



ROCKINGHAM 10
FINAL RACE INFORMATION
ROCKINGHAM CIRCUIT, MITCHELL ROAD, CORBY. NORTHANTS, NN17 5AF
SUNDAY 4TH NOVEMBER 2018 – 13:00

Welcome to Rockingham 10

We would like to welcome everyone to the 4th Rockingham10 run organised by SBR Events Limited. Firstly we would like to thank all of the volunteer marshals that will be giving up their time, to ensure that everyone has a fun & safe day.

Sadly, this will be the last EVER sports event at this venue. Rockingham Speedway has been sold & the new owners are getting rid of the racing circuit & using the space for storage for car auctions.

The Brass Monkey Race (a 10k charity run held every January) will no longer run at this venue & we have invited Paul from the charity to our race as a final farewell on the racing circuit. Please bring some cash donations to give to Lakelands Hospice (a local hospice for those with terminal illness).

Confirmation of Entry

Please check on the list of participants posted online at [Rockingham 10 2018 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 Race entries may be included on the list even if you have withdrawn recently.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

Please be aware that our 5k fun run includes families & young children. If you are overtaking them please take care. Parents – please advise children that runners may overtake & ensure they don't impede runners. The track is big enough for everyone ☺

What Will You Need?

The race is being run in 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. It's looking dry & 11-12°. Fingers crossed the sun comes out too!

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 en-route 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.

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. (Handy Hint); Use the toilets in this part of the venue on your arrival if you want to avoid potential queues at Race Village. Head to the stairwell, 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 – 12:45

Once you are inside the inner paddock, Race Registration is in garage 23/24. From here you can pick up your race number/timing chip and leave any baggage. You will have time to familiarise yourself with the course and head out to the start line.

BAGGAGE DROP

We are specifically raising funds for Lakelands Hospice. They will have volunteer marshals on the day. We are politely asking for a donation (suggested £1-£3).

Lakelands Hospice is an independent charity committed to delivering the best possible practice and development of specialist palliative care for people with cancer, heart failure and other life-limiting illnesses.

You can leave baggage by getting a brown gift tag form the desk with the RACE INFORMATION displayed band to be attached to your bag with your race number on it.

-NB the baggage area is not secure. Please ensure only ONE race number - do not put 2 (you & your friend's) numbers on any items. If you want to tag bags together choose who will collect the bag & use ONE race number. Please do not leave any valuable belongings.

Bags will ONLY be returned to 1 person with matching race number. Please be patient with the volunteer marshals.

Race Briefings - in Garages 23/24 if raining. If dry (& sunny ☺), then outside near the finish line.

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. The briefing will be given using a PA system so everyone can hear.

Race Start - 10 mile - 13:00 / 10k - 13:15 / 5k - 13:20

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

If it is raining you can stay in the covered garages or on the rooftop spectating area until your race is called & a marshal will lead you to the starting area. If it is dry then please come out together to cheer the earlier waves on.

Participants will be taken by a marshal across to the outer track for your race start – please wait for your specific start wave – one for each distance.

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.

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 three water stations 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 first visit to the pit lanes, head straight ahead for next lap & on the second visit into the pit lanes you will bear left following signage to the finish line and complete the race. You will run past the water stations 6 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 follow signs to the finish line and complete the race.

You will run past the water stations 9 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 marshal's instructions & be aware of runners who may want to overtake, 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. Due to the measurement being taken on the inside line of the racing track any deviation or step away from that means that the course does tend to measure long.

SBR Events Official PACER Team

There will be the following pacers on the event (we cannot cover ALL pace times for everyone);

10k	10miles
Will - 55mins	1:20 – Darren
Gabi - 60mins	1:25 – Ash W
Philip – 65mins	1:30 – John
Rachel – 70mins	1:35 – Antony
	1:40 - Brian
	1:45 - Carmen

The course is a measured course but follows the inside line of the track & so the course can run long on GPS – the pacer will aim to reach the exact distance shortly before the designated time so you may reach the distance before the finish line.

The goal is that Pacers run 'even splits', which means that every mile (or km) will be run at approximately the same pace. If the race has a slower start due to number of runners they will attempt to catch up gradually. To meet up with the Pace Team look out for their bright yellow t-shirts. We use t-shirts instead of flags for THE PACER TEAM. The pace time & race distance is on the back of the t-shirt. To find the Pace Team, they will be standing near the retail stand 15-20 minutes before race time for a chat & to answer any questions.

