



Swaledale Runners present

Richmond Castle 10k

11am Sunday 13 October 2019

Certified course measurement 10k
Run under UKA Rules (licence applied for)

Start time: 11am. Start location: the Batts (riverside park area, Richmond DL10).

Registration and race HQ: Richmond Town Hall, 41 Market Pl, Richmond DL10 4QL.

The Richmond Castle 10k starts and finishes in the Batts park area, by the river Swale, a short walk from the race HQ in Richmond Town Hall (50m uphill from the Market Hall). The race will use recyclable timing chips, which must be returned at the finish.

Registration: numbers and timing chips to be collected from race HQ between 9am and 10.30am on race day.

Number collection and the registration desk for the Richmond Castle 10k is at race HQ in Richmond Town Hall. Any entrant with special requirements should contact the organisers in advance. There may be a small number of entries available on the day if the race limit is not reached, but this facility will close promptly at 10.30am. If available, entry on the day will be £17, for both affiliated and unaffiliated runners.

Refunds and substitutions: unfortunately no refunds will be available.

Race entries are not transferable between runners without the organisers' consent. You may not run under someone else's number under any circumstances. Failure to comply with this rule will result in disqualification. You must contact the entries secretary to transfer a race number. All substitutions must be completed before online entries close at midnight on Thursday 10 October 2019.

Event parking: free car parking at Richmond School (Darlington Rd DL10 7BQ).

Free parking is available at Richmond School. Otherwise, Richmond has a number of public car parks, which charge for use, and of these Nuns Close car park is only a short walk from race HQ.

Toilets: public toilets in Nuns Close car park and very limited facilities at race HQ.

Note that there are no toilet facilities at the start of the race and we must insist that participants refrain from urinating anywhere in the Batts riverside park area, which is a public park – please do not spoil our chances of being able to stage the race at this attractive location in the future.

Other facilities: runners can leave bags at Richmond Town Hall at their own risk.

Note that the Town Hall is open to members of the public on the day of the race. There is no secure area for your bags. There are no changing or showering facilities at Richmond Town Hall.

Runner information: runners must complete the medical information form on the back of the race number, including an emergency contact number.

All entrants must wear their race number on the front of their running top. Please do not fold, cut or mutilate your race number.

Course information

The race starts and finishes in the Batts public park next to Mercury Bridge on the River Swale. This is on the Richmond town side of the Swale and is a short walk from Richmond Market Place in the direction of Richmond Station. The first and last 100m of the course is on grass and footpaths and then it proceeds mainly on pavement and road surfaces. Runners must run on the left-hand side of the road at all times unless otherwise directed by race marshals. The course will be marked with kilometre distance markers. Note that, as in 2018, the finish-line layout will include chip-finish timing mats. Marshals will be available to help finishers remove the recyclable timing chips, and to collect them.

There will be a water station approximately halfway round the course, and water will also be available at the finish.

Please do not leave the finish area without surrendering your timing chip.

Race briefing and safety

The briefing will take place shortly before the race when all participants are gathered at the start in the Batts park. As this race takes place on the public highway, great care must be taken on the roads – be prepared to stop if necessary and obey any instructions from our marshals. Take care when running through Market Place and Millgate at the finish as these are not closed to traffic. Please be courteous to others as they may be unaware that there are runners approaching.

Headphones or earpieces are not allowed (unless England Athletics-approved bone-conduction-type headphones are used) – otherwise, you may not hear instructions from marshals and you may be a danger to other runners and pedestrians. Marshals will be instructed to record the race numbers of any runners breaking this rule. Note that marshals will not be briefed to distinguish between headphone types and, in the event of a complaint, any runner using headphones must show that the headphones comply with this rule, or the runner will be disqualified.

First aid

First-aid facilities will be available. There will be a lead bike or car for the whole race and a sweep vehicle to follow. If you have to retire from the race for any reason, please wait for the sweep vehicle or speak with a race marshal, and please report your retirement to race HQ.

Presentation and results

The presentation of prizes will take place in Richmond Town Hall at approximately 12.30pm. Results will be posted on the Swaledale Runners website as soon as possible. Note that to be eligible for team prizes participants must wear their club vest.

Updates

Please check the Swaledale Runners website for any updates. In the event of cancellation or postponement, notice will be posted on the Swaledale Runners website and, if possible, announcements made on local radio. In the event of postponement, we will transfer your entry to the rescheduled date, and in the event of cancellation where there is no rescheduled date, we will refund entry fees only. If a participant cannot make a rescheduled date following postponement, we will refund entry fees only. The emergency contact number will be posted on the Swaledale Runners website. Please check the Swaledale Runners website before the race to prevent unnecessary travel in the event of cancellation or postponement, as Swaledale Runners will not be liable to refund any participants' travel or accommodation costs in such an event where notice has been given on the Swaledale Runners website.

Race declaration

By entering this race participants have made a declaration as set out on the entry form including an acknowledgment that they are medically fit to participate. Please remember that this declaration applies on the day of the race, as well as on the day you entered. Photographs of the race may be taken for publicity purposes and by participating in the race you agree as follows: I understand that my image may be used and I give permission for it to be used.

By participating in this race, participants also declare and agree as follows: I agree to follow the instructions of the race organiser, to adhere to the safety briefing to be given at the start of the event and to follow the instructions of marshals.

Participants under the age of 18 will only be allowed to participate in this race if the permission of their parent or guardian is received and that parent or guardian signs the entry form to give their permission. Swaledale Runners will not permit those under the age of 18 to participate if this permission is not given.

If you are running for your second-claim club, by entering you certify that your first-claim club has no objections.