

Ricki Savage 20 Mile Road Race



Race Licence: 2018 30069 . Course Measurement: 16/330

9:30 am Sunday 4th March 2018

Start & finish The Boating Pool, Ramsgate, CT11 0HE

Dear Athlete

Thank you for entering 'The Ricki Savage Thanet 20 Mile Road Race'. Please find below essential race information, which should be read by all competitors.

PRE-RACE

Directions to the start by road: From the M2 take the A299 (Thanet Way) to the St Nicholas roundabout. Follow the signs for Ramsgate, continuing all the way to the Roundabout at Grange Road, take the third exit and then the second Right Turn onto the Royal Esplanade, where there is ample free parking available. **Please allow plenty of time to park and pick up timing chips.**

Directions by train: The nearest station to the start is Ramsgate. It is approximately two miles walk from the start. Turn Left out of the station into Wilfred Road, follow through the crossroad into Grange Road and continue through to the roundabout and take the second exit and then the second right on to The Royal Esplanade. The may not be a train arriving from London in time for the race. We recommend joining the discussion on www.runnersworld.co.uk if you are seeking accommodation or looking to share a lift.

Local accommodation: www.thanet.gov.uk lists approved local accommodation.

Registration: There is no need to register on race day. Race HQ will be open from 0730hrs on race day. Race HQ will Close at 0915hrs to allow for a prompt start.

*****PLEASE ALLOW TIME TO COLLECT YOUR CHIP ON RACE DAY*****

The race is run under UKA rules. You must not give your race number to another runner without the permission of the event organisers. Rule 209(4) – penalty for transferring numbers. This is about managing medical emergencies. Athletes who receive transferred numbers without permission of race organisers will be disqualified and results unpublished. Please ensure you write emergency contact and medical information on the rear of your race number. Headphones or similar devices (other than those medically prescribed) are not permitted – see page 2.

Late entries are not available for this race. Secure baggage storage, massage and ample toilets will be available. There are excellent catering facilities at Race HQ. Please be prepared for all weather conditions.

Please do not attempt the race if you feel unwell. First Aid will be available at the start/finish and on the course, supported by Raynet communications.

Route maps will be available at the start. The course has been officially measured and deemed accurate by an official using a Jones Counter. The course is largely traffic free. However, you will be running in pedestrianised areas, which are not closed to the public. There are NO ROAD CLOSURES so please obey marshals when crossing roads on the course. Please obey any instructions given by marshals or police. Failure to do may result in disqualification. It is against race rules for runners to be accompanied by a coach/supporter on a bicycle.

We welcome disabled athletes but ask that you contact the race director before race day to discuss needs and requirements, the course, reasonable adaptations we may. We do not consider the course to be wheelchair friendly.

DURING THE RACE – Start at 0930hrs

WATER STATIONS are situated at the start finish area and on the Eastern Esplanade before the King George VI Park. The water stations will be manned by volunteers and you will pass each of them twice on each 10-mile loop. All water stations will have 330ml bottles. We recommend you consider carrying your gels.

TOILETS There are six different sets of toilets on each 10-mile loop. The longest distance between toilets is 3 miles. Distance markers will be placed along the course, on the nearest available street furniture, at approximately one-mile intervals.

LITTER is probably our biggest threat to the race continuing. We have purchased and placed extra bins on the course this year and have a course sweep after the race. Please try to dispose of any litter adjacent to a marshal or official.

HEADPHONES or similar devices (other than those medically prescribed) are not permitted in any races on a single carriageway road that is not wholly closed to traffic. This is by rule 240 S5 UKA supplement and contained within the terms and conditions of your entry to this race. YOUR SAFETY IS OUR OVERRIDING PRIORITY.

COURSE CONTROL AND MEDICAL AID. All athletes from first to last will be under the supervision of Raynet communications and Margate Ambulance Corps. They have assisted with this race for many years and are very familiar with the course. Please make medics aware of any existing medical conditions and medication being taken before you commence the race and write this on the rear of your race number. If you see a runner in distress, please alert the nearest marshal and take appropriate action. NEVER remove a race number from an injured runner as it will identify them and may provide life-saving information. We have two lead cyclists to guide and clear the route and a tail runner. We have over 40 marshals on the course, supported by volunteers at the water stations, communications specialists and medics.

PLEASE THANK THE MARSHALS AND THE PEOPLE WHO HAVE GIVEN UP THEIR TIME TO SUPPORT THE RACE.

The FINISH: A race clock will display the elapsed time. Your time will be recorded as you enter the race funnel. Please ensure chips are worn on ankles, not elsewhere on the body as they will not register.

If you decide to pull out of the race at the half-way point, please DO NOT GO THROUGH THE FINISH TUNNEL as this confuses with results. There will be an official on hand to record your withdrawal from the race. Any person failing to display a number may forfeit any prize(s) they may be entitled to. If your number becomes detached, please inform the timekeeper at the finish. Please keep to your correct finishing order in the finishing tunnel and move through the tunnel as quickly as you are able. There will be water and an energy drink available at the finish.

Any person who fails to finish the course or becomes injured should either make their way back to the start/finish area or contact the nearest marshal/first aid post/Raynet staff on the course. If you do not complete the course, please make sure you register your number with Raynet or at the finish area so that we can account for all runners.

POST RACE: Award presentations will be approximately 1200hrs at Race HQ. Prize money will be £50.00 for the first Male and Female Runners; other awards will be given.

Results will be available on www.uksportstiming.co.uk shortly after the event.

Photographs are included in your entry and will be available at www.jodihanaganphotography.com

Race Director – Adrian Smith thanet20@thanetroadrunners.org.uk or 07984 161880

Entry Manager – Terry Brightwell t.brightwell3450@outlook.com or 07886310012

We strongly recommend you sign up to Thanet Roadrunners official Facebook page for updates or information.

Enjoy the beautiful Thanet coastline and dig deep for that great feeling as you pass through the finish line knowing you've had a great race. This is a race organised BY RUNNERS – FOR RUNNERS.