



Athletes Instructions – Shepton Mallet 10K

Sunday 28th October 2018

Start time: 10:00am

Start/Registration Location: Collett Park, Park Road, Shepton Mallet, BA4 5BS

Permit number: ARC/8/480

Event location

Event HQ is based at the south end of Collett Park in Shepton Mallet right by Collett Park Café and the childrens play area. There are toilets available and free parking (see below).

The park is a great place for friends and family to wait and watch the event with the duck pond and childrens play area located right by the start/finish. We also have our Junior 1k Fun Run which starts at 10.15am at the main start line. A great opportunity for your little ones to have a go and take home their very own medal. Registration for the fun run can be made online on [Full on Sport](#) or you can also enter on the day. The entry fee is £2.50 per person.

Our friends at Collett Park Café will also be on hand serving hot drinks, bacon rolls and tasty baked treats.

Parking

Mendip District Council, which is located on Cannards Grave Road/A371, have very kindly provided free parking for all race participants and supporters in their car park – this is located right next to Collett Park. The postcode for the carpark for Sat Nav is BA4 5BP. Please see map below – the red star marks the car park and the blue star marks the registration point. After parking, please look for our blue Race Series feather flags which will guide you over Park Road, through the gate and to the Registration point in the park.



Registration

Registration will open at 8.15am by the start line. Race number and timing chip collection will be at Registration. Toilets are available for your use next to Collett Park Café.

With the race scheduled to start at 10.00am, please ensure you arrive in good time. Day entries will close at 9.45am prompt. As registration is located outside please wrap up warm while you wait for the race to start.

Start/Finish

The race will start at 10.00am. The race start/finish is located next to the childrens play area, so please ensure you are ready to start in plenty of time. The race will be started by an air horn, and your finish time recorded by Chip Timing. Please ensure you are wearing your timing chip which is attached to your race number. The chips are disposable so can be thrown away after the race. Once you have crossed the finish line, please be aware that on some occasions the timing chips can be reactivated if you walk back over the finish line.

Race Route

The route will be clearly marked with route arrows. Subject to availability, there will also be marshals at direction changes. The race will be a mass start with Klaxon to Chip timing. If you are a slower runner please position sensibly within the runners. The start is at the west end of Collett Park by the childrens play area and after a loop of the park leads out past the bowls club over Charlton Road past the prison down to Lower Lane. Please slow down as you approach Charlton Road and pause to check for traffic before crossing. Remain on the pavement wherever possible as the roads are open.

After the long ascent of the B3136 (Bath Road), the route heads out to quiet country lanes. After a circuit of the country loop, the run re-traces through the town, before finishing back in Collett Park.

Purely for your safety, personal listening devices are strictly forbidden.

A sweeper vehicle will follow the last competitor. Please remain on the left side keeping on the pavement where possible.

The route will have KM markers, and a drink station with water will be just after 5km. The route will be clearly marked by black arrows on a yellow background.

Event Safety

Volunteer marshals will be situated at locations where the route changes direction, and at the drinks station. Should you or another athlete get into difficulty, please ensure the message is relayed to the next marshal location, where they will assess the situation, and call First Aid cover if needed.

Results and Presentation

Race results will remain provisional for 72 hours to allow the resolution of any possible timing discrepancies. We aim to present awards as quickly as we can on return of the final competitor.

Please stay for the awards if you can. This will take place by the finish.

Thank you

A huge thank you to Um Bongo, Chelston Direct, Rowcliffes Vauxhall, AMASS, Full on Sport, Shepton Mallet Town Council, Mendip District Council, Collett Park Cafe and Local Residents for their co-operation.

Wishing you all a safe and very enjoyable Race!!