



YAXLEY RUNNERS & JOGGERS

www.yaxleyrunners.org.uk

21st FOLKSWORTH 15



Permit No. 10/011



Every Monday
@ 6.30pm



Advance Performance A1 series 2010 (races/dates tbc)

Thorney 10k – 28 Mar // Eye 10k – 16 May
Ramsey 10k – 13 Jun // Sutton F/B 7 – 27 Jun
Bushy 10k – 11 Jul // Thorney 5 – 15 Aug
Nene Valley 10 – 5 Dec
22nd Folksworth 15 – 23 Jan 11



Cert No 08/097r

SUNDAY 24th JANUARY 2010 - START TIME 11.00 a.m.

Runners Information Sheet

Thank you: Your entry has been received and accepted. Your race number is enclosed and this **MUST** be fastened to the front of your running vest/T-shirt. **Please enter your emergency contact details in the section on the rear of your race number.** We look forward to seeing you on 24th

Safety: For safety reasons you are requested **not** to wear MP3/iPod while competing in this event.

Location: Folksworth is located off the A1(M) junction 16 at Norman Cross, 5 miles south of Peterborough. Follow main road to Folksworth and look for signs & marshals who will direct you.

Parking: Please note there is limited parking, so you are requested to share transport if possible. Additional parking will be available at the Stilton/Caldicote junction; a taxi service will transport you to race HQ before and after the race. We recommend runners to arrive 1 hour before the start.

Kit Storage: Location TBC

Course: An undulating 2-lap, 15-mile route measured by AAA/RRC measurer.

Start: Runners **must allow** for the 15-minute walk from Race HQ to the start. All runners will be reminded at 1045 to make their way to the start. The race starts in Morborne Road at 11 a.m. prompt. Items left at the start will be returned to the Lost Property box in the School hall.

Finish: Please remain in order; do not obscure your number and then advance to the drinks table.

Drink Stations: These will be at approx. 4, 7, 9 and 12-miles and at the finish.

Changing: In race HQ, regrettable no showers. **Sports Therapy:** Preston's will be in attendance.

Refreshments: Available in the village hall. **Photography: Digitography** will be in attendance

Race officials: Mr Laurie Miles (Starter/Time Keeper) and Mr Keith Hall (Referee)

Public transport information: Peterborough railway station is the most convenient point for reaching the race. From the station it is suggested that you use a taxi, as buses may not be frequent enough to get you to the race on time. Please contact National Rail Enquiries 0845-7484950.

Unique T-Shirt to all Entrants-These can be collected prior to the start, on presentation of your race number and will be available in the school and the village hall.

Prizes: **£75 gift voucher for a new course record-tbc (Male 1.19:57/Female 1.27:31) tbc**

1 st 5 men	1 st 3 Ladies	<u>Team Prizes</u>
1 st Male Vet 40	1 st Lady Vet 35	1 st Men's team
1 st Male Vet 45	1 st Lady Vet 40	1 st Ladies team
1 st Male Vet 50	1 st Lady Vet 45	(3 to count by aggregate score)
1 st Male Vet 55	1 st Lady Vet 50	
1 st Male Vet 60 (George Callow trophy)		

Plus 1st Frostbite team – 3 men + 1 woman (To be presented at 'League' Presentation)

Please Note: Only one prize per person except team prizes. **Prize giving:** Will be at approx. 1.30pm

Race Day-Emergency Telephone No. 07880-992014 (Gary) or 07754-094052 (Jim)

Yaxley Runners Race Committee thank you for your support