

# **THE WESTON RUN** **5 MILE RACE** **AND 2 MILE FUN RUN**

Run under UK Athletics rules. Licence: Applied for

Course officially measured by UK Athletics.

**SUNDAY 10<sup>th</sup> MARCH 2019 AT 11am**



Numbers are allocated upon receipt of entry form and fee and are available for collection on race day. They are not interchangeable and any athlete found to be running on any number other than that issued to them will be liable to disqualification and reporting to UK Athletics. It is also a requirement that you complete the contact and medical information required on the back of the race number. Numbers must not be folded, cut or mutilated.

## **DIRECTIONS**

Exit the A50 at Chellaston on the outskirts of Derby and take the A514 signed to Melbourne. The village of Weston-on-Trent is signposted from the A514 approximately 400 metres south of the A50.

The Start and finish area (postcode DE72 2BU) is in the grounds of the Ukrainian Centre, which is on the western outskirts of Weston-on-Trent.

Please follow the parking marshals' instructions when entering the area.

## **THE 5 MILE COURSE**

This is a picturesque, multi-terrain course encompassing a number of different running surfaces including footpaths, roads, farm track and canal path and passes through both the villages of Aston and Weston. Participants need to be aware that the route is uneven, potholed and muddy in places along the route so care needs to be exercised throughout.

## **AGE LIMITS**

In accordance with UK Athletics Rules, no one under the age of 15 years on 10<sup>th</sup> March 2019 will be permitted to participate in the 5 mile race.

## **MEDICAL FACILITIES**

For both events are to be provided by the St John Ambulance. The information filled in on the rear of race numbers will help them to give correct treatment where required. Anyone requiring minor treatment should wait with a marshal until SJA arrive. Anyone requiring emergency treatment will be attended to ASAP by reporting the incident to the nearest marshal with running number and location of person requiring attention.

## **5 MILE RACE AWARDS**

These will be made on race day as soon as verified category results are available.

## TEAM AWARD

All UKA affiliated club runners are automatically entered. The winners' award will be made to the team with the lowest aggregate position score for 4 team members. In the event of a tie, the award will be made to the team with the lowest aggregate position score for their first 3 team members.

## THE FUN RUN COURSE

The two-mile course is around the quiet lanes of Weston. Participants need to be aware that the route is uneven, potholed and muddy in places along the route, so care needs to be exercised throughout. Any child under 9 years of age should be accompanied by a responsible adult.

## SAFETY

Runners should follow marshals' instructions but should also be vigilant and aware of other runners and road users. For health and safety reasons ear pieces and MP3 players should not be used whilst running.

UK Athletics, who govern and licence our race, specifically state that, **"The wearing of headphones, or similar devices, other than those medically prescribed, is not permitted in races on any single carriageway road that is not wholly closed to traffic"**. We fully endorse this ruling and reserve the right to disqualify any runners who choose to ignore it.

