



www.GrangeFarmDunmowRunners.co.uk

Dear Runner,

### Stebbing Remembrance Sunday 10 mile – Sunday 10<sup>th</sup> November 2019

On behalf of Grange Farm & Dunmow Runners I would like to thank you for entering the 19<sup>th</sup> Stebbing Remembrance 10 mile race and wish you a good run. All the race details are below and I ask request that you read them carefully.

A list of race entrants can be found on the Grange Farm & Dunmow Runners website.

<b>Course description</b>	The race starts in Stebbing High Street (near the War Memorial) and the first mile is a loop around Stebbing, passing back through the High Street. The race then heads out on quiet lanes and on farm tracks behind the village of Stebbing. <b>The race is mainly on open roads, not closed to traffic, so please take extra care.</b> However, the roads are quiet & will be fully marshalled. There is a short section of the course on a well surfaced farm track. The race finishes back at Stebbing Primary School.
<b>Start time:</b>	11.05 am. Race number and timing chips can be collected from the helpdesk between 9am and 10.30am. Please aim to be at the venue no later than 10.00 am to allow time for parking, collecting number/chip, walking to the start by the War Memorial etc. Runners are invited to attend the service at the War Memorial immediately before the race. Please be aware a maximum finishing time of 2 hours and 10 minutes will be applied.
<b>Venue:</b>	Stebbing County Primary School, Stebbing, CM6 3SH (directions are given below)
<b>Race Number:</b>	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. If you have a medical condition, please write the details on the reverse of your number in waterproof ink.
<b>Timing Chip:</b>	Please attach to the laces of your shoes using the provided cable ties. These will be removed at the end of the race.
<b>Water Stations:</b>	There will be three water stations located at miles 3, 7, 8.5. Water is also available at the finish.
<b>Prizes:</b>	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 and over 60 and female veteran over 35, over 45 and over 55. Runners will win all prizes they achieve in any category. 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). All finishers will receive a medal.
<b>Parking:</b>	Ample free parking is available but is located a 10 minute walk from the school. Please ensure you arrive in good time. 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. <b>VERY IMPORTANT: Do not park on the road through Stebbing.</b> Parking in the main road impedes race traffic and runners and severely compromises the safety of runners who may still be finishing when you wish to leave the event. We have had some complaints in the past from Stebbing residents due to blocked property and if this occurs again we may not be able to continue with the race. As a consequence we will have race marshals acting as traffic wardens in the High Street and they will ask you to move on if you try to park here. Runners not complying with this request will be disqualified.
<b>Facilities:</b>	Toilets are available on site and there are limited changing but no shower facilities. There is no bag or valuables store but bags can be left at your own risk in the school during your run. Please ask at the Help Desk if you need assistance with such items. 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. Please use the toilets rather than other locations.
<b>Results:</b>	Will be posted on the Grange Farm and Dunmow Runners website <a href="http://www.grangefarmdunmowrunners.co.uk">www.grangefarmdunmowrunners.co.uk</a> .
<b>Help Desk:</b>	There will be a help desk on site for last minute problems e.g. lost numbers, results service etc.
<b>Headphones:</b>	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.
<b>Leaving:</b>	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 Stebbing High Street – this is for the benefit of those still running.

We wish you a safe and enjoyable run.

**Jason Bepey**

Chairman (on behalf of the Race Organisers)

## **How to get to the Start:**

### **From the south (Chelmsford)**

- Follow the signs (A130/B1008) to Great Dunmow. At the A120 roundabout pass under the A120 on to the B1256 (towards Great Dunmow, Felsted and Stebbing) and turn right at the next roundabout.
- After about 1 mile take the first left turn to Stebbing
- After just over a mile, take first left at Stebbing church
- Proceed through High Street, the Primary School can be found on the right hand side.
- Car park will be clearly signposted. DO NOT PARK IN STEBBING HIGH STREET

### **From the west (M11/Bishop's Stortford)**

- Follow the A120 eastwards 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.
- After about 1 mile take the first left turn to Stebbing
- After just over a mile, take first left at Stebbing church
- Proceed through High Street, the Primary School can be found on the right hand side.
- Car park will be clearly signposted. DO NOT PARK IN STEBBING HIGH STREET

### **From the east (Braintree)**

- Turn off the A120 at Felsted junction (B1417). Turn right at the roundabout, across the bridge. Turn left on to the B1256.
- After about 2½ miles and after the large dip and at the top of the hill, turn right to Stebbing
- After just over a mile, take first left at Stebbing church
- Proceed through High Street, the Primary School can be found on the right hand side
- Car park will be clearly signposted. DO NOT PARK IN STEBBING HIGH STREET

### **From the north (Saffron Walden/Thaxted)**

- Take the B184 towards Great Dunmow.
- After entering Great Dunmow take the first left (B1057)
- Continue along B1057 for about 2.5 miles to Bran End and take the first turning on the right.
- Stebbing Primary School on the left in about 1 mile.
- Car park will be clearly signposted. DO NOT PARK IN STEBBING HIGH STREET