

Gunnersbury Park 5K & 10K Race Series 2019

Final Race Instructions.

Dates Sunday 11th August 2019, 1st September, 6th October, 3rd November, 1st December – Race start time 10.00am Competitor Information for the 2019 event series.

Please read the following information as it will ensure you have a safe and enjoyable race.

The 5K course is a one-lap route held entirely within the boundaries of Gunnersbury Park, starting along the main parade in the centre of the park - the lap will be approximately 5km, to complete the full 10km course we ask competitors to complete to 5km circuits of the well-marked route.

Race HQ / Start & Finish

Race HQ is situated along the main parade in the centre of the park, you will notice a gathering of marquees and gazebo's in the area underneath a clutch of trees. The link below shows the location of the start area – <https://www.google.com/maps/@51.4987058,-0.2938484,16z>

Runners Warm up – 9.45 am

We are hoping to have someone available to carry out a 5-10 minute warm up for all the runners to get you ready for the race start. Attendance is compulsory and hopefully you will have a bit of fun stretching out before we countdown to the race start!

Start Time – 10.00am

The 5km and 10km races will start promptly at **10.00am** – setting off from the central parade within Gunnersbury Park - we will send runners around a scenic course to highlight the beauty of this historic park.

Car Parking

There will be plenty of car parking spaces at Gunnersbury Parks – the earlier you arrive for the race, the more chance you will have of getting a space at the Gunnersbury.

Registration and Race packs.

Runners will be able to **collect their race numbers at registration HQ on the morning of event.** There will be a help desk for those who have any queries re numbers, timing chips and require any information or support. **Race packs will include your running number (which has chip timing attached) and safety pins.**

Course Map

Please visit our website at 1m2go.co.uk to view course Map – we will have print outs of race map for you so you can see where the route takes you. We will also have large-scale maps at HQ so you can see the area, route and terrain of the 5km circuit. We would urge all runners to familiarise themselves with the route in general, so no wrong turns are made and official timings will be not be affected. There are obviously certain key points of the route where runners will need to be careful

and ensure they follow directions or instructions from marshals or officials. Organisers cannot be held responsible for any

incorrect times where runners have not completed the official course. If you can get a trial run before the event to familiarise yourself with certain parts of the route that would be ideal but appreciate it will obviously not be possible for many runners.

Bag drop off

We will also provide a gazebo for bag drops - and your race number will be the same as your bag drop tag. This will be at the HQ area where the race start and finish is positioned. We recommend you do not leave any valuables in these bags to be extra safe. We will have someone looking after baggage throughout the race day. Note: Organisers cannot be held responsible for any belongings or items that may go missing which are stored in the baggage area, however we are aiming to secure this area and have our officials supervise bag drop off and collection.

Water Aid Stations

We will provide water aid stations after approximately every 2.5km – so every time you pass 2.5km, you can take on water and nourishments on offer. We recommend you bring your own gels but may have some on offer at the HQ area, during the race. If you have a special drink you want to leave at HQ in Gunnersbury Park we will leave a special drinks table – please flag and mark up your own drink bottle so you can easily identify.

A bottle of water will also be provided to all runners at the finish line.

First Aid & Raynet Communication

St Johns Ambulance are the very best medical support you can have at these marathon events , and we will have once again a significant presence of support medics, both at HQ and mobile to assist runners with any injuries or illness that may occur.

Raynet Communications will have vehicles situated around Richmond Park on race day, they provide a vital link via portable devices that connect them to both HQ St Johns Ambulance Teams and the Race Directors and help with any urgent support issues (short water supplies, injuries etc...)

Toilets

Public toilets are located close to the Gunnersbury Park Cafe and include an accessible toilet. There are further toilets in the museum building should you be wanting to visit there afterwards.

Mile Markers

There will be individual mile and km markers along the course – the course route will be 5km long - approx. 3.11 miles.

Litter in the Park

Please drop all your litter in the bins or area situated next to the Aid Stations or the many various bins within the park. It's important we leave the park with only our footprints of the running and nothing else, to ensure the beauty and well-being of Gunnersbury park is maintained.

Marshals

There will be several race marshals and supporters who will be situated at key park path junctions, aid stations and the HQ start and finish area. Please do bear in mind they are all giving up their time to support you on race day, and make sure it's both fun and successful – without these people we would not be able to put on the Gunnersbury 5K & 10K. I would encourage you, to give your thanks to our wonderful support team right throughout the day – they will be cheering you on!!

We would also urge all runners to use caution when crossing any busy path junctions, as marshals do not have rights to stop other park users but will obviously help runners at certain key points. It is the responsibility of each entrant to ensure care and caution is exercised when crossing paths and junctions within Gunnersbury park to ensure there are no accidents or injuries.

Prize Giving and Prizes at the Finish

Upon completion, all marathon runners can collect the following;

Every runner will receive a new Gunnersbury medal, a unique bespoke T-shirt plus other goodies. On top of that.....the Sweat Shop goody bag will contain discount vouchers, Running magazine, various vouchers and snacks to help you rehydrate.

We are hoping the new Mayor of Ealing will be presenting medals and prizes to the first 3 finishers in the male/female category. The race directors will also be awarding spot prizes to various runners that have been kindly donated by our sponsors – we hope you approve of this extra special gesture we provide!

We challenge you to find a better 5k and 10k goody bag and value for money!!

Race Sweeper

A race cut off time of 2 hours (12.00pm) will be strictly adhered to. Any runners who appear to be unable to complete the distance by then, may be asked to stop and return directly to Gunnersbury HQ. A race sweeper will monitor the slowest runner/s to communicate this with the race directors. We hope as in previous years; all our runners will safely and successfully complete the distance! Race HQ will be dissembled from 12 noon onwards.

Results and Photographs

“The Race Organiser” chip-timing team will be looking after all times and race data from the finishing runners, and no doubt will be working frantically through the night so we can publish the finisher's results on Monday. We hope to get the **FREE OF CHARGE** runners photographs from Richard (R&R Photos) loaded onto our website for everyone to review and download. Please look out on for this on our website.

Massage

We are hoping to have massage table(s) to ease any runner's pains at finish and offer useful specific advice on any niggles and aches. This will be your ideal opportunity to get first hand contact with these fitness and health specialists. We would also like to state that we do not charge for treatments but would recommend you make a small donation of...say **£5** for their help and time.

We look forward to seeing you all on race weekends – Sunday 11th Aug 2019, 1st September, 6th October, 3rd November, 1st December

If you have any queries in the meantime, please contact Race Directors either 1m2go3@gmail.com – tel **Gareth 07967 729922** or **Ray** on **07540 984707**.