



## Final Details for 14<sup>th</sup> Harwich Runners Wix '5' Mile Race on Sunday 21<sup>st</sup> October 2018 at 10:30am (Incorporating the Essex '5' Mile Championships)

*Many Thanks for your entry – please read the notes below to help you fully enjoy the day.*

### You

<b>Fitness:</b>	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 not fit on the day, then please DO NOT RUN! There is always next time.
<b>Running Number:</b>	<b>All</b> running numbers <b>will be collected on the day</b> . Your running number is important; it <b>must</b> 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, via the chip timing (see below). 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.
<b>Chip Timing:</b>	This year's Wix race will again be chip timed, with the chip attached to the back of your race number.

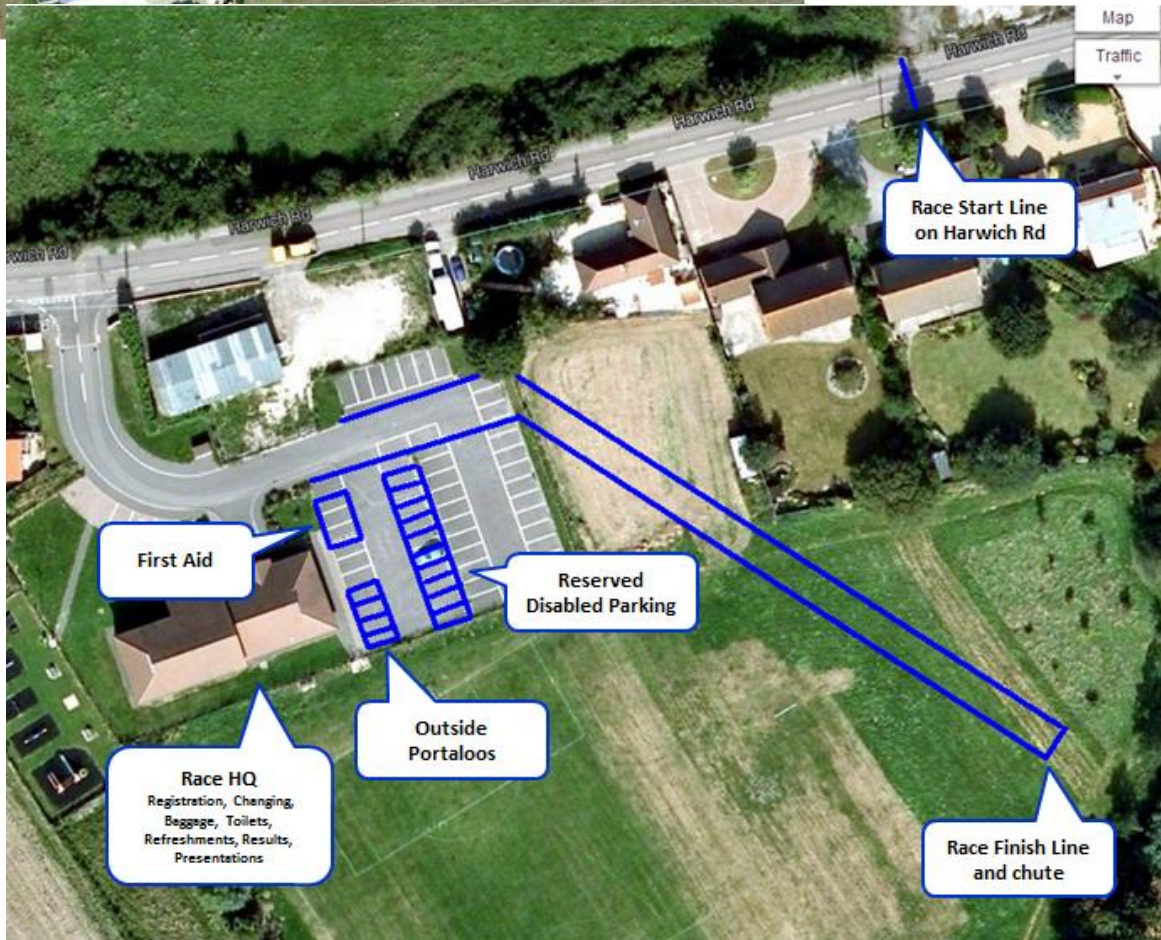
### Travelling to Wix '5' 2018

<b>By Car:</b>	<p>From the A12/A120 junction North of Colchester, take the A120 towards Harwich. After approximately 7.5 miles you will come to the Horsley Cross 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 village Hall will be on your left but continue to the crossroads of the Clacton Road and turn left, heading towards the dedicated parking at the Wix Equestrian centre on the left. Signs will guide to the car-parking here and marshals will be on hand to direct you within.</p> <p>For GPS SatNav users the postcode for Wix village Hall is CO11 2RR. For the Wix Equestrian centre the postcode is CO11 2RU.</p> <p><b>Note:</b> Please <b>ignore</b> 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 a lot longer than continuing on the A120, and turning off at the 2<sup>nd</sup> Wix exit.</p>
<b>Car Sharing:</b>	While we will have ample parking at the Wix Equestrian Centre, please car-share if at all possible to reduce congestion.

