



## Runner's Briefing - Race for Wildlife 2018

Thank you for entering Gwent Wildlife Trust's Race for Wildlife 2018, this promises to be another great year!

### IMPORTANT INFORMATION – PLEASE READ BEFORE RACE DAY!

#### Race HQ:

Undy Athletic Football Club  
The Ramp  
Undy  
NP26 3EW

Please note the race start is on Church Road, approx. ten minutes walk away.

#### Parking:

The main race car park is at the Football Club. If this is full, car parking marshals will advise you of places to park nearby. However please be advised that parking is limited so **please use public transport where possible or lift share with fellow racers.**

#### Registration:

Registration for both the 10K and 1K is between **08.30am – 10.00am** inside **Undy Athletic Football Club, The Ramp, Undy, NP26 3EW.**

If you have pre-entered online, you must still register and collect your race number by **10.00am.**

It will only be possible to enter on the day if we haven't reached the race limit (300 runners for 10K and 50 runners for 1K) at close of pre-entries on Wednesday 9<sup>th</sup> May. We'll let people know whether there are entries on the day via the race webpage [www.gwentwildlife.org/raceforwildlife](http://www.gwentwildlife.org/raceforwildlife) and Facebook.

*There is no need to register for the 100m dash (children only) which is taking place on the football pitch at 10.05am.*

#### 10K Race Start:

10K race start is on Church Road, approximately 10-minutes walk from registration. Please arrive at the race start by **10.20am** for the race safety briefing. The 10k race start is at **10.30am** (please refer to map on page 3 for more details).

(Note: There will be enough time to cheer on the 100metre dash which starts at 10.05am, but please allow time to arrive at the start for the briefing.)

**1k race:** Once you have registered and received your race number, the race start will be on the football pitch at **10.45am**. The 1k race is 2 laps of the perimeter of the football pitches (on grass) and will be clearly signed and marshalled. You'll receive a medal on the finish line.

Please note: This is for all ages but prizes will only be awarded to age groups as below. Limited to 50 places.

**Race timings:**

8.30am – 10.00am: Registration open

10.05am: 100m dash on football pitch

10.20am: 10K race briefing on Church Road

10.30am: 10K race start

10.45am: 1K race start (following a short briefing) on football pitch

12.15pm: Prize-giving at race HQ

Trophies and prizes will be awarded to:

**10K:** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> male and 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> female, and age category winners (MV40, MV50, MV60, FV40, FV50, FV60)

**1K:** 1<sup>st</sup> U14 boys, 1<sup>st</sup> U14 girls, 1<sup>st</sup> U11 boys, 1<sup>st</sup> U11 girls, 1<sup>st</sup> U9 boys, 1<sup>st</sup> U9 girls


**Additional points to remember for preparation and on the day:**

- Wear appropriate running gear for your race; the 10K is entirely on tarmacked roads and the 1K on grass; and take the weather into account.
- Do not wear headphones/earphones during the race under any circumstances as this might prevent you hearing traffic or instructions. This is a Welsh Athletics rule, which you must adhere to for safety reasons.
- Ensure that you register and receive your race number, safety pins will be provided - remembering to add appropriate contact and medical details to the reverse in case of emergency.
- Please ensure race number is clearly pinned on the front of your running top and clearly visible to the time keepers.
- Please prepare for the race accordingly, warm up and ensure you are fully hydrated.
- As there are some narrow lanes at the start of the race, please position yourself within the pack around where you anticipate finishing – faster runners at the front, slower runners at the back!
- Water stations will be near the 5km mark and at the finish. Please refer to map on page 4 for all marshal/route positions.
- The route will be fully and clearly marked with black and yellow signage. Marshals will be at key junctions throughout the course; please notify them if you have any problems.
- Please bear in mind the race is on public roads which are shared with pedestrians, vehicles, etc. It's your responsibility to listen out for any vehicles and cross any roads safely.
- Please pay close attention to the instructions of the marshals – they are there for your safety.
- Stay on the left hand side of the road unless otherwise instructed by marshals or race signage.
- In the event of an emergency...
  - Go to the nearest marshal
  - Or stay with the casualty and send another racer
  - Worst case – call into the nearest house and call 999

- St. John Ambulance First Aid Medics will be covering the event
  - 1<sup>st</sup> team will be following at the rear; 2<sup>nd</sup> will be back at the race finish
- **If you're unable to complete your race and need to retire early, it is essential that you let a marshal know so that we can account for everyone.**
- There will be a lead cyclist at the front and tail cyclist at the back of the pack.
- Medals and goodies will be awarded on finishing the race at the finish line water station
- Refreshments including tea, coffee, squash and cake will be available at race HQ – donations welcome.
- We will also have Race for Wildlife Tech running T-shirts for sale on the day at £10 each
- **Please note that Undy Athletic Football Club need to use the pitch from 1pm so we will be kindly asking everyone to make their way home after the prize-giving!**
- Full race results and times for both the 10K and 1K will be published on the Race for Wildlife web page [www.gwentwildlife.org/raceforwildlife](http://www.gwentwildlife.org/raceforwildlife) and Facebook event page as soon as possible after the race.

## Map and contact details

Undy Athletic Football Club, The Ramp, Undy, NP26 3EW

Registration 

10K start 



## 10k Race Route

There will be marshal stations at key points around the race circuit and two water stations (One near the 5km mark and one at the finish)



### Contact details in case of emergency on the day:

Robert Magee (Race Organiser) – 07729 084096 or Debbie Stenner (GWT) – 07952 397653

St. John Cymru – 07747 568876

**Thank you for registering to run in the Race for Wildlife and we hope you enjoy the day!**

**If you would like to find out about how you can support Gwent Wildlife Trust, become a member or find out more about the charity and what we do please visit**

**[www.gwentwildlife.org](http://www.gwentwildlife.org) or call us on 01600 740600.**