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Affiliated to A.R.C, U.K.A. and C.A.A.

This event is run under A.R.C permit number **ARC 19/099**.

Website www.ramseyroadrunners.org.uk

Should you need to contact us please use the Contact Us section of our website.

Sunday 30th June 2019, 2.1k Fun Run, Race Start 09:30

One Leisure, Hollow Lane, Ramsey, CAMBS, PE26 1DP

(Rear of Abbey College)

Dear Competitor,

We thank you for your entry and welcome you to the Ramsey Road Runners Fun Run. Please read the following information carefully, it is for your benefit and safety to enable you to enjoy your run. Changing and toilet facilities are as directed in the Leisure Centre, Ladies and Girls in the Ladies changing room, and Men's and Boys in the Men's changing area there are extra toilets over at the Abbey College, Please use only the designated changing areas. Showers will be available after the race. Please do not leave any valuables in the changing rooms; a secure baggage area will be in operation however the Organizers accept no responsibility for any loss or damage.

Minimum Age : Please note: The minimum Age for an individual Entry is 9 years of age however Children under 9 may run but must be accompanied by a paid adult entrant who will be responsible for them during the race.

The Start/Finish

The Start and Finish location is the same as the 10k which is on the Field adjacent to the One Leisure Car Park, Please arrive at least 45 minutes before the start time to allow you to collect your number and Chip and adequate preparation time. Be in the designated position by 09.25 am. The start will be at **09:30 am**. Please note NO ENTRIES taken on the day.

Running Number and Chip

Your running number and Chip are specifically allocated to you, please do not exchange them with anyone, the number should be securely fastened to the **front** of your vest and be clearly visible at all times. (Safety pins are available at Registration). Please attach your Chip to your laces on the outside of your LEFT foot so that the number on the Chip can still be seen.

The Course

This is a traffic free all off road and follows a course within the college grounds. A map of the course will be on display indicating the route involved, please familiarize yourself with this.

At the Finish

Please: Try not to collapse or stop once you have crossed the line please keep moving forward to the Chip recovery area where your chip will be removed, you will then be awarded with your finishing memento as you leave the recovery area, free drinks will be available for your refreshment adjacent to this area.

Baggage Recovery Your baggage will only be returned on production of your running number.

Finish Awards

A Trophy will be awarded to the first Male and Female positions under 16 years of age and first Male and Female over 16 years of age as soon as possible after the race.

Sorry – Entry fees are not refundable, Please note the Abbey College operates a strict No Dogs on Site Policy except Guide Dogs therefore no competitor may enter or be accompanied by a dog or any other animal.

The Race Officials Decision will be Final.

The organizing committee hopes you enjoy this Abbey 2.1k event, and look forward to seeing you on the 30th June 2019. If you have any questions or problems, please contact Adrian Graham on Telephone number 01487 812829 or email [**r4upwood@gmail.com**](mailto:r4upwood@gmail.com)

Yours sincerely

Adrian Graham, Race Director,
On behalf of The Organizing Committee.