

INDIVIDUAL ENTRIES CLOSE 6 JUNE 2017
LATE ENTRIES ON DAY £20 FOR 10K

Dear Athlete

Thank you for entering the Kings Langley Puffaten races. Please find below the essential race information, which should be read carefully by *all competitors*.

Directions to the start by road

From the M25 leave at Junction 20 and take the A4251 (Watford Road) north towards Hemel Hempstead and Aylesbury. There are car parks on the left (Langley Hill WD4 9HT) approximately 0.8 mile from the M25 or on the right (The Nap WD4 8ET) approximately one mile from the M25. The start/finish is at the top of Common Lane on the right; Common Lane is almost opposite The Nap.

You are kindly requested to obey any temporary parking restrictions and to be guided by local traffic control. Please avoid parking on the streets on the west side of the High Street so as to cause as little disturbance as possible to local residents. Please allow plenty of time to arrive at the start.

Directions to the start by train

The nearest station to the start is Kings Langley (trains run from London Euston to Tring). It is approximately a 1.5 mile walk from the station to the start. From the station exit, turn right and then first left along Home Park Mill Link Road; then turn right onto the Watford Road. Walk into the High Street, turning left into Common Lane. The start/finish is at the top of Common Lane. Please check to ensure there are no rail engineering works before travelling.

Registration

There is no need to register on race day. Bring your race number with you on race day. Please write on the reverse of the race number to indicate your name, an emergency contact name and contact telephone number and any important medical information, such as medication being taken. Please attach your race number to the front of your top or vest. We cannot provide replacement numbers.

Race Information Centre

The Race Information Centre, Late Registration and Red Cross First Aid area are located close to the start on the lower field. The radio communication service RAYNET is also located here. Radio contact with various points of the course and the relaying of information on the race from race leader to tail-enders is part of the RAYNET service. There will also be an information desk for queries about the race and a secure baggage area. Please note that baggage is left at competitor's own risk. In the interests of efficiency it would be appreciated if runners could leave this area as soon as possible.

Start and Finish Locations

The start and finish areas for the 1.5k and 3k are on the lower field at the Kings Langley Primary School (see map). The 1.5k is half a lap anti clockwise of the school field before heading out of the lower gate and turning right into Coniston Road; the 3k is one and a half laps anti clockwise of the school field before turning left into Coniston Road. For both the 1.5k and 3k finish, it is half a lap clockwise of the school field. The start area for the 10k is the western end of Barnes Lane; runners will be 'walked' to the start from the lower field. The finish is half a lap of the lower field, clockwise. It is your responsibility to be at the correct location for the race start at the start time. There are no changing facilities, but bags can be left in the annex at owner's risk; there are toilets in the main building and in the annex. .

Weather/ Illness/ Hydration before the start

The race will take place in most weather conditions. Please ensure that you have suitable clothing for before, during and after the event for the conditions. If it is sunny please ensure that you use adequate sun cream that will last the duration of the race.

Running puts significant demands on your body. Please do not attempt to start the race if you have been unwell in the few days before the event. This is for your safety. Please ensure that you have your own supply of water you wish to consume before the start and you are adequately hydrated before the event.

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The Routes

Route maps for the race will be available at the start.

10 am start: 1.5k route – Coniston Road, Belham Road, Havelock Road, Osbourne Avenue, Coniston Road (estimated finishing times 5-15 minutes).

10.15am start: 5k route – Coniston Road, Common Lane, Hempstead Road, Coniston Road (estimated finishing times 15-30 minutes).

10.30am start: 10k route – Barnes Lane, Rucklers Lane, Bulstrode Lane, Tower Hill, Chapel Croft, Langley Road, Chipperfield Road, Vicarage Lane, Hempstead Road, Coniston Road (estimated finishing times 30-90 minutes).

The courses have been measured and deemed accurate by a qualified, highly trained course measurer. The 1.5k and 3k routes can be run on the pavement at every stage of the race, with a small number of crossing points which will be marshalled. Nevertheless, given the narrowness of some of the roads, parking on or partially on the pavement is quite common so please remain alert to traffic at all times. The 10k route is initially on country roads without footpaths until 4k, before turning onto Tower Hill which is a busier road where you will be running in the same direction as the traffic. On entering Chipperfield there is a pavement for the remainder of the course apart from a short, uphill stretch at around 7k.

PLEASE OBEY ANY INSTRUCTIONS GIVEN BY MARSHALS OR POLICE OR POLICE COMMUNITY SUPPORT OFFICERS AT ALL TIMES, AS THE COURSE IS NOT CLOSED TO TRAFFIC OR PEDESTRIANS.

