



Top of the Wolds 10km Challenge

Sunday 2nd June 2019

Dear Runner,

Welcome to the third outing of the “Top of the Wolds 10km Challenge” we hope you enjoy the day, as well as the route. Yorkshire Wolds Runners was formed in 2010, and are now an established East Yorkshire club attending many events. By staging this race, we hope to display the fantastic countryside of the Yorkshire Wolds, and cement the race for future years, with what we hope will be a positive outcome from the running community.

Enjoy the day, and don't forget to look at the scenery.

Sponsors

Without the support of the local business community, staging such an event would become that much harder for our club. We wish to acknowledge the contribution of the companies, and individuals who have generously donated to help get this project off the ground.



TIMING CHIPS.

We are using re-usable timing chips. **These are to be handed back after the race.** The chip is attached with a wire tie. The envelope that we prepare for each runner contains the chip, the wire tie, the race number and 4 safety pins. Please collect your number and chip from Registration on the day

Please ensure that you attach both your race number and timing chips.

Remember – NO CHIP no time as all timing is done via the electronic systems!!

If you have difficulties with your chip or race number please visit the registration desk.

RACE HQ Registration is open from 8.00am, Collect your number & Chip from here.

All facilities will be located in or around the Community Centre.

Signage will be present to direct you to Race Registration, First Aid, Toilets, and Changing etc.

Runner's baggage can be left at the Community Centre. We will do our utmost to ensure baggage is secure but Yorkshire Wolds Runners/Warter Estate accepts no responsibility for loss of valuables or bags left.

Toilet facilities are available directly outside the community Centre. Disability toilet facilities are located inside the Community Centre.

There will be no shower facilities available.

Refreshments will be available throughout the day, by Vanessa Delicatessen & Café

Hands that heal, will be available for pre and post-race massages

PARKING For your Sat Nav use postcode YO42 1XS

The car park is situated on the Community centre field, you will be directed by a marshal to a parking area. Yorkshire Wolds Runners/Warter Estate accepts no responsibility for damaged vehicles, you park at your own risk.

Please **do not park** in the village, it cannot accommodate extra vehicles, we do have an overflow car park if needed.

- Please note that the race is to be run on closed roads, therefore the running route will be completely closed to traffic from 08.00am to allow the course to be set up, with no movement of vehicles permitted until the roads re-open at approximately 12.30 onwards. Please allow adequate time to park and collect your race pack. Where you can, come into Warter via the B1246.

The race will start promptly at 10.00am

COURSE

The course will be well marshalled and marked every kilometre. There will be a water stop and First Aid cover just before the half way point as well as at the end of the race.

Please adhere to all UKA regulations for the race. Obey all instructions from the Race Officials and Marshals. Please do not drop any litter and please use the toilets provided. Respect other pedestrians where you share the pavements with them.

There are no headphones allowed, anyone wearing headphones will be disqualified. You have been warned.

If you feel ill and have to retire from the race for any reason please contact a Marshal. They will deal with your needs and report back to race headquarters.

First Aid will be supplied by North East Medical Services. Transport back to Race HQ will be provided if necessary.

A sweep vehicle will provide transport should runners wish to retire.

At the finish you will be required to **hand back your timing chip** in exchange for a complimentary food and drink ticket supplied by Vanessa Delicatessen & Café, then proceed directly to the water and merchandise collection point for your race day memento. This year sponsored by **Onlookers of Driffield**.

Race Day Timetable

08.00 - Race HQ Opens for registration/race pack collection.

09.50 Race briefing & runners line up for the START.

10.00 The race commences.

10.35 First 10k runners expected home.

12.30 Prize giving

Categories Awards are based on finishing position, NOT chipped time -Sponsored by RunDriffield

Veteran's categories are as defined by the IAAF.

The Winner of each Category ,will receive a free entry to the 2020 race.

First Three Male

First Three Male over 40

First Three Male over 50

First Three Male over 60

First Three Male over 70

First Three Female

First Three Female over 35

First Three Female over 45

First Three Female over 55

First Three Female over 65

We look forward to welcoming you on the day, from all at Yorkshire Wolds Runners

Paul Burrige

Race Director

