

THE BRIANPLANT “STING IN THE TAIL” CAISTOR 10K - 7TH JULY 2019 AT 10:00am

Information for Competitors

We are pleased to accept your entry into the Brianplant “Sting in the Tail” Caistor 10K and wish you every success.

1. Car parking is available at a number of locations marked on the attached map - please follow the instructions of the marshals. From the car park at Caistor Yarborough School it is a 5 minute downhill walk to the Town Hall.
DO NOT PARK ON GRIMSBY ROAD ITSELF PLEASE!
2. Race numbers: Your race number should be collected on race day from Caistor Town Hall between 08:00 – 09:30. Please ensure that you complete your personal details on the reverse of your running number.
3. Changing & Toilet Facilities: WC's are available at Caistor Town Hall and at The Settlement – please respect the environment and use the toilets provided, NOT nearby private properties. No showers are available.
4. Baggage – A secure baggage store is available at the Town Hall. Whilst every care will be taken, this facility is at the competitor’s risk.
5. Start: The race will start at 10:00am prompt on Nettleton Road, approximately 300m from the market place in Caistor. Competitors will be held within the market place until five minutes before the start. There will be a cyclist leading the head of the race.
6. Course: 10 kilometres, as certified by UK Athletics. The course will be fully signed and marshalled. The start is on a wide road with the first 100 metres being downhill. After that the first 6 kilometres are mainly flat, on a mixture of tarmac path, road, and un-metalled track. Please be aware that the surface is uneven in places and care should be taken at all times. The last 2 kilometres include a number of sharp inclines. The finish is in Caistor market place. Each kilometre will be marked. There will be a “Sweep” vehicle/cyclists behind the last runner.
7. Road closures – Be aware that road closure orders are not in effect for 1000m from the town boundary westwards on the North Kelsey Road. Please be aware of, and considerate towards, all road traffic. Entrants must use footpaths where they exist; run on the left of any road where no path exists, unless otherwise instructed; and obey the marshal's instructions - on penalty of disqualification. Full road closures are in place for the majority of the final 2 kms, supplemented by coning and marshals to assist any road crossings.
8. Water Stations: Will be available at 3.2, 6.4 and 8.2kms, with water being supplied at the finish also
9. First Aid facilities are provided by Mobile Medical Cover Ltd with two ambulances and a team at the Race Finish and a covered station at the Grammar School by the church, with

supplementary resources out on the course provided by other agencies.

10. Finish: Will be in Caistor market place. Please follow the directions given by marshals to ensure a smooth conclusion to your race. Race H.Q. will be located at The Settlement in the market place.
11. Prizes will be given to the top three male and female finishers. In addition, there will be prizes for teams, various age groups and best fancy dress! See www.caistorrunningclub.com for details. Total prize money of over £900.
12. Presentation: Prizes will be presented in the market place at approximately 12:00 (midday).
13. Results: These will be posted to the Club's website (www.caistorrunningclub.com) following the conclusion of the race.
14. Refreshments: Will be available at various outlets in and around Caistor market place.

The organisers trust you will have a pleasant and successful day.

And finally feedback.....

Our aim is to offer you a safe and enjoyable race day experience. All we ask is that you let us know what we did right and what we can improve upon for next year. Please provide your feedback on the 'contact' page of our website (www.caistorrunningclub.com) and please rate **the race on Runner's World.**