



Friends of St Mary's (FOSMs)

'Under UK Athletics Rules' Licence Number: 20090324

FOSMS 5 AND FAMILY FUN RUN RACE PACK
Sunday 7th June 2009

Friends of St Mary's School (FOSMs) would like to thank you most sincerely for your entry to the FOSMs 5/ Family Fun Run 2009 and for assisting us to raise funds for our school. Enclosed is your race number and some instructions you will require for race day, please take a some time to read the instructions as they are prevalent to the safety and success of the event. Above all we hope you enjoy the day, please feel free post race to provide us with constructive feedback so that we might improve for future years by emailing: CRC2@corshamrunningclub.co.uk.

*Yours in sport,
FOSMs 5 & Family Fun Runs Race Director*

Directions to Chippenham Rugby Club, SN14 0YZ

Chippenham RFC is approx 90 miles West of London and 25 miles East of Bristol on the M4 motorway

From the M4: Exit at J17, take A350 towards Chippenham, continue (approx 3.5 miles) until you reach Bumpers Farm roundabout, turn right on to the A420 (Bristol East), take first left off the A420 (Allington Farm Shop is marker) follow road to junction, turn left to Rugby Club.

From the A4: Continue on the A4 until you reach the roundabout joining the A350, travel north on the A350 (towards M4) until you reach Bumpers Farm roundabout, at roundabout turn left onto A420 (Bristol), take first left off A420 (Allington Farm Shop is marker) follow road to junction, turn left to Rugby Club.

Parking

Marshalls will direct you where to park please follow the instructions you are given. **Due to health and safety entry/exit, to/from, the rugby club between 10.50am and 12.15pm will be restricted to PEDESTRIAN ACCESS ONLY. No vehicles other than Emergency Vehicles will be permitted to enter or leave the grounds during this time.** If you're unable to stay until 12.15pm please make alternative parking arrangements, possibly in Frogwell or Bumpers Farm and use the pedestrian footbridge across the A350. Car parking Marshalls will be able to provide you with directions for this on request.

Toilets and Changing

There is ample toilet and separate male/female changing facilities but only communal showers.

Spectators

Prior to the start of the main race Spectators may if they wish situate themselves around the main race route, please ask family and friends to be extremely considerate when parking, vehicles should be parked so that they do not obstruct the race route or any of the local residents access in any way. The race director strongly advises against and specifically requests that vehicles are not driven on the route whilst the race is underway as some of the roads are narrow and this presents a significant hazard to the competitors.

Race Numbers

Under UK Athletics Rