

WELCOME TO THE ABERSOCH 10K

Dear Entrant

Thank you for entering the inaugural Abersoch 10K. It's the first event of its kind in this stunning area of North Wales and you will be part of an event that has instantly gained huge credibility on the UK running calendar. We hope you enjoy being part of it and achieve a really good time on this fantastic course.

Please find enclosed important information needed on the day of the race.

The Abersoch 10K

The run will start promptly at 10:30 am. Please ensure you arrive with sufficient time to change and prepare for the start of the run. You may also wish to take a warm up jog to the start of the groynes so you can decide which route you feel will work best for you.

The run will start and finish on Abersoch Main Beach below the Yacht Club. Please check the attached map to understand where this is if you're not familiar with Abersoch beach.

Road Sense

Runners are reminded that parts of the course will be along or cross public roads that will remain open during the race. Please take extra care when approaching these areas, using common road safety procedures. You will be guided where possible by road cones and advice from marshals positioned along the route. Be vigilant and make good use of this guidance, crossing the road in the wrong place not only will slow you down but could put yourself and other road users at serious risk.

Medical & Marshal Support

Marshals will be positioned strategically along the course with good communication links to the medics and race director. A sweep car and Medic 999 vehicles will be available to attend to anyone needing assistance. Please help other athletes if required. If you see runners who are in trouble away from marshal or medic positions then please advise the next one you pass.

Race Numbers

You will find your race number enclosed. Please ensure you fill in your details on the reverse of your number, as these will be used in the event of an emergency. Race numbers must be worn, and clearly visible, on the front of your vest at all times and must be clearly visible when crossing the finish line. Safety pins are the most common method to attach your numbers to your running top, but make sure they are positioned away from areas of your body that could cause rubbing while you are running!



ABERSOCH 10K
www.abersoch10k.com

OFFICIAL EVENT CHARITY

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OFFICIAL PARTNERS

TIMING PARTNER  CHAMPIONCHIP

MEDIA PARTNER  **RUNNING**
FREE

EVENT PRESENTED BY  SENSATION
GROUP

ABERSOCH 10K COURSE MAP (with mile markers)



Drink Stations

A drinks station will be positioned at 3 miles with a choice of water or Powerade Isotonic Sports Drink. They come in 500 ml bottles and will be handed to you from the side of the road. Please show consideration to the runners behind you and throw the bottles to the side of the road out of the way.

Car Parking

There is plenty of Parking available, just follow the road that starts at the Natwest Bank in the centre of Abersoch next to the little garage. It's called Beach Road and leads right up to a couple of big car parks next to the beach. It also leads to South Caernarfonshire Yacht Club (SCYC), which is where 'Race Control' is located. There are also changing rooms and showers for those that require it. Parking is normally charged at £5 for the day but if you show your race number when paying then you will get a 50% discount.



Facilities

At SCYC there are male and female changing rooms with toilets and showers. You will need to allow yourself 5 minutes to get from these facilities to the start line. There are also male and female public toilets positioned next to the entrance to the car parks where you pay for your parking ticket.

Results

Results will be available up to 24hrs from the end of the race at the TDL Event Services Website www.tdl.ltd.uk There will be a large clock at the finish line that shows the time from the start gun. You will also be provided with a ChampionChip, which will record your individual time from when you personally cross the start line and finish line. Please find your ChampionChip enclosed. It is **vital** that the chip is tied to your shoe prior to the start of the race. If for any reason you do not attach your chip please return the chip to the address on the ChampionChip envelope.

Categories

The final results will be broken down into race categories as follows:

Male Open 15 - 39

Male Open 40+

Female Open 15 - 34

Female Open 35+

Prizes

There will be cash prizes to the 2 overall winners (Male & Female). There are also product prizes 1st, 2nd & 3rd for each race category.

POWERADE ABERSOCH 10K

1st Open Mens: £500

1st Open Womens: £500

WOMBAT 3K BEACH

1st Open Mens: £100

1st Open Womens: £100

There will also be goody bags for all runners participating in the races.

Prize Giving & Official Event Party

The prize giving will be held at 18:30 at the Sandpiper in Abersoch village. Following this there will be live entertainment for 18 & overs, so you can let your hair down after your hard mornings work out! Tickets for the party are available on line or by calling the race organisers office on 01758 714000. Tickets may be available on the night subject to availability.

Useful Websites

www.abersoch.co.uk

www.abersochmag.com

www.xcweather.co.uk

Finally

We would like to wish you all GOOD LUCK and we hope you enjoy the experience. If you have any other questions regarding the race please do not hesitate to contact the Sensation Group office on 01758 714000 or go to www.abersoch10k.com.



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