

UWC Atlantic College 10k Race - Sunday 18th March, 2012

Thank you for entering the Atlantic College 10k, and we look forward to welcoming you to St Donats Castle for this popular and scenic event on the race calendar.

Here are some details that you might find useful on the day, please read them carefully!

Your Race Number

During the race, wear the number clearly displayed on your front. If we cannot read your number, we cannot give you an accurate result!

Arrival

The race starts at 11am sharp. Please arrive in good time especially if you have not been to the race before.

When you arrive at the College please follow the marshal directions to parking. We use part of our playing field for parking (if dry enough).

It is about a 5-10 minute walk to the college from the car park.

There will be a secure 'bag deposit' if you wish to leave bags there during the race.

Registration will be located in the Castle (for entries on the day only)

If you arrive late, the marshals may send you directly onto the College campus.

Please do not park on the Main Drive as the race finishes along here. It must be clear for emergency vehicle access, should it be needed.

Changing and Showers

There are showers located at the swimming pool, which is located at the bottom of the Main Drive hill, at the sea front. You will also find showers in the Extra-Mural centre at the bottom of the hill - these will be signposted

There are toilets in the Arts' Centre as well as in the courtyard underneath the Administration building (the grey brick building at the Outer Arch). You will also find toilets where the showers are located.

During the Race

The race starts on West Drive - about a 3 minute walk from the registration centre and finishes underneath the Outer Arch. Please note that the race finishes down the Main Drive, not down the road that you started on.

The race is marked every km and there are marshals all round the course and at any major intersections. They will also be providing plenty of vocal support for you!

There is a water station at the halfway point.

Please note that although the route is rural and on minor roads it is not closed to traffic, therefore please observe the rules of the road and take care.

When you cross the finish line please wait in the order you finished as you exit the barriers - this is most important for accurate results. Once your number has been recorded please keep moving through the barriers and onwards to collect your memento, keeping the area clear for the runners behind you. It is quite a narrow area so thank you in advance for your cooperation!

Refreshments

If you would like to eat lunch after the race and prize giving, there are two local pubs doing Sunday lunches: The Horseshoe Inn at Marcross (1.5km on the race route) and the Plough and Harrow Real Ale pub at Monknash (3km on race route).

Prize Giving and Results

Results will be available on the college website by the Tuesday after the race OR as soon as possible. Prize giving will be at 1pm sharp.

Do enjoy your day here at Atlantic College, and whether it is your first visit to the 10k, or you are a seasoned campaigner, then we hope you have a good, safe run in the wonderful countryside around us!

Vicky Phillips
Race Director

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