



four fifty partnership
chartered accountants



TOUGH TEN FUN RUN

***** 19th February 2012 - Start Time 10.15 *****

CONFIRMATION OF ENTRY AND FINAL DETAILS

We are writing to confirm that your entry for the **2012 Fun Run** has been accepted. We enclose your running number with timing chip attached and your 'final race details'. Please take a few minutes, even if you are a regular participant, to read about the plans for the day as things may have changed from previous years. Please note that entry fees are non-refundable and in the event of your non participation you cannot 'carry over' your entry to 2013.

CHIP TIMING & RUNNING NUMBERS

This year we have opted to return to the disposable timing chips that are stuck to your running numbers. It is essential that your number is worn, using a pin in all four corners, **IN FULL** on the **FRONT** of the vest/outer garment. Please do not give your number to another competitor unless you have officially recorded the change of runner – see below for procedure. As a pre-entered runner you do not have to register with us on the day.

If you lose your running number / chip you must contact Caroline, the Race Secretary, immediately by leaving a message on 01934 522147 or by e-mail to entriessecretary@toughten.co.uk. Messages will be dealt with within 4 working days.

If you are not able to run but someone else wishes to run in your place then please let us know. This is not a problem so long as we have **a)** the details of the new runner on a signed entry form from them and **b)** a letter from you agreeing to this number hand over. **Any number changes on the day must be completed by 09.30am.**

YOUR SAFETY!

Please ensure that you complete the required details on the reverse of your running number so that in the event of an emergency all the relevant information is available to race and medical personnel. In 2009 it really worked for one of our runners who collapsed with a heart condition. The information on the number allowed her to be treated accurately and family members to be contacted immediately. It will save a great deal of problems and worry on the day should you get into any difficulty. You should use a waterproof pen or write in biro!

Any last minute news or information will be placed on our Facebook event page.



Race Permit Number 2012-103166

VENUE

Race HQ will again be Weston College, which is located some 300m to the north (right as you look out to sea) of the Grand Pier on the Sea Front at Weston-super-Mare. Look for the Cabot Hotel or Thatched Cottage Restaurant as your landmarks, though you can hardly miss the 8 storey building found about 100m from the sea front. It will be open from 09.00 providing opportunities to purchase food and drink, offer shelter etc. for runners and spectators.

BAGGAGE

To safeguard personal property we are pleased to offer a bag storage facility. If you wish to deposit a bag you will be issued with a numbered bracelet. An identically numbered bracelet will be attached to your bag. You will only be able to reclaim your bag by presenting the issued bracelet. Please leave plenty of time to deposit your bag before the race starts as the bag store area may be busy. The bag storage areas are supervised but please be aware that neither Weston College nor the Race Organiser accepts any liability for loss or damage and all personal property is left at the owner's risk.

