



ROCKINGHAM 10
FINAL RACE INFORMATION
ROCKINGHAM CIRCUIT, MITCHELL ROAD, CORBY. NORTHANTS, NN17 5AF
SUNDAY 6TH NOVEMBER 2015 – 13:00

Welcome to Rockingham 10

We would like to welcome everyone to the 3rd Rockingham10 run organised by SBR Events Limited. Firstly we would like to thank all of the volunteers that will be giving up their time, to ensure that everyone has a fun & safe day.

Confirmation of Entry

Please check on the list of participants posted online at [Rockingham 10 2016 participant list](#) & on the website to ensure your data is correct. Race entries may be included on the list even if you have withdrawn recently.

Age Restrictions

You must be 11 years old, on or before race day for the 10k race and 16 years of age on or before race day for the 10 mile race, we just need a waiver signing from a parent or guardian stating the young person is fit enough to compete.

What Will You Need?

The race is being run at the end of the first week of November. We advise that you bring a range of sporting garments in case the weather changes unexpectedly on the day. Rockingham Circuit has the tendency to have a wind blowing from one corner, so we recommend that you bring warm garments to change into, once you have completed the race.

Directions to Rockingham Circuit - NN17 5AF

Rockingham Circuit is approximately 36 miles to the west of Peterborough, 27 miles to the east of Leicester and 25 miles north of Northampton. The circuit is identified with brown road signs enroute to the circuit.

Accommodation

Best Western Rockingham Forest Hotel, Rockingham Road, Corby, NN17 1AE have been offering a discount for overnight accommodation on Saturday the 5th charging £65 for a double room and £55 for a single. Call 01536 401348 to make your reservation quoting 'Rockingham Speedway'. www.rockinghamforest.co.uk

Car Parking - is free of charge. (Different to 2015 parking arrangements)

5k, 10k and 10 mile participants will follow signs & **park in front of the main grandstand** signposted by our yellow arrows and directed by marshals. Then **walk into the stadium following yellow arrow signs** past the Diner. When you reach the stairwell you go down to the bottom, through the tunnel under the race track and pop up in the centre of the venue right next to registration in the pit garages. **DO NOT DRIVE INTO THE INNER PADDOCK.**

Race Registration – Times (Sunday)

R10 11:00 – 12:40

Once you are inside the inner paddock, Race Registration is in garage 34/33. From here you can pick up your race number/timing chip and leave any baggage -NB the baggage area is not secure, please do not leave any valuable belongings. You will have time to familiarise yourself with the course and head out to the start line.

Race Briefings

R10 12:45

If you are unsure about anything please attend. The Race Briefings will inform you of any last minute route changes and safety points. If you have any questions or queries on race day, please ask them after Race Briefing.

Race Start

All 3 races are mass starts, with the following start times:

10 mile - **13:00** / 10k - **13:10** / 5k - **13:15**

Electronic Timing – by JC Race Solutions

Providing fast and accurate results is the most critical part of any race. JC Race Solutions use the latest timing system chips. Each athlete is given a "chip" that generates a unique signal when it crosses through an antenna field. By using a database to assign each participant's personal information to each chip, timing software can easily calculate each participant's time and finish place.

To maximise the success of getting your time there are a few things required:

- a) Wear the chip!
- b) When attached to the strap wear it just above your ankle with the chip arrow pointing upwards.

Race Numbers

R10 - 1 set

Race Numbers must be worn on the front during the run. Numbers must be pinned at all four corners. Number belts/ bands are allowed. NB. You don't need to bring safety pins, we will have some at registration.

The Run – 5k

The start line is on Turn 1 of the circuit. The first part of your run is a 60m run clockwise around the track to the 5k turn point where you turn 180degrees and run the track in an anti-clockwise direction. You will complete 1 circuit of the track. On your first visit to the pit lane you will head to the finish line and complete the race. You will run past the water stations twice on the course.

