



# RAF MARHAM

## Marham Flyers New Years Eve 10K

Registration opens at 9am

10K Start 11 am

**Monday 31 December 18**  
**Upper Marham, King's Lynn PE33 9NP**

**Sponsored by:**

ESS RAF Marham  
Bookers Cash and Carry, King's Lynn  
Anglia Cafe, Fleet Services, A17

Dear Competitor

Thank you for entering the RAF Marham Flyers New Year's Eve 10K. Please read the following information carefully.

### **Entries**

Entry forms for the events are available online from the Marham Flyers event webpage:  
website:[www.marhamflyers.co.uk/](http://www.marhamflyers.co.uk/)

They can also be collected from the Community Support HIVE or by email from: [marham10k@gmail.com](mailto:marham10k@gmail.com)

Although it is preferred that entrants register in advance, registrations will be accepted on the day, so do let any of your friends who were too late to enter to turn up and register on arrival.

## Collection of Run Numbers

Race numbers can be collected from the RAF Marham HIVE before the event or from Event Registration on the day. *Please arrive in plenty of time and check for your Race number, which will be available on the Events page on the Marhamhub website: [www.marhamhub.co.uk](http://www.marhamhub.co.uk) before you arrive.*

Race numbers and safety pins will be available from Event Registration located in the Sandringham Community Centre on the day. There will be a list of names and numbers posted nearby. However, to avoid delay check for your Race number prior to arrival. Details will be available on the Marhamhub website: [www.marhamhub.co.uk](http://www.marhamhub.co.uk). The medical declaration on the rear of the number should be completed prior to pinning.

Please do not fold, cut or mutilate your number and pin it securely to the front of your vest. For reasons of security your run number must be visible at all times during the race. **No number - no entry!** In addition, runners are not permitted to run with rucksacks or any other baggage.

## Cancellation of Run

In the event that the weather proves unsuitable for either event or other circumstances arise that require cancellation of the event, the organisers will endeavour to contact entrants to inform them prior to arrival, although this cannot be guaranteed. The organisers accept no responsibility for any costs incurred by entrants in the event of cancellation. In such circumstances entrants will be entitled to free entry to the Summer Special planned for June 18.

## Medical

If you are feeling ill or have a medical condition that makes it unsafe for you to take part, please do **not** do so. The emergency services are not for avoidable casualties. Please complete the medical declaration on the back of your race number with any details of conditions you may be suffering from that still allow you to run. First aid personnel will be in attendance.

## Registration, Refreshments & Presentation of Prizes

Registration will be located in the Sandringham Centre located behind the shops on main road through the Station. Refreshments will also be available. Results permitting, prizes will be awarded in the Sandringham Centre at 1pm.

## Toilets

These are available:

- Available in the Sandringham Centre
- In the Golf Club (next to the Start, 200 yards from the Car Park)
- *Alfresco* away from built-up areas for the discrete – please do not leave any plastic bags or other litter

Please help the efficient use of toilet facilities by arriving early, minimising the use of toilet paper, and checking all toilet locations for availability.

## Changing Facilities

No changing facilities are available and please note there are no showers or secure kit areas. Runners are responsible for looking after their own kit although this can be left in the Sandringham Centre at own risk.

Bags must be clearly labelled with the Entrants name and race number. Bags are **not to be left unattended elsewhere under any circumstances.**

## Local Accommodation

The nearest accommodation is available at the Ladywood Lodge B & B located 100m from the start. In addition, Timbers, a large hotel and restaurant complex, is located in nearby Fincham village.

## Car Parking

Ample car parking on the 'Black Top' car park, which will be sign posted on the routes into the camp. Cars are not to be parked on the sides of roads or around the domestic quarters.

### Course

**Run:** After a right turn not far from the start this one lap, rural, 10k course follows an anti clockwise circuit of the airfield. Apart from a gentle ascent/descent soon after the start it is flat and largely traffic free. The course is exposed outside the built-up area but is tarmac roads and good going throughout. The distance has been accurately measured by Garmin and Epsom SF-810 taking the shortest running line.

**Security:** The Run follows a well marked route and Marshals will be present to ensure all keep to the route. All competitors must also stick to the course route. Anybody found straying from the course will be disqualified and escorted from the site by the Security Section .

### Traffic

Although the circuit is expected to be free from traffic, essential airfield duty vehicles may be in use. Runners are therefore requested to keep to the right of the roadway at all times and to take care when vehicles are approaching

### Start

The run will **start at 11:00 am**, the start point being a short walk from the Black Top car park. Marshals will be on duty to give directions to all participants. Please beware that domestic traffic may still need to use the access road where the Run start is located so care is to be taken when walking to the start.

### Wheelchairs

Wheelchair entrants are permitted and will start 5 minutes before the main run.

### Running with Dogs

Running with a dog is permitted but limited to one dog per competitor. Runners with a dog must start at the back of the field. The dog must be on a lead (*not extendable*) and under control at all times.

### Time Limit

There is a 1 hour 45 minute time limit after which remaining runners will be picked up by the 'Sweep Vehicle'. All entrants must be clear of the site by 1 pm. Marshals and first aid will be stood down at this time.

### Audio Equipment (mp3 players and iPods etc)

***The use of all all audio equipment and/or wearing of headphones/earphones is NOT permitted during the race.*** You risk disqualification and may prejudice the liability insurance cover provided to you for this race if you do so. Audio equipment with earphones seriously inhibits the user from hearing traffic approaching from behind and safety instructions from marshals. **Marshals who see runners wearing headphones/earphones during the race are under instructions to note down those runners' numbers and report them to race officials.**

### Trophies & Awards

These will be presented at 1pm in the Sandringham Centre as follows:

1st 2nd 3rd Male      Engraved Trophy

1st 2nd 3rd Female    Engraved Trophy

### Results

The results will be on the race page on the Marham Flyers website [www.marhamflyers.co.uk/10K.html](http://www.marhamflyers.co.uk/10K.html) soon afterwards.

Thank you for your support and above all, please enjoy your race.

Gary Walker  
Race Director