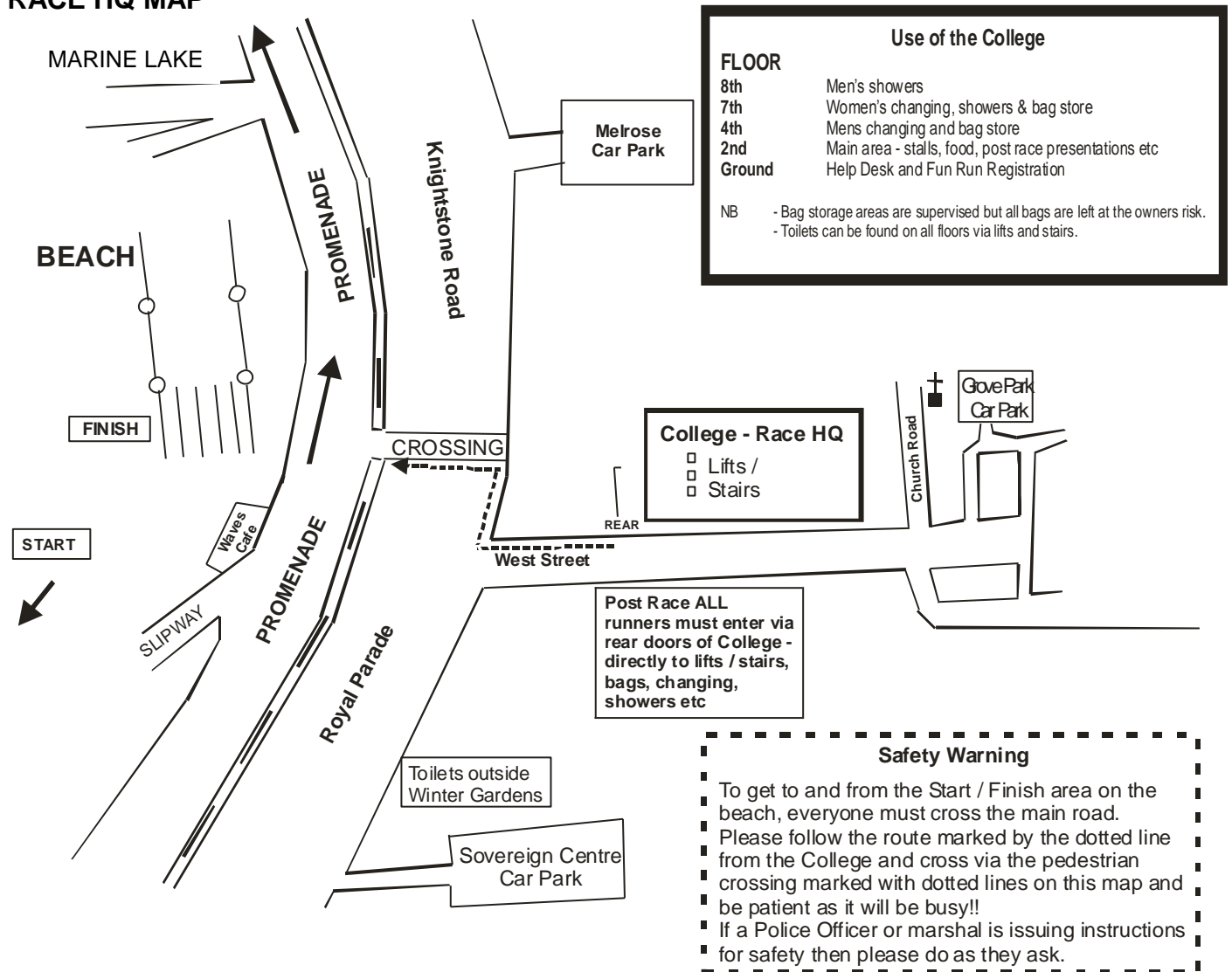
CAR PARKING

There is no parking within the immediate vicinity of the College although there are spaces for over 2000 cars within 400m of the building. Please consult the map below for car park locations. Charges may apply!

DISABLED SPECTATORS – PARKING / TOILETS ETC

If you require details / advice then please call the race hotline (01934 522147) and we will get back to you.

RACE HQ MAP



SOUVENIR RACE WEAR

Gordon Sanders will be selling both short and long sleeved T-shirts and sweatshirts on the 2nd floor of the College.

The Fun Run is 1 mile in length and is open to anyone aged 5 yrs or over. Anyone aged 5 – 10 inclusive must have an adult to run / jog / walk along with them.

FUN RUN ENTRIES ON THE DAY

Entries for the Fun Run will be taken in the Ground Floor foyer of Race HQ on the day with a £1 surcharge. The desk closes at 09.45.

START

Location – on the beach as shown on the maps below and opposite.