During the races

- Water station at the finish of all races and around the 5k point in the 10k race. Ensure that you hydrate sufficiently, even if this means slowing down to drink, but be aware of the danger of over-hydration.
- If it is a hot day consider carrying your own bottle of water with you, especially if you intend to be on the course for some time.
- You are asked to drop any litter from water stations or energy gel wrappers at locations near to marshals on the course, who will have refuse sacks, or carry it with you until you can use a suitable litterbin. Any runner seen deliberately littering may face any penalties under the law.
- Distance markers will be placed along the course at one kilometre intervals, except for the first kilometre marker which is placed just before the route passes under the A41. Signs are placed as near as is physically possible to the location indicated by the official course measurer.

IPOD & MP3 players

The Race Director has taken advice from UK Athletics that IPod and MP3 Players should not be worn whilst running. (UK Athletics Rule 240 states 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. In addition, you can now be disqualified under UK Athletics Rule 210(8). The Race Referee has the power to disqualify any runner who does not follow the correct course or obey the instructions of a race official .

Race Numbers

Race numbers are also individual to you, Under UKA rule 209 it is illegal to swap or transfer to another participant without the race organiser's permission. Your number must not be folded or mutilated in any way. (This is a UK athletics requirement and will lead to you being disqualified from the race)

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Emergency Contact Details and Medical Details

If you suffer from any medical condition which may lead to an emergency, such as diabetes, epilepsy, high blood pressure, asthma, or taking any medication that may cause you problems when running etc. please inform the race organisers so they can inform the medical support team. On the reverse of the number you will find an emergency contact details and medical details section, **THIS MUST** be completed, this to help our officials support you in the event of an emergency. *(This is a UK athletics requirement and could lead to you being disqualified from the race)*

Course control and medical aid

All athletes from first to last will be under the supervision of Raynet mobile communications. They in turn will be in contact with their base unit at the start/finish area. Excellent coverage is given by the Red Cross, who are very experienced in this type of event, and it is in your own interest to take any advice they may give you. For your own safety, and in order to aid the Ambulance volunteers, please make sure that any existing medical condition and / or any medication being taken at the time of the race is clearly marked on the back of your number. If you feel unwell on the course please contact the closest marshal, Raynet operator or Red Cross personnel. Look after your fellow runner: If you see another runner in distress, who is unable to contact a marshal themselves, please contact the next available marshal yourself or take appropriate other action.

The finish

A digital clock will display the elapsed time. Your own individual time and position will be recorded by the race funnel co-ordinators. Any person failing to display a number may forfeit any prize (s) he may be entitled to. If your number becomes detached, please inform the timekeeper at the finish. Keep in your correct finishing order in the finish funnel and keep moving until well clear of the area. Do not 'run in' with any friends, as this causes confusion when assessing results and will delay the prize giving.

There will be water provided at the finish. Please ensure that you have sufficient water with you for after the race.

Any person who fails to finish the course or becomes injured should either make their own way back to the start / finish area or contact the nearest marshal / Red Cross / Raynet personnel on route. There will also be a 'sweep' rider following the last runner on the 10k route. *If you do not complete the course, please make sure you register your number with Raynet or at the finish area so we are able to account for all runners.*

Awards presentation (11.30am (approximately))

Competitors will receive at most one award. The awards that can be presented on the day will be given out at the finish area. The presentation will be at 11.30am approximately. If you believe that you might qualify for an award please ensure that you or your representative is available to collect your prize on the day. There are individual awards for the winner of the 1.5k and the 3k; in the 10k there are individual awards for the winner, the first woman, the first male vet and the first female vet.

Facilities

For younger folk there will be the children's play areas. For youngsters of all ages there will be light refreshments.

Results

Results will be sent to all entrants by email or post.

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Thanks

We would like to extend our thanks to the following people and organisations:

- Hertfordshire Constabulary for their help and guidance
- Kings Langley Parish Council for their advice, financial help and support
- Kings Langley Carnival for their financial help and support
- The award winning restaurant, The Cinnamon Lounge for financial help and support.
- The delightful pub restaurant The Boot, Chipperfield and the landlord Roger Clarke for their help and support
- The 1st Kings Langley Scout Group for their invaluable support
- Our hosts, the Kings Langley Primary School, Head Teacher Paula Harris, her staff and Team KLIPSA
- RAYNET for their excellence and communications experience
- The Red Cross, without whose help we could not stage this event
- Kate Chadwick for her help and assistance in the 'run-up' to the event
- The myriad of officials and marshals who all give up their time voluntarily to ensure all goes smoothly. Please be nice to them out on the route, without them you would not have a race. Any runner who is rude to a marshal will be barred from future races.

Enquiries

For all enquiries regarding these races, please email: alanjohnson@kingslangley-pri.herts.sch.uk