



www.GrangeFarmDunmowRunners.co.uk

Dear Runner,

Felsted 10km - Sunday 21st July 2019

On behalf of the Grange Farm and Dunmow Runners I would like to thank you for entering the Felsted 10km race and wish you a good run. All the race details are below and I request that you read these carefully.

Start time:	10.30am race start (just after the bus comes through!) Race number and timing chips can be collected from the helpdesk between 8.30am and 10.00am. Please aim to be at the venue no later than 9.30am to allow time for parking, collecting number/chip etc. The start is just outside the school. Please be aware a maximum finishing time of 2 hours will be applied.
Venue:	Field adjacent to Felsted Primary School, Watch House Green, Felsted. CM6 3EB. NOTE: The school is having building work done so we have moved the race headquarters to the field adjacent to the school. See attached map.
Race Number:	Must be worn on the front of your vest/T-shirt, securely fastened at the corners so we can see it easily in the finish area. As this is our means of identifying you on the course, or in the case of a medical emergency, please do not allow someone else to use it. You can transfer it to another runner up to a week before the race via the online entry site (small charge applies) – refund occurs after replacement runner has paid. If you have a medical condition, please write the details on the reverse of your number.
Timing Chip:	Please attach to the laces of your shoes using the provided cable ties. These will be removed at the end of the race.
Prizes:	There will be three prizes in each of the senior men and senior ladies' categories plus prizes for the first male veteran over 40, over 50, over 60 and over 70 and female veteran over 35, over 45, over 55 and over 65. A cash prize of £100 will be awarded if the men's or women's course records are broken. Team prizes will be awarded to the first male and first female team (three to score based on cumulative position). We are chip timed – the presentation will be at around 11:45.
Felsted 10K Medal	All finishers will receive a special commemorative medal - to be collected by the finish.
Parking:	Ample free parking is available very close to the start. The parking is off road on firm fields, please drive carefully if you have a low-slung car and please follow the guidance of the car park officials.
Facilities:	Toilets are available on site. Please use the toilets rather than other locations. There are no changing or shower facilities. There is no bag or valuables store. Please ask at the Help Desk if you need assistance with such items. Any items left will be at your own risk. Refreshments will be available on site. First aid will be available in the start/finish area and all marshals are in phone contact with the race headquarters.

Results:	Will be posted on the Grange Farm and Dunmow Runners website www.grangefarmdunmowrunners.co.uk .
Help Desk:	There will be a help desk on site for last minute problems e.g. lost numbers, results service etc.
Headphones:	This race is operated under England Athletics rules. For Health & Safety reasons please do not wear headphones (or similar) – you will be disqualified if seen to be wearing a set.
Leaving:	We request that you allow the majority of runners to finish before you exit the car parks. If you do need to leave whilst significant number of runners are still finishing you may be asked to leave the car parks heading away from the school – this is for the benefit of those still running.

Course Description

The course is on quiet, generally flat country roads around Felsted. There will be a water station located at 5k on the course. If the weather is particularly warm we will provide two water stations on the course. Water will also be available at the finish.

The route is clearly marked with marshals located at key locations.

NOTE: The course for 2019 is the same as normal except the finish is located on the track next to the school rather than in the school.

Future GFDR Events

You may be interested in the following future GFDR events:

- Popular **2019 Stebbing Remembrance 10 mile** road race on 10th November 2019
- **2020 Felsted 10K** on Sunday 12th July 2020 (provisional date – 2nd Sun of July)
- **2020 Stebbing Remembrance 10 Mile** on Sunday 8th November 2020

Please check our website for details.

We wish you a safe and enjoyable run at the Felsted 10km.

Howard Jardine

Felsted Race Director

How to get to the Start:

From the West (M11):

Follow the A120 eastbound towards Braintree and Colchester and leave at the Dunmow South interchange. At the roundabout turn left (B1256 towards Great Dunmow, Felsted and Stebbing) before turning right at the next roundabout. Proceed for approximately 1.5 miles to take the 1st right-signed Little Dunmow, Felsted and Felsted Vineyard. This road leads through Felsted village and directly to the start.

From the East (Braintree):

Follow the A120 westbound towards Stansted and leave at the B1417 exit to Felsted. Proceed straight on at the roundabout. This road leads directly to the start.

From the South (Chelmsford):

Follow the signs for Great Dunmow (A130/B1008) and approximately 1 mile after the Howe Street roundabout turn right onto the B1417 signed Felsted, Felsted Vineyard and Hartford End. Continue on this road until you reach the T-junction in the centre of Felsted between The Swan and Boote House restaurants. Turn right and this road leads directly to the start.

From the North (Saffron Walden/Thaxted):

Take the B184 towards Great Dunmow. At the T-junction in Great Dunmow town centre turn left and left again at the mini-roundabout. At the T-junction at the bottom on the hill turn left onto the B1256 towards Braintree and Colchester. Proceed for approximately 1.2 miles to take the 1st right signed Little Dunmow, Felsted and Felsted Vineyard. This road leads through Felsted village and directly to the start.