COURSE

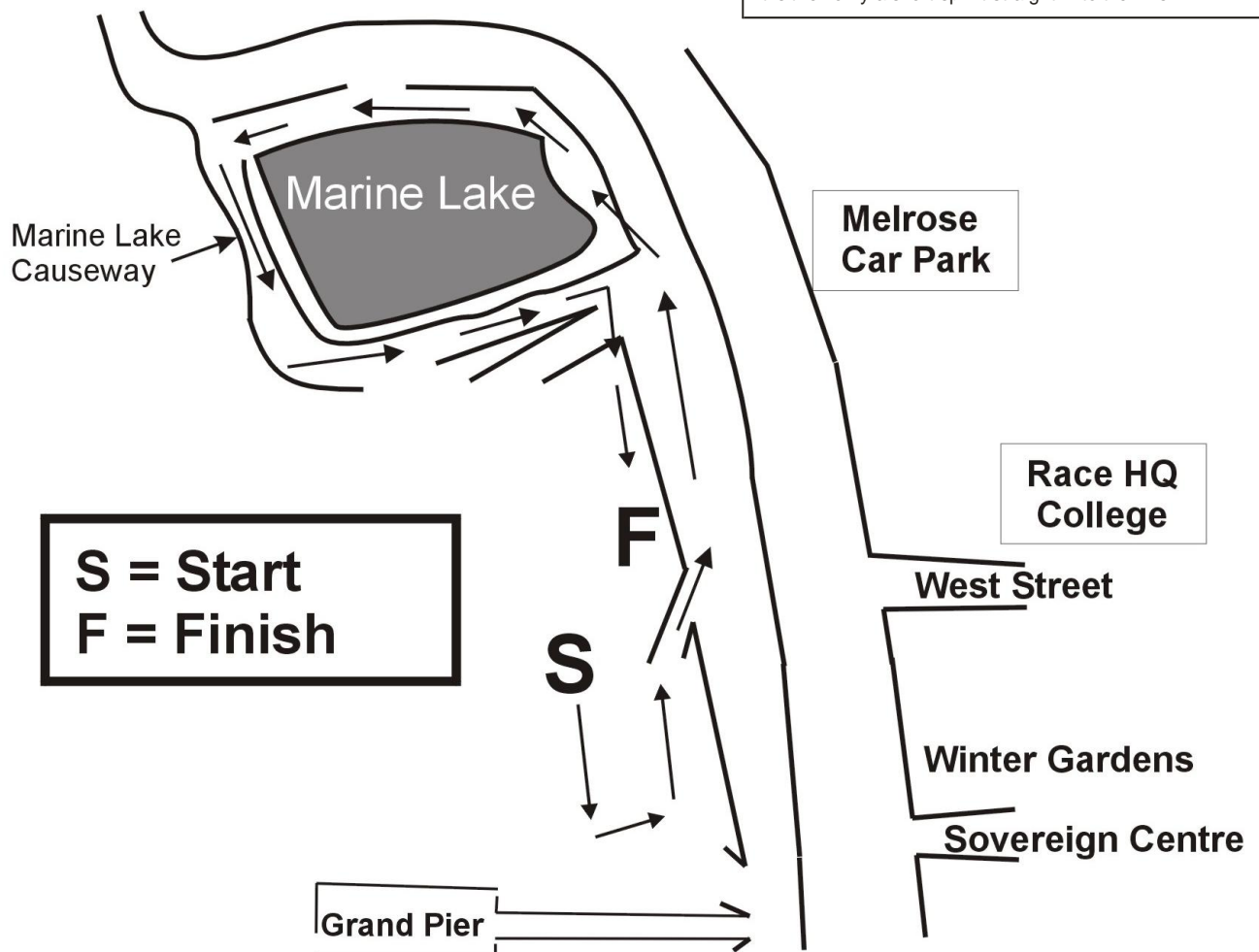


Fun Run - Start 10.15

The race starts on the beach between the north side of the Grand Pier and Knightstone Harbour. This is some 100m from the College. Proceed down the stone slipway on to the beach where you will see the start.

The race initially heads south along the beach towards the pier and then loops back towards the harbour and up the slipway on to the prom heading towards the Marine Lake. Runners follow the lower prom round the perimeter of the Marine Lake before descending the steps, by the main harbour slipway, to the beach.

It is then only a short sprint straight in to the finish.



RACE PHOTOGRAPHY

This year photographs of the race will be taken by Weston-super-Mare based photographers Eclipse Photography. Photographs can be viewed at and purchased direct from their website www.eclipse-studio.co.uk after the race.

MEMENTO

All finishers will receive a medal.

AWARDS – FIRST MALE & FEMALE YOUNG ATHLETES

As we want to encourage young people to participate in sporting events we will award trophies to the first male and female young athletes (aged 15 or under) across the line. If an adult crosses the line first they will not be eligible for a trophy. The presentation of the trophies by a representative of Four Fifty Partnership will take place on the beach at 10.30am (approx).

RESULTS

A full list of finishers will be available, **only via the internet**, from midday on Wednesday 22nd February @ www.toughten.co.uk

RACE CHARITY – DIABETES UK

Diabetes is serious life-long condition. Within the South West region, there are currently over 224,000 adults living with diabetes and 1,665 children (0-15) with Type 1 diabetes who may require 95,000 injections during their lifetime.

In addition it is estimated a further 98,000 adults have the condition but don't know it and these figures are set to rise dramatically over the next couple of years.

Diabetes UK is the largest organisation in the UK working for people with diabetes, funding research, campaigning and helping people live with the condition. We provide practical support and information and advocacy services to help people manage their diabetes and work with health care professionals to ensure the highest quality of care.

Diabetes UK South West works at a local level to respond to local needs. Across the region we are made up of a team of staff members and networks of volunteers and voluntary groups. Together we continue to support all people with diabetes.

If you would like to run for Diabetes UK and raise sponsorship for our charity, please contact us on 01823 324007 or 01823 448260 or email: south.west@diabetes.org.uk.

Any runners raising individual sponsorship for Diabetes UK will receive a runner's pack, which includes a **free** running vest and a gym sack.

FUTURE DATES

Feb 24th 2013 The 22nd Tough Ten Challenge & Fun Run

SPONSORS

The Lions Club of Weston-super-Mare would like to thank all our sponsors: Easy Runner, Ronhill, Four Fifty Partnership, Yorkshire Building Society, Worle School and North Somerset District Council. We also thank the staff of Weston College and the many people who give up their time on race day to come and marshal for us.

