

Sentry Doors Ltd ASKERN 10K

Wednesday 15th May 2019, 7.00pm start – HQ open from 5.00pm
(Under UKA Rules)

Dear Runner, thank you for entering the 2018 Sentry Doors ASKERN 10K. Please note the following points:

Important: race numbers & timing chips to be collected from HQ on race day

Aphabetical lists of entrants will be displayed online at askerndrc.org and at Race HQ

1. The venue for the race is the Askern Miners Welfare Sports Grounds DN6 0AJ beside the A19 Doncaster to Selby road approx. 8 miles north of Doncaster. **Race HQ open at 5.00pm.**
2. The race will start at 7.00pm from Sutton Road, Askern, Doncaster. This is the main road travelling from Askern to Sutton. **RUNNERS MUST NOT WARM UP OR ASSEMBLE ON SUTTON ROAD.** You should assemble on Manor Road (in front of Askern Miners Welfare Club), from where you will be walked to the start line by the start marshals.
3. The finish is in Askern Miners Welfare Sports Ground. Only Official vehicles will be given access to the finishing area.
4. Changing facilities are limited but will be available in the Askern Miners Welfare Club together with toilets.
5. Car Parking will be available at the Askern Miners Welfare Club car park, which is within 300 metres of both the start and finish. Please use the car park. Parking along Sutton Road, Alfred Road and Doncaster Road is forbidden, as this will be in the way of the race and bus routes.
6. First Aid facilities will be available both en route and at the start and finish.
7. You are respectfully reminded that Askern District Running Club and its staff/helpers will not be able to look after your valuables whilst you run. So please make sure you make other arrangements with family, friends, etc. or better still leave all valuables at home.
8. The route for the ASKERN 10K is reasonably flat and accurately measured to RRC Standards. There are however some quite narrow country roads, especially Burghwallis Road and Abbes Walk; you can help motorists and fellow runners alike if you kindly keep to the LEFT-HAND side. Please obey the instructions of the Police and marshals at all times.
9. Drinks will be available at approx 5k and the Finish.
10. At the finish proceed quickly through the funnel to have your timing chip removed Please do not distract officials/helpers from their duties by asking for your time/position.
11. It is a UKA Rule that you wear your given race number on the **front** of your vest/top throughout the race. Please **do not** pass your number to another runner. **Under UKA's recently introduced rule the wearing of headphones will result in disqualification on safety grounds as you are considered a danger to yourself and other runners as the route is not traffic free.**
12. The prize giving will be held shortly after the race results are known in the Askern Miners Welfare Club, where refreshments will be available throughout the evening.

Askern District Running Club would like to wish you an enjoyable and successful race.

Sentry Doors Ltd Askern 10K is sponsored by

Sentry Doors Ltd

Brooklands Road, Carcroft, Doncaster, DN6 7BA

Tel: 01302 337473 Fax: 01302 337490

“FOR ALL YOUR JOINERY NEEDS”

Supported by:

Askern Miners Welfare Club

Refreshments on sale during and after the race. Presentations in the Club after the race.

Date for your diary: Sunday 11th August 2019 - ASKERN 10 Mile.

Includes the South Yorkshire Championships