



**DALTONDASH10K**

Race day is nearly here, so it's time to make sure you 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: SUNDAY 15 April 2018**

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 should be attached to your shoe laces according to the directions on the chip and not crushed or folded.

#### **TOILETS**

There will be toilet provision near the car park entrance. It is imperative that only 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. Race numbers are allocated based on the time you gave us on the entry form, so the lower the number, the closer to the front you will want to be. There will be a short race briefing on the line to highlight any safety points about the course.

## **THE COURSE**

A course map is available on the website at [www.humbertriathletes.co.uk/dalton-dash.html](http://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, plus the inevitable pothole or two. Please do take account of this on the day.

## **HEADPHONES**

The race is under UKA rules and as such we cannot permit the use of headphones anywhere on the course. This is because we cannot guarantee the course will be traffic-free. We ask for your understanding in this matter which is intended to make the race safe for all.

## **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. 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! You can also pick up your commemorative t-shirt. We will endeavour to give everyone the size intended, but due to the rescheduling we are a little short of small sized ones. If you don't mind taking a medium instead, please let the t-shirt desk know.

## **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. Please do stay and support this, particularly as we often find people have won the age-group prizes and leave without knowing!

## **WITHDRAWALS AND TRANSFERS**

Please note that we have now finalised the race packs, so there can be no changes to the list of entrants. If you know that you cannot make the race for any reason, please let us know by emailing [aces@humber-triathletes.co.uk](mailto:aces@humber-triathletes.co.uk). We may have a small number of places left for on-the-day entries too. Fees are £16 affiliated and £18 unaffiliated.