Please take care when choosing a pace time to follow. For the novice runner our advice would be... don't choose to go too fast, particularly at the beginning of the race - there will be other races for you to hit that PB & we want you to enjoy the event!

Please note we cannot guarantee that a Pacer will be available (due to sickness etc) as they cannot be replaced on the day.

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. On the day there will be a small team of medics plus an 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 who will contact Race Village & the Medical Team. 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 recommend 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 VILLAGE

Arrive at Race Village to collect your gorgeous new shiny medal, get a drink & grab any baggage you left.

We will also be providing a paper bag for you to pop in;

Banana, bottle of water & packet of crisps

At the Race Village you will find areas for registration, baggage holding area, sports therapists from Sports Massage Academy offering FREE sports massage, local running clubs, Big Bobble Hats (£20 each or discounted 2 for £30 Race Day) & JC Race Solutions chip timing for your results.

Race Clothing

There will be a chance to buy race t-shirts (£15) & discounted race t-shirts £5 & discounted hoodies (£40 down to £20) at race village.

FREE Sports Therapist post-race massage.

To help loosen your muscles after your race, you can book in for a free post-race massage. The team from Sports Massage Academy will be in place to stretch you out & mend those tired legs or stiff backs! This is a completely free 10 minute massage.

Marc Dewhurst Photos - Free photos at Rockingham 10!

Marc & his team will be out on the course to take photos of you which can be downloaded & shared free of charge after the event! You can find his pictures on a new album on <https://www.marcdehurst.co.uk/rockingham10-2018>

My tips... do a Mo pose / Usain Bolt or wave/smile / we want flying feet /jump & kick your heels / jump & kick your bum/ aeroplanes – do anything to look happy crazy runner instead of THAT RUNNING face! LOL!

Food

Hot food & drinks available; bacon butties, burgers & hot potatoes with delicious fillings from a venue catering area within the garages at Registration Area & The Diner will be open with a birds eye view of the stadium. Gluten free & vegan / vegetarian options.

Spectator Viewing Areas

On top of the garages where Race Village is based is a wonderful viewing area with a podium for medal pictures & a view of the whole course. Wrap up warm to watch the race unfold!!! Nip down the stairs to cheer your loved one as they race down the finish straight in the pit lane area in front of the Grandstand Stadium.

Toilets

Toilets are available at the end of each garage block. There are no toilets on the course on this race but you will be able to use them as you pass the signs saying next lap / to the finish & use the ones based at the end of the garages. 10k passes this once (before continuing for 2nd lap) & 10mile runners pass this area twice (before continuing for 2nd & 3rd lap). Do not run over the finish mats. You should re-join the run funnel where you left it. A marshal is based at this point to assist.

Results

Times will be available via a print out at the JC Race Solutions tent in the Finishers Garage. A provisional results link will usually be sent out by Sunday evening. Results can be found here after the race [Rockingham 10 2018 Provisional Results](#)

PRIZES: These will be determined by chip time - not gun time.

The Presentation will take place within 20 minutes of the last competitor finishing. Please be in attendance to collect your trophy.

Trophies

5k, 10k & 10mile race:

-Fastest Man & Fastest Woman

-Fastest Man & Fastest Woman Veteran (Man 40+, Woman 35+)

Additional Prizes

Male Winner (5k & 10k & 10m) - Big Bobble Hat

Female Winner (5k) - Big Bobble Hat

Female Winner – (10k & 10mile only)

There will be certificates emailed to all age group winners in the following categories on ALL races:

-Fastest Man V40-44, V45-49, V50-54, V55-59, V60-65, V65-69, V70+

-Fastest Woman V35-39, V40-44, V45-49, V50-54, V55-59, V60-65, V65+

The Presentations will start near the finish line at approx.

2.15pm for 5k

2.30pm for 10k

3pm for 10miles

There are many trophies so please be patient & be in attendance to collect your trophy. (If you miss the presentation they may be posted out but a charge for admin & P&P will be politely requested).

There will also be certificates emailed to ALL participants in the following categories on ALL races:

-All participants - This will detail your category & finish times

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 2nd 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 2019 SBR Events race or a FREE 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.

Other SBR Events Limited Events

SBR Events Limited will be organising a number of other multi-sport and running events in 2019. For more information about SBR Events Limited and our events please visit www.sbrevents.co.uk We will be launching more 2019 races later this month! Many thanks to everyone on our SBR Events Office Team & Marshal Team who have made it a hugely successful year in 2018.

