

June 2011

Dear Runner

Thank you for entering the **Frampton Village 10k Road Race** on Monday 11 July 2011 at 7.30 pm.

Please read the information below before the evening of the race, it is important for the smooth running of the event that the instructions are followed.

### **How to get there**

The start and finish are on the Green in the centre of the village of Frampton on Severn. The village is 2 miles west of the M5 junction 13 and signposted from the main A38.

### **Parking**

Parking will be available in the village. Please follow signs and/or Marshals instructions.

### **Changing**

There are limited changing facilities at the Sailing Club.

### **The Start**

The Start will be as close as possible to 7.30 pm on the Village Green.

### **Footwear**

The course is run entirely on road, spikes are not suitable.

### **After the race**

Drinks and a BBQ will be available on the Green near the finish. There is a free glass of cider for all competitors over 18.

### **Results**

Will be posted on our club website [www.stroudac.co.uk](http://www.stroudac.co.uk) as soon as possible.

### **Prizes**

Presentations of awards will be announced on the evening as soon as results are available.

### **Safety arrangements**

All of the stretches on road are reasonably quiet. Please observe the normal rules of traffic and obey any instructions given by the police or marshals. If you injure yourself or see anyone injured please contact the nearest marshal. First aid will be available. A drinks station will be provided. Please note the wearing of ipods or similar is not permitted under the UK Athletic Rules.

**Thank you for entering and have a good safe race.**

PS Our full list of races can be found on the reverse of this sheet with more details available at [www.stroudac.co.uk](http://www.stroudac.co.uk)

The 30<sup>th</sup> running of the Stroud Half Marathon is on Sunday 23 October 2011.

**PLEASE SEE THE CLUB WEBSITE [wwwstroudac.co.uk](http://wwwstroudac.co.uk) FOR ANY AMENDMENTS TO THE ABOVE**