.

SAFTY ISSUES

Your safety is of paramount importance. If you feel ill in the days leading up to the race **DO NOT RUN**. If you suffer from a medical condition please inform our medic's before the race and write details on the reverse of your number along with a contact number. I know a lot of you like to run with **I Pods** and similar musical devices please do not wear them in the race. We have a small army of marshals to look after your safety who cannot warn you of safety issues if they are unable to communicate with you. The referee can disqualify runners for wearing I Pods which is the last thing I want. All runners compete entirely at their own risk and Southampton Athletic Club and or the Park Authorities cannot be held responsible for any accidents injury loss or damage

The Prize presentation will take place as soon as possible after the race has finished. Each competitor may qualify only in his or her category. A list of prizes will be displayed on the day.

Richie Pearson Race Director Southampton Athletic Club