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.

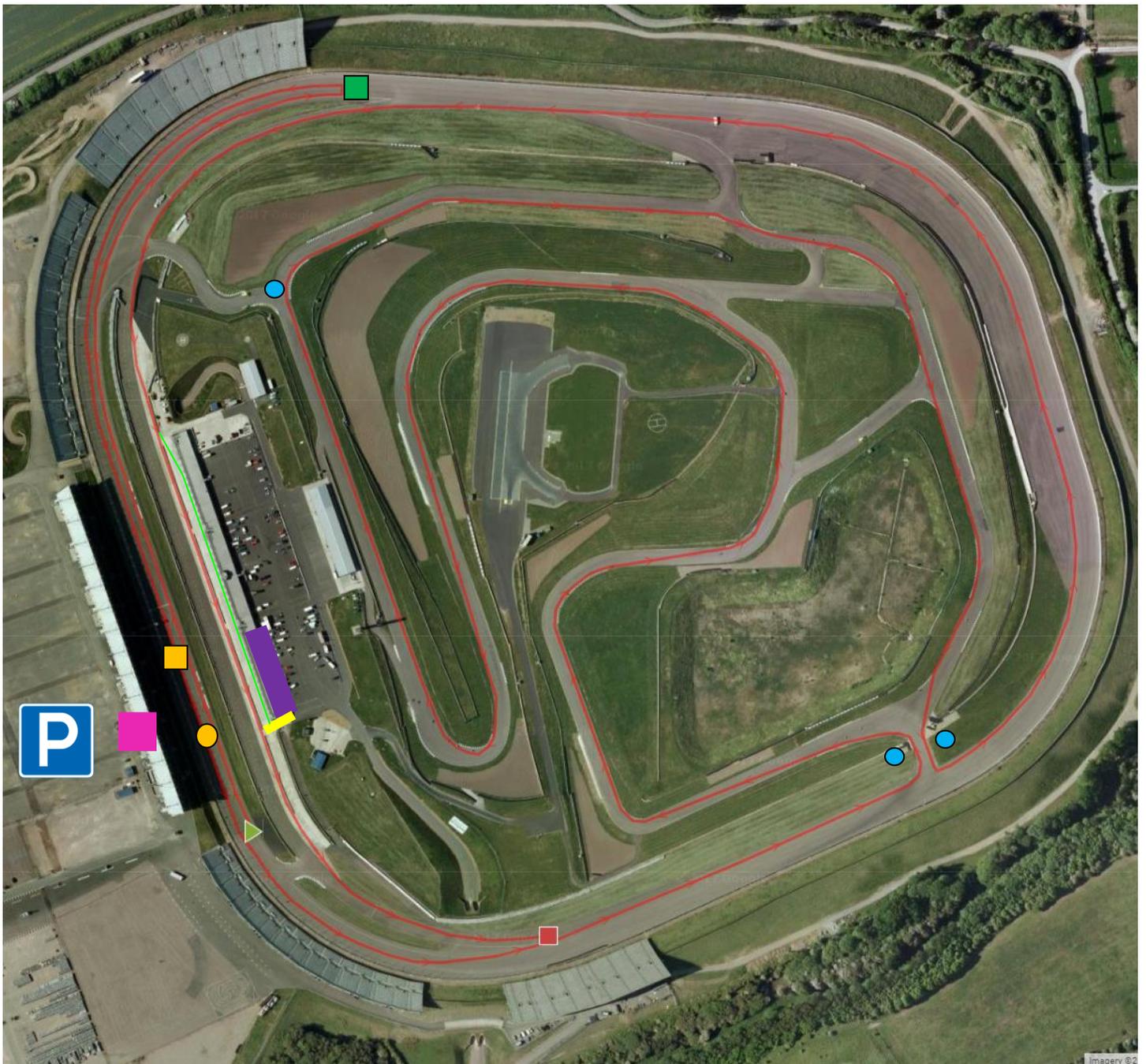
Further Information

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

COURSE MAPS

Please see below

Rockingham10 – Athletes Map (5k & 10k & 10mile)



Pink box- Entrance to stadium

Green triangle- Start line

Orange oval- 5k turning point

Orange box- 10k turning point

Green box- 10 mile turning point

Green line- Finish chute

Yellow line- Finish line

Blue dots- Water stations

Purple box- Race village