



Final Details for Harwich Runners Wix '5' Mile Race on Sunday 21st October 2012 at 10:30am

Many Thanks for your entry – please read the notes below to help you enjoy the Race

You

Fitness:	We really want you to enjoy our race. For this reason, despite this being a 5-mile race on a fast, relatively flat course, please ensure you have completed sufficient training. If you are in any way unwell or unfit on the day, then please DO NOT RUN! There is always next time!
Running Number:	Numbers will be collected on the day . Your running number is important; it must be worn on the front of your running top. Please do not change it or give it to someone else. Please do not run without a number, as it will not then be possible to provide you with a finishing position and time. If you have a medical condition (e.g. asthma, allergy), then please write on the back of your number your name and the nature of your condition.

The Facilities

Car Park:	We will have ample parking in the new Wix Village Hall and an adjacent field – please obey marshals and arrive in plenty of time. Any late arrivals will be directed to an overflow car park 10 minutes before the race start. Please do not park around the village as we wish to avoid upsetting local residents. Note that due to the location of the main car park it will not be possible to depart until the main body of the race has finished the course (circa 11:30am) – unless in an emergency.
Information Desk:	An information desk will operate both before, during and after the race. If you have any problems or questions, or need to pick up your running number please go to this desk in the entrance of the Village Hall.
Entries on the Day:	There will be no entries on the day.
Changing & Toilets:	Separate changing and toilet facilities for Female and Male runners will be available inside the Hall – although unfortunately the Village Hall does not have any Shower facilities. Additional toilet facilities will also be provided outside the Village Hall to reduce queues.
Secure Storage:	Bags may be secured inside a section of the Wix Village Hall.
First Aid:	First Aid is being provided by St. John's and an ambulance will be on-hand throughout the duration of the race.

The Race

Start:	This year, as last 2 years, to improve safety at the start, we are again starting the race on the Harwich Road. Runners should assemble in the field behind the Village Hall (near the finish) by 10:20am when the Race Director will then walk all runners to the start line on the road. A short briefing will then be given and the race will be started by the sounding of a claxon at exactly 10:30am. We have arranged for a formal road closure with the local authorities and Police on this section of the Harwich Road for 20 minutes from 10:15am onwards to avoid problems with traffic.
Course:	The course is a single lap of an anti-clockwise route around Wix, Stones Green, Great Oakley Church and back to Wix. There will be mile markers to indicate your progress to the finish. Note that no roads will be closed during the race so KEEP TO THE LEFT at all times. Warning signs will have been put up previously to warn motorists of the race. As per UKA rules MP3 players etc. are not to be used during the race.
Marshals:	Marshals will be positioned at key points around the course to ensure you stay on track! Please obey their instructions if asked. If you have any problems or feel unwell try and make it to a marshal point. A rear follow-up car will be on hand to pick you up wherever you are along the route.
Refreshments:	There will be a drinks station at just before the 3-mile mark in addition to refreshments offered at the end of the race. Note that hot drinks, snacks and a cake stall will be available in the Wix Village Hall both before and after the race itself. There will be a free hot drink available for all runners after finishing the race.
Finish:	The finish line ends on grass in the field behind the Village Hall and will be chuted – to allow your time and number to be taken. Please go carefully as the gate into this field is quite narrow. Once finished, please walk quickly through the chute; staying in order, to ensure your number is recorded at the end of the chute. Once you exit the chute you will be presented with your finishing prize and refreshments/snacks.
Time Limit:	Please note that there is a time limit of 75 minutes for the race.

After the Race

Awards:	We hope to present the main individual awards for the race shortly after 11:30am in the Village Hall – so please try and stay for these. Any individual age category awards not presented will be sent on afterwards. ALL finishers will receive a finishing prize and a free hot drink available in the Village Hall after the race.
Results:	We will aim to post provisional results at the race itself and then publish the final results on our website at www.harwichrunners.co.uk on the evening of the race.