### The Facilities

<b>Car Parking:</b>	<p>Once again this year the Wix Equestrian centre in Clacton Road have kindly agreed to assist us with provision of car parking – see map for location. Please arrive in plenty of time, obey marshals, drive slowly and respect that the car park is on private land. There is a footpath to the Race HQ at the Wix Village Hall next to the Equestrian centre (see map) so please use this as the quickest way to the start.</p> <p>Dedicated car parking for disabled badge holders will be provided in the <b>car park adjoining the RACE HQ</b> itself (please see map) to allow for easier access to race facilities.</p> <p>Please do not park around the village as we do not wish to upset local residents.</p>
<b>Registration/ Information Desk:</b>	Race HQ will be the main hall in the Wix village Hall and the information desk will be open from 09:00am. Registration, however, will be located on the playing field next to the village hall and will open at 09:00am to enable you to collect your running numbers and will close 10 minutes before the start of the race at 10:30am.
<b>Entries on the Day:</b>	There will be <b>NO</b> entries on the day this year.
<b>Changing &amp; Toilets:</b>	Separate changing facilities for female runners will be available inside a small side room within the village Hall building if required. Toilets are available inside but there will <b>also</b> be 14 portaloos outside in the Hall car park. Please note that the Hall does not have any Shower facilities.
<b>Secure Storage:</b>	Bags may be left securely inside a marquee that will be erected on the field adjoining the Village Hall.
<b>First Aid:</b>	First Aid is being provided by 3 qualified first aiders. They will be on hand at RACE HQ and a qualified first aider will also accompany the follow-up vehicle throughout the duration of the race. A First Aid response vehicle will also be on stand-by should there be any incidents during the race itself.
<b>Recycling:</b>	We will again be aiming to re-cycle as much material from the event as possible. Separate bags for placing recyclable material will be available within RACE HQ and outside too. Last year we sent nothing to landfill.

