



RAF MARHAM

Marham Flyers

NYE 10K

10K 11:00 am

Saturday 31 December 2022
Upper Marham, King's Lynn PE33 9NP

Sponsored by:

College of West Anglia
Bookers Cash and Carry, King's Lynn
Beers of Europe
Wolf Brewery
The Anglia Cafe (A17)

Dear Competitor

Thank you for entering the RAF Marham Flyers New Years Eve 10K .

Please read the following information carefully.

Entries and Queries

Entry is via the Total Race Timing website:

<https://totalracetiming.co.uk/race/369>

Queries regarding entry or the race itself should be sent to:
marham10k@gmail.com

Messages regarding the event can also be found on the MarhamXK facebook page:

<https://www.facebook.com/MarhamXK>

and the Marham Flyers website:

<https://www.marhamflyers.co.uk/>

Collection of Race Numbers

Race numbers will be issued from Race Registration on arrival.

Please arrive in plenty of time to collect and pin your Race number. Pins will be available at Race Registration

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 the event or other circumstances arise that require cancellation, 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 10K event, planned for June 2023.

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 on the Black Top Car Park located on Ladywood Road, RAF Marham. Refreshments will also be available. Results permitting, prizes will be awarded adjacent to Registration at 1pm.

Toilets

These are available on the Black Top Car Park:

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

Bags may be left in the designated area on the Black Top Car Park but 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 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 Epson SF-810 taking the shortest line.

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 when traffic is present and to take care when vehicles are approaching and passing

Start

The run will **start at 11:00 am**, the start point being a short walk from the 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.

Finish

The finish is situated in the same place just walk from the car park.

Wheelchairs

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

Running with Buggies and Dogs

Running with a buggy is permitted but due to the safety requirements for the working dogs on the site, unauthorised dogs are not permitted entry. However they are allowed in the area of the car park.

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 1.30 pm at the Registration Tent on the Black Top Car Park as follows:

1st 2nd 3rd Male	Engraved Trophy
1st 2nd 3rd Female	Engraved Trophy

Results

The chip time results will be messaged to all runners on completion of the race and will be available for viewing after race close on the Total Race Timing website
Thank you for your support and above all, please enjoy your race.

Gary Walker

Race Director

