

# TOUGH TEN CHALLENGE 10 MILE RACE

**\*\*\* 19<sup>th</sup> February 2012 - Start Time 11.00 \*\*\***

## CONFIRMATION OF ENTRY AND FINAL DETAILS

We are writing to confirm that your entry for the 2012 “Easy Runner” Tough Ten 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 a number of things 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 next year.

### 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](mailto: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 10.00am.**

N.B. A runner entered for the Tough Ten can, if they wish, change down to the Fun Run. This change can occur without notifying the race officials on the day - just wear the number and chip issued to you. **The reverse is NOT possible - you cannot upgrade from the Fun Run to the 10 mile race.**

### 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!

### PERSONAL MUSIC PLAYERS BANNED!!

To prevent accidents, due to runners being unable to hear instructions from marshals, we politely ask that participants refrain from using personal music players.

### FUTURE DATES

Feb 24<sup>th</sup> 2013      The 22<sup>nd</sup> Tough Ten Challenge & Fun Run

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

## 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.

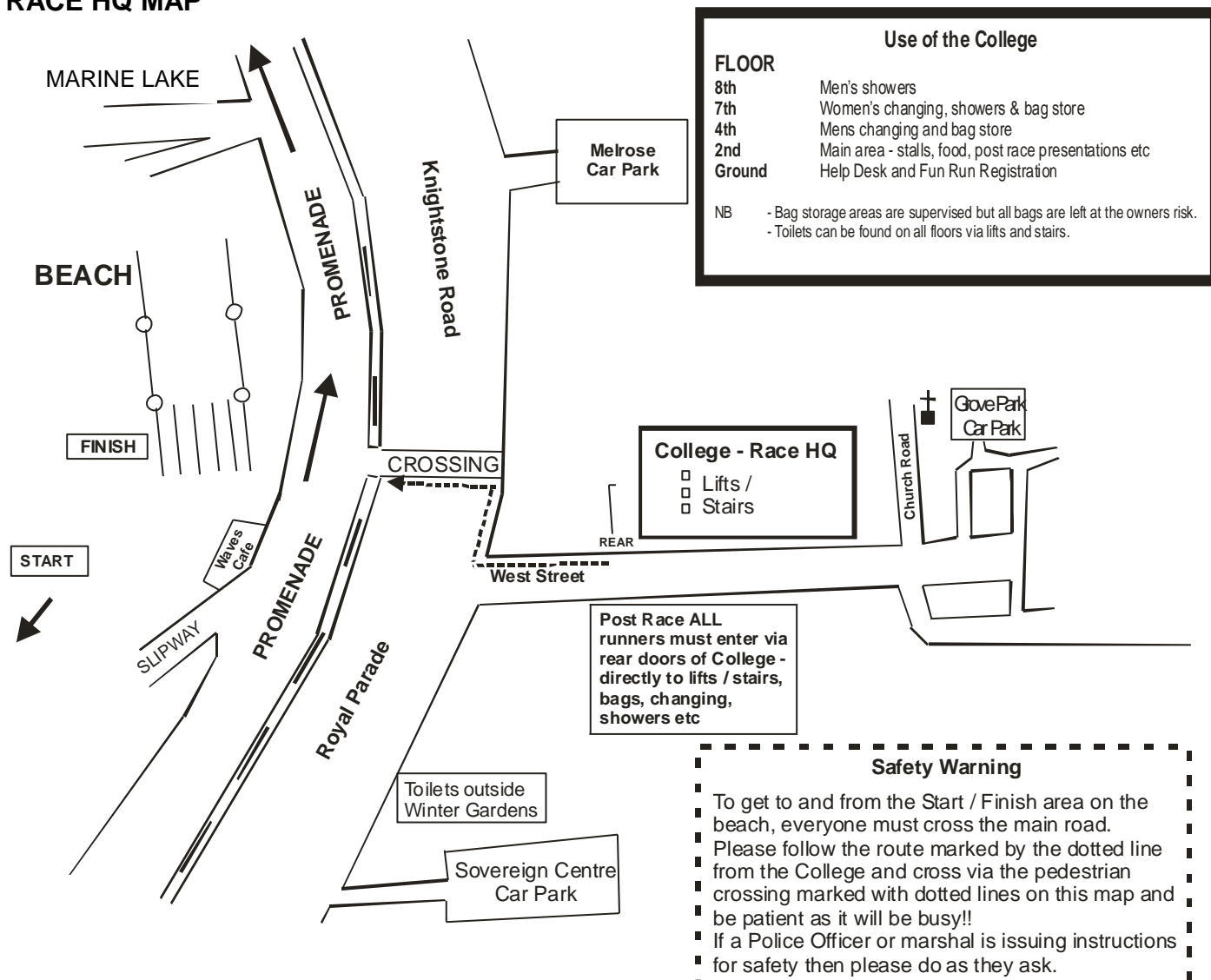
## BAGGAGE

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!