# Directions from Car Park to Race HQ & Race HQ Map





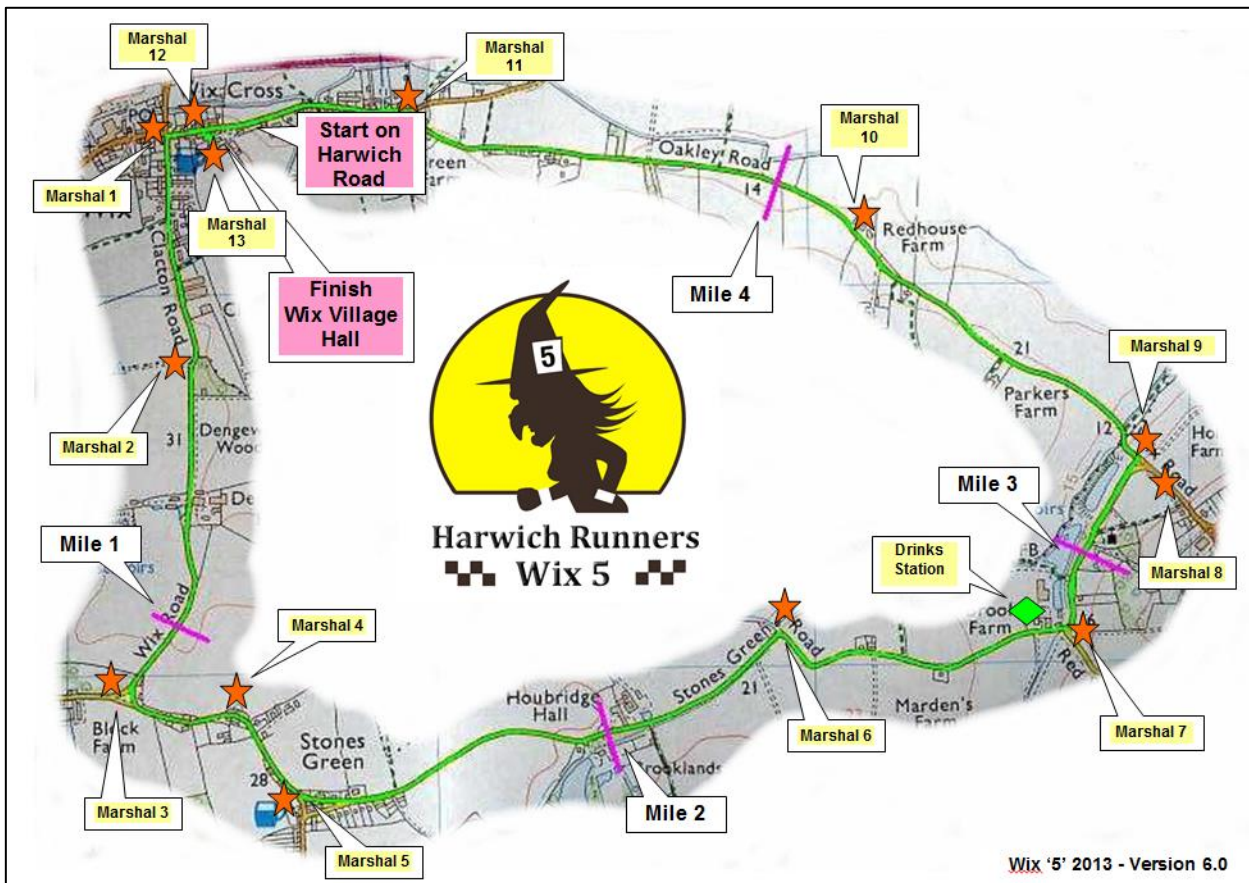
## The Race

<b>Start:</b>	<p>This year, as in previous years, to improve safety and provide a fast 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 horn at exactly 10:30am.</p> <p>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.</p> <p>The race is licensed with UKA under permit 2018-35562.</p>
<b>Course:</b>	<p>The course is a single lap of an anti-clockwise route around Wix, Stones Green, Great Oakley Church and back to Wix (see Course Map below). There will be mile markers to indicate your progress around the route. Note that, apart from the start, no roads will be closed during the race so <b>KEEP TO THE LEFT</b> at all times, particularly through the narrow section at Stones Green and when turning for home on the Oakley Road. 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.</p>
<b>Marshals:</b>	<p>Marshals will be positioned at key points around the course to help you enjoy the race in safety and to 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 (see map below). A follow-up car will be on hand at the rear of the race to pick you up wherever you are along the route.</p>
<b>Refreshments:</b>	<p>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 main hall both before and after the race itself. There will be a free hot drink (tea or coffee) available for all runners after finishing the race.</p>
<b>Finish:</b>	<p>The finish line ends on grass in the field behind Race HQ 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.</p> <p><b>IMPORTANT NOTE:</b> Can we please ask that if you are using a stopwatch that you press it <b>AFTER</b> you have come through the finish. This is to avoid potential issues of you covering the number containing your chip timer as you cross the line – and to ensure our back-up video system can see your number as you finish. We also respectfully request that you do <b>NOT</b> wear Tri-number belts for the same reason. Thank you for your co-operation with this.</p> <p>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 free refreshments/snacks. ALL finishers will receive a finishing prize and a free hot drink available in the main village Hall after the race.</p>
<b>Time Limit:</b>	<p>Please note that there is a time limit of <b>95</b> minutes for this year's race.</p>