The Run – 10k

The start line is on Turn 1 of the circuit. The first part of your run is a 106m run clockwise around the track to the 10k turn point where you turn 180degrees and run the track in an anti-clockwise direction. You will complete 2 circuits of the track. On your second visit into the pit lanes you will head to the finish line and complete the race. You will run past the water stations 4 times on the course.

The Run – 10 mile

The start line is on Turn 1 of the circuit, at the same point as the 10k. The first part of your run is a 400m run clockwise around the track to the 10 mile turn point where you turn 180degrees and run the track in an anti-clockwise direction. You will complete 3 circuits of the track. On your third visit into the pit lanes you will head to the finish line and complete the race. You will run past the water stations 6 times on the course.

HEADPHONES

Rockingham 10 is a closed circuit (road) race. Although we are on tarmac we have no traffic on the course. Therefore headphones are allowed, but we do advise that because you are on a course over 2 or 3 laps you do need to hear marshals instructions, so we do discourage the wearing of headphones. To confirm we will not be handing out any disqualifications for any person who does wear headphones.

Course Distance

Course distance has been officially measured at 10k and 10 miles by MCAA. NB. The 5k course has not been officially measured, we will use an accurate method to determine a course as close to 5000m as possible.

Course Reconnaissance

Please see detailed map which is listed below.

Medical Cover

Onsite during the event will be Meditech, a specialist company set up to supply the highest calibre of comprehensive medical cover to sporting events such as this. On the day there will be a small team of medics plus 2 Accident and Emergency ambulance equipped to NHS standard, with manual defibrillator / cardiac monitors, ventilators, and pulse oximetry. If before, during or after the event you feel that you require any type of medical care, please do not hesitate to contact an event marshal. If you are in-between marshal stations on the course and become unwell, please ask a fellow athlete to alert the next marshal.

Medical Conditions

We request that all competitors write their next of kin & contact details on the back of their race numbers using a waterproof pen. If you have any type of medical condition or are taking any type of medication please write a large 'MC' on the bottom left of your race number. Please write your medical condition fully on the back of your number also. This will only be used in the event of you being involved in an accident.

Race Photography

Danny Coy will be at the event taking images of you racing. These are available to view after the event. A separate link will be sent detailing this. Photos are free to download & share via the link.

Sports Therapist post-race massage

To help loosen your muscles after your race, you can book in for a post-race massage.

Results

Times will be available via a print out at the JC Race Solutions tent next to the finish. A provisional results link will be sent out on Monday 7th November at the latest.

Withdrawals

If you wish to withdraw from the event, then please refer to our Terms and Conditions as displayed on the website.

Race Office Closure

The SBR Events Limited office will be closed from Friday 4th November at 5pm. Please do not leave messages or send emails regarding this event, as we will be on site setting up for the event. If you need to speak to us urgently, we can be reached on 07850572838. Please call if you know of anyone that could marshal as we always need an extra pair of hands (before or after your event)!

Race Volunteers – Please Help

No event like this can run smoothly without the help of many marshals. If you have friends or family that will be supporting you at the event, please ask them if they would be willing to give up a few hours to help out. All marshals will receive hot food & drink and either a £20 discount code towards a 2017 SBR Events race or a SBR Events hoody. If you know someone that could help please email amanda@sbrevents.co.uk. You do not require any previous experience or knowledge on event marshalling to become a race marshal; any training required will be given on race day.

Toilets

Toilets are available at the end of each garage block.

Other SBR Events Limited Events

SBR Events Limited will be organising a number of other multi-sport and running events in 2017. For more information about SBR Events Limited and our events please visit www.sbrevents.co.uk and join our newsletter mail out list.

