



ON THE DAY

Race 1	11.00am	Under 15 Boys	4,500m
Race 2	11.20am	Under 13 Girls	3,000m
Race 3	11.35am	Under 13 Boys	3,000m
Race 4	11.50am	Under 15 Girls	4,000m
Race 5	12.10pm	Under 17 Men	6,000m
Race 6	12.40pm	Under 20 Women	6,000m
Race 7	1.05pm	Under 17 Women	5,000m
Race 8	1.30pm	Under 20 Men	8,000m
Race 9	2.05pm	Senior Women	8,000m
Race 10	2.50pm	Senior Men	15,000m

Numbers are to be collected from the Registration Marquee (between the finish and bandstand).

For the first 5 races (U15B, U13G, U13B, U15G, U17M) numbers will be available from 9am. For the last 5 races, numbers will be available from 11am.

The medical details on the back of the number must be completely filled in.

This is to ensure first aiders and officials are able to act appropriately in the event of an accident.

In the interests of health and safety of our officials and volunteers, there will be a cut off time. Any athletes who have not started their 3rd lap by 60 min will be advised they are unlikely to complete the course in 90 min when times stop being recorded. Any runner deciding to continue against this advice will be running at their own risk.

Chip timing will be used. Failure to return your chip may result in you being charged. Please ensure the chip is secured to your ankle otherwise your result will not be recorded.

There are changing facilities available in the Lido. Be aware there may be a charge.

Please note that any Commercial Logo included on a club vest MUST be registered with the Governing Body for athletics in the UK in accordance with Rule 143 S1.