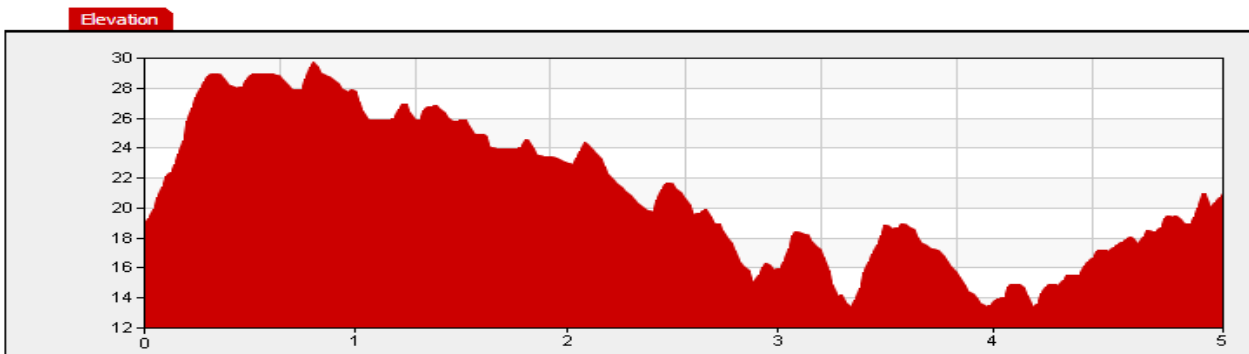
## After the Race

<b>Awards:</b>	<p>We hope to present the main individual awards for the race shortly after 11:40am in the village Hall – so please try and stay for these if you can. Any individual age category awards not presented will be sent on afterwards.</p> <p>The prize categories this year are:</p> <p><b>1<sup>st</sup> Male 15-17, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Male Open, 1<sup>st</sup> Male 40+, 1<sup>st</sup> Male 50+, 1<sup>st</sup> Male 60+, 1<sup>st</sup> Male 70+</b>  <b>1<sup>st</sup> Female 15-17, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Female Open, 1<sup>st</sup> Female 35+, 1<sup>st</sup> Female 45+, 1<sup>st</sup> Female 55+, 1<sup>st</sup> Female 65+</b></p> <p>Only one prize awarded/runner with OPEN prizes taking precedence.</p> <p><b>Best Male, Best Female Team</b> prizes (3 to score, 4 to finish).</p> <p>The Essex Championships will be awarded separately by Essex RR after the event as well.</p> <p><b>£150</b> prize for breaking the course record: respectively <b>Male 25:26</b> by Adrian Mussett of Colchester Harriers (2015), <b>Female 28:19</b> by Gemma Kersey of Basildon AC (2011).</p>
<b>Results:</b>	<p>We will aim to post provisional results at the race itself and then publish the final results on our website at <a href="http://www.harwichrunners.co.uk">www.harwichrunners.co.uk</a> on the evening of the race.</p>

## Course Map



## Elevation Profile



## And Finally...

Thank you to our sponsors 53-12 for their brilliant support as always and to the people of Wix for continuing to support the running of our race within their community. We would also like to thank Wix Equestrian centre for allowing us the use of their car-park once again on race day. Enjoy the race and thank you for participating. For latest information go to [www.harwichrunners.co.uk](http://www.harwichrunners.co.uk) or contact me directly at [gary@harwichrunners.co.uk](mailto:gary@harwichrunners.co.uk)