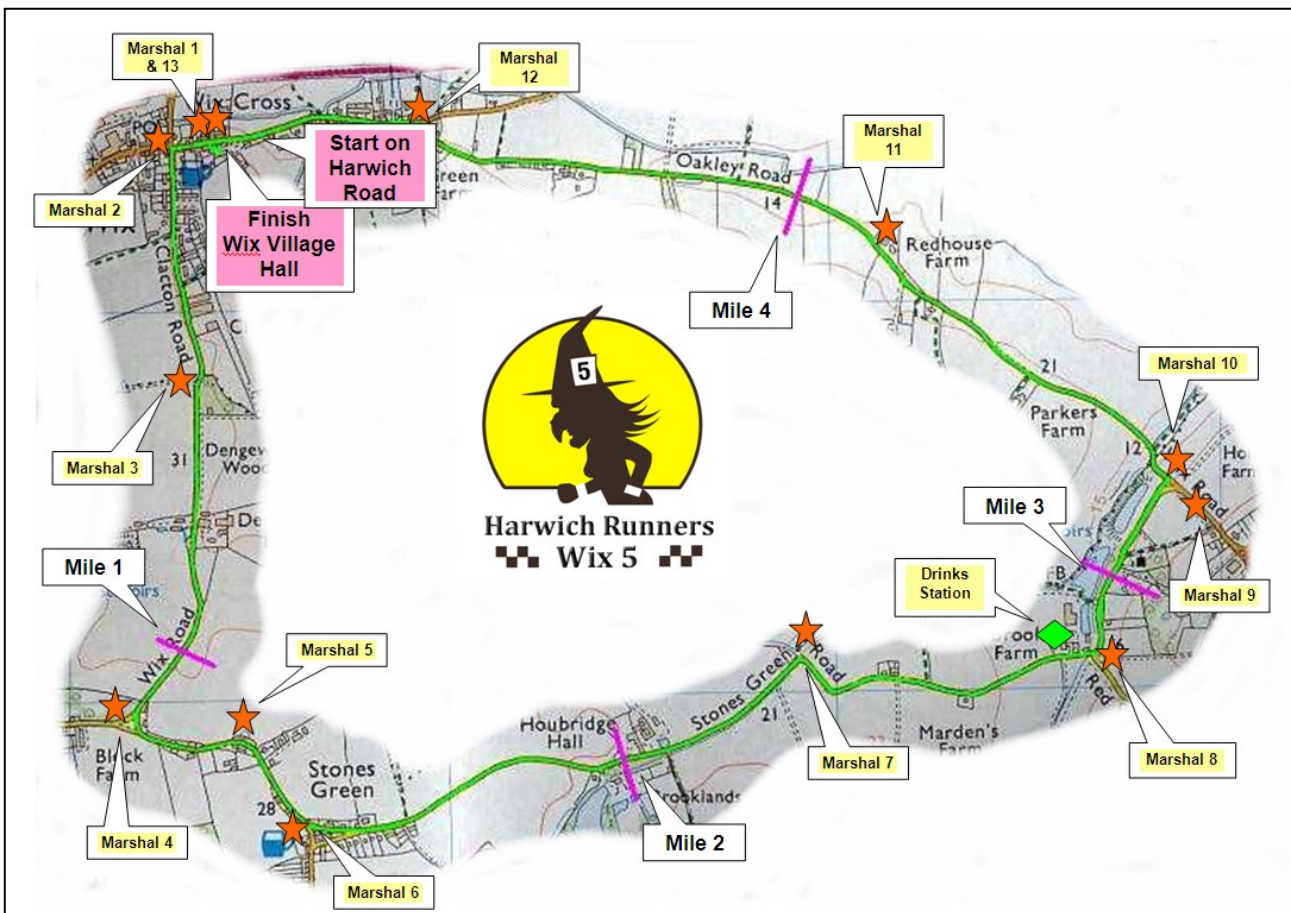
Directions for the Wix '5'

From the A12/A120 junction North of Colchester, take the A120 towards Harwich. After approximately 7.5 miles you will come to the Horsley roundabout. Go straight across and continue on the A120 for about 3.5 miles. You will see a sign-post marked 'Wix', turn right here and head down the 'Harwich Road' for about 1/2 a mile. The Wix New Village Hall will be on your left. We will have signs on the day to guide you to the race venue and a map is available from the website at www.harwichrunners.co.uk

For GPS SatNav users the postcode for Wix Village Hall is CO11 2RR.

Note: Please ignore the first sign-post for Wix just after the dual-carriage way section ends on the A120 as this goes down a very long minor road into the village and takes ages.

Course Map



And Finally...

Enjoy the race and thank you for participating. For latest information go to www.harwichrunners.co.uk or contact me directly at garydonoghue@hotmail.co.uk