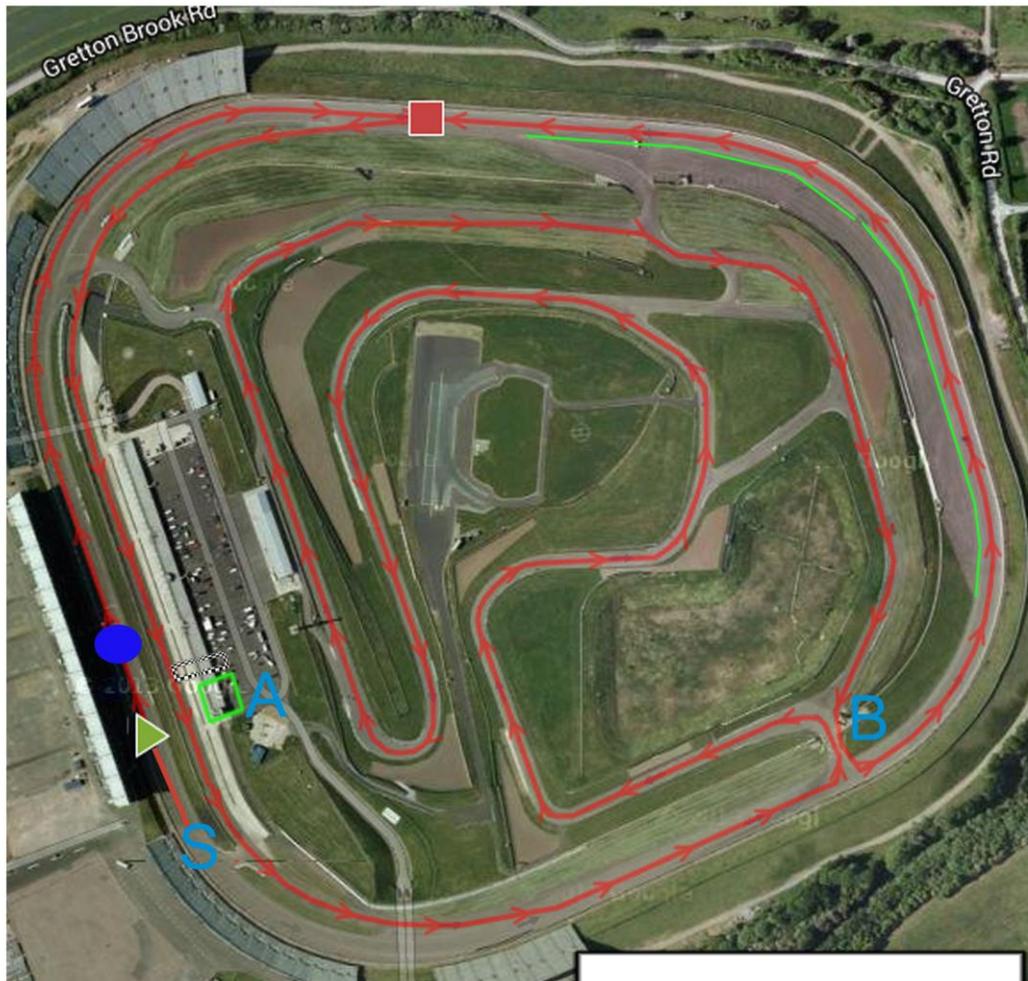
Thanks

It takes a great amount of work to organise an event such as this. Special thanks go to our Team of Officials that help to organise all of our events, Rockingham Circuit staff for their support and energy, volunteer marshals plus all of our athletes for entering.

Further Information

Any questions related to the event can be answered by emailing info@sbrevents.co.uk

COURSE MAPS



A- registration
B- water station
S- Start

Red square - 10mile turn
Blue circle - 10k turn
Green triangle - 5k turn

GREEN BOX - RACE HQ
RED LINE - ROUTE AND DIRECTION
OF TRAVEL

CHEQUERED BOX - FINISH LINE
GREEN TRIANGLE - 5k TURN POINT
RED SQUARE - 10mile TURN POINT
BLUE CIRCLE - 10k TURN POINT
GREEN LINE - BARRIERS