## RACE HQ MAP



## 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.

## SOUVENIR RACE WEAR

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

## THE COURSE

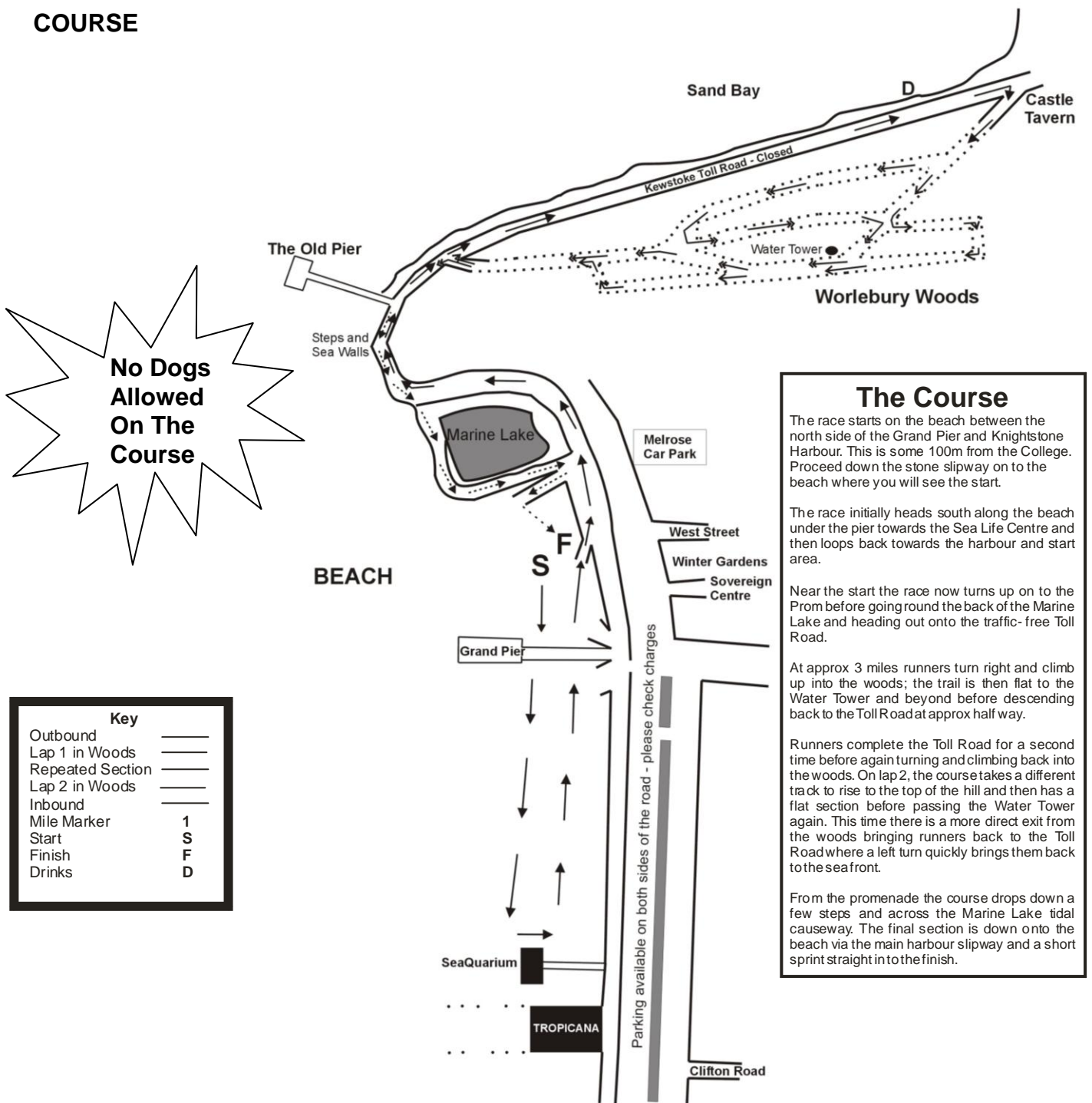
Approx 5 miles are on tarmac promenade or roads which are closed to traffic. There are about 4 miles on woodland paths, most of which are wide. Surfaces vary but are generally firm and most runners use normal road shoes. About 1 mile is on firm beach sand.

The entire course is extensively marshalled. There are drinks provided at about 3 and 6.5 miles. Marshals will man all key junctions and will be able to summon medical assistance if required.

## COURSE TIME LIMIT

To limit the time that we have to keep our marshals out in the elements, road closures in place, and disruption to local residents we will enforce a time limit of two hours. From 12.00 the marshals at the exit point from the woods will turn all runners towards the finish. No one will be allowed to begin running the toll road again after 12.00.

## COURSE



## 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](http://www.eclipse-studio.co.uk) after the race.

## MEMENTO

All finishers in the 10 mile race will receive a souvenir slate coaster.

## RESULTS

Please note that;

- # our primary aim is to provide a fast and accurate awards ceremony.
- # we will not publish provisional results on the day - other than those needed for prize giving.
- # our secondary aim is to produce accurate final results along with full details of category awards which will be available, **only via the internet**, from midday on Wednesday 22<sup>nd</sup> February @ [www.toughten.co.uk](http://www.toughten.co.uk)

## 10 MILE RACE AWARDS

Prize giving for the 10 Mile race will take place in the main room on the 2<sup>nd</sup> floor of the College at approximately 13.15. The presentations will be made by the President of the Lions Club of Weston-super-Mare, along with representatives from our sponsors, Easy Runner, Four Fifty Partnership & Yorkshire Building Society.

TROPHIES - engraved glass trophies will be presented to the First Man and First Woman.

AWARDS - Awards will be presented to category winners in the form of vouchers for running goods. These will be presented as follows;

<b>Men;</b>	First 10 overall - regardless of age	<b>Women;</b>	First 5 overall - regardless of age.
	First 3 aged 40 - 44 and 45 - 49		First 3 aged 40 - 44
	First 2 aged 50 - 54 and 55 - 59		First aged 45 - 49, 50 - 54, 55 - 59
	First aged 60 - 64, 65 - 69 and 70+		and 60+

N.B. Individuals are eligible to win both Open and Age Category prizes.

## 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.

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](mailto: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.

## 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.

