



With less than a week to go, it's time to make sure all runners know what's planned for Race day! We hope all your training plans are coming together and that you're ready to take on this beautiful and challenging race!

EVENT TIMETABLE

- 07:00 Registration opens
- 08:30 Registration closes
- 08:45 Vehicle access to the venue will be closed. No exceptions!
- 08:50 Race briefing on the start line
- 09:00 Race Starts!
- 10:30 (approx.) Presentation of Prizes
- 11:00 Closed roads reopen and sweep vehicle will pick up any remaining runners

CAR PARKING

Parking will be on the fields to the south of Dalton House. Please follow the road past the house (keep left) and marshals will direct you to the parking areas. Please follow the marshal's instructions and hold any questions until you're parked up.

REGISTRATION

You will pick up your registration pack on the day from the registration desk which opens at 7:00am. Please understand that we have a lot of runners to register and the race must start on time. Please try and arrive in plenty of time and well before the 8:30 close time. Also, we will have marshals near to registration to answer any questions you have. Please don't hold up the registration process by asking the registration desk volunteers questions.

In your pack you will find your race number and a timing chip. The race number should be affixed to your front and be visible at all times whilst you are running. We will have a small supply on safety pins available on the registration desk but, please, do try and bring your own. The timing chip (small plastic square thing!) should be threaded through the two holes onto your undone trainer laces and then you simply tie your lace in the normal way to secure it. We will have some helpers around registration to assist you if you're not sure what to do with the chip.

TOILETS

There will be toilet provision near the car park entrance. It is imperative that these facilities are used and no "au natrelle" alternatives are sought. Your assistance in this matter will be vital to ensure we can keep on running this event!

START LINE

We are using chip timing and so it is not vital for you to be at the front to get the best time. Please try and position yourself in the start area according to your expected finish time. There will be a short race briefing on the line to highlight any safety points about the course.

THE COURSE

A course map will be available shortly on the website at www.humbertriathletes.co.uk/dalton-dash.html. The route is on closed roads for the whole distance, however we cannot guarantee that no vehicles will enter the course. Please observe the highway code at all times and act responsibly to ensure the safety of yourself and other runners and road-users. The course is a rural, undulating route, and parts of it are exposed to windy and potentially frosty conditions, so we encourage all runners to consider their choice of clothing carefully to suit the conditions that may prevail on the day. The road surface is mostly well maintained, though there may be leaves and other debris on the surface that may pose safety hazards. Please do take account of this on the day.

MARSHALS

The Marshals on the day are all volunteers and are there to ensure you have a safe and enjoyable race. Please do obey any instructions they give you and treat them courteously. If you see a fellow competitor in difficulty, please report this to the next marshal you see. If you can give a race number of the affected runner to the marshal this is very helpful.

FIRST AID

We have a full team of first aiders available and should you have any problems that need medical attention, please alert the nearest marshal and help will be summoned. If you need attention after finishing, please report to the first aid point and help will be on hand.

WATER STATION

There will be a water station after the third turn point which is approximately the halfway mark.

FINISH LINE

Congratulations! The final stretch is in sight! Please keep right on the final stretch to the finish line. There may be vehicles leaving the car park and we don't want any accidents. Once you cross the finish line, marshals will be on hand to recover your timing chips and give you your finisher's medal. **Please make sure you return the chip.** If we don't recover the chips, you may be liable for a charge of £5 to replace it. The staff of the Pipe and Glass have also prepared a delicious snack for finishers. Please enjoy this, but it will be strictly one helping per runner to make it fair!

PRESENTATIONS

We will be making a short presentation of prizes to runners in various categories and you are encouraged to stay and support this after the race.

WITHDRAWALS AND TRANSFERS

Please note that we will be finalising race packs later this week, so there can be no changes to the list of entrants after 8pm on Wednesday 24 February. If you know that you cannot make the race for any reason, please let us know by emailing races@humber-triathletes.co.uk. We do have a small waiting list of runners who would like places if there are any withdrawals. If you are transferring your place to another runner, you must let us know. This is to ensure we have the correct details in the event of an emergency and to ensure the accuracy of the results. There is a small fee of £5 to process a transfer and this is payable at registration on the day. Again email us at the address above for transfers.