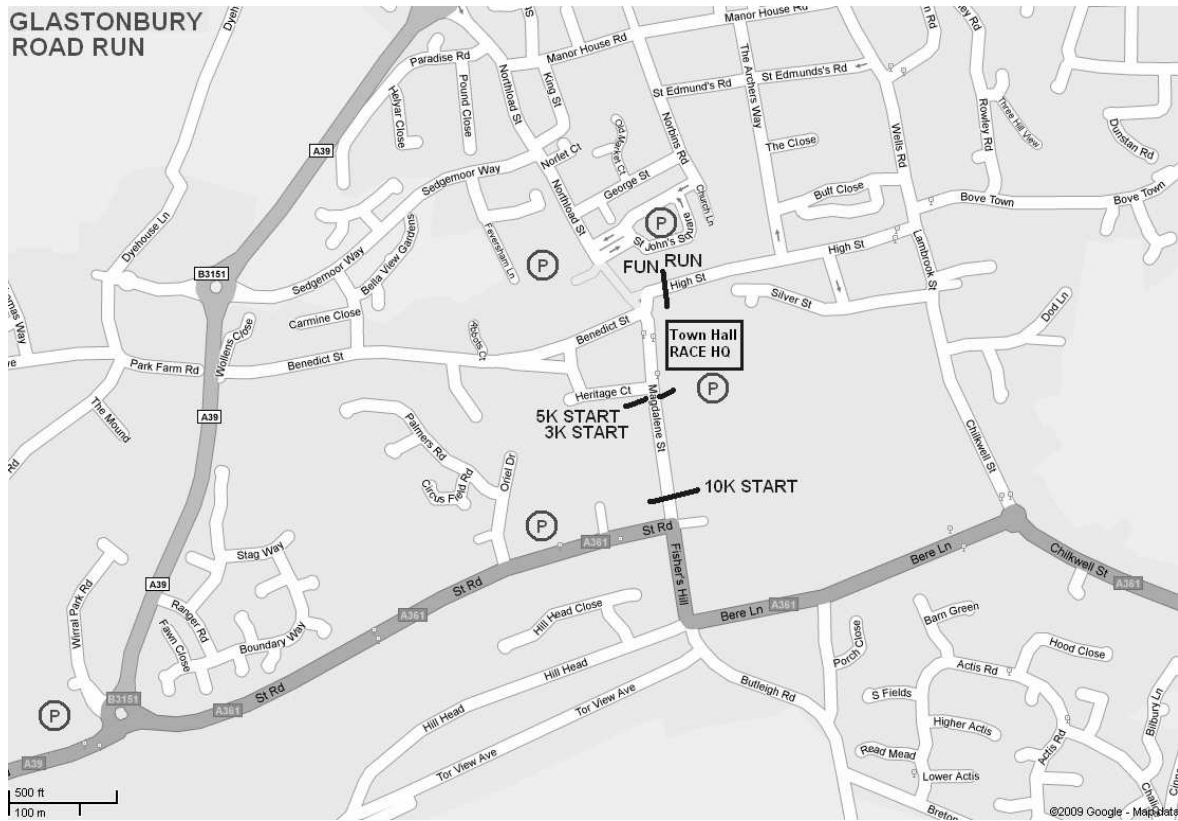


29TH GLASTONBURY ROAD RUN - MAY 2ND 2010

RUNNER INFORMATION



PARKING

Please DO NOT park on the race route, especially along BENEDICT STREET, MAGDELENE STREET, FISHER'S HILL, BERE LANE, CHILKWELL STREET and the HIGH STREET. There is a large car park at St John's Square and several car parks open to "shoppers" (indicated on the map). There is limited parking at the Town Hall. Please note that there will be no vehicular access to the town centre between the hours of 9.30 – 13.00. There is adequate parking on many roads to the North West of the town centre.

TOWN HALL

For Late Entries; Number Collection; T-Shirts; Secure Bag Store; Toilets and Refreshments. There are additional toilets adjacent to the 5K start on MAGDELENE STREET. Changing and showers are available at Glastonbury Leisure centre on the Wells Road about 1000m from the Town Hall. This year we are providing pre and post-race massages for a small cost within the Town Hall.

NUMBERS

Please secure your number with four safety pins to the FRONT of your T-shirt or vest. Prior to running please ensure that the emergency contact and medical information form on the back of the number is completed. DO NOT give your number to anyone else.

RACE STARTS AND TIMES

This years start times are as follows: 5K – 10:45am, Fun Run – 11.15am, 10K – 11.40am, 3K – 11.45am.

Please note that 10K and 3K runners are requested not to congregate at their start until 5 minutes before race time (11.35am). Please be aware that the 5K and children's Fun Run will be using the finish along MAGDELENE STREET prior to the 10K and 3K starts. All 10K runners should keep to the pavements prior to the start. There is a marshal point for the 5K and 3K in HERITAGE CLOSE. All 3K runners should note the change to the course this year, please see the published course map. Note that "club" runners wishing to achieve a quick get-away will be invited to the front of the 5K and 10K starts. If this is you, please approach the starts from the FISHER'S HILL side.

THE COURSES / WATER STATIONS

All courses are traffic free, with the 5K and 10K being accurately measured by a BARR certified measurer. Water stations are sited at approx 4km and 8km in the 10K race, and at 3km in the 5K race. A sweep car will be provided to collect any retired/injured runners.

FINISH

Please continue through the finishing funnels to collect your medals. Prize winners will be identified in the funnels and must report to the TOWN HALL STEPS for presentation within 10 minutes of finishing. Winners of age-category awards will be contacted following the completion of the event.

RESULTS

Preliminary results will be displayed at the Town Hall immediately following the race and will be available on the internet at www.GlastonburyRoadRun.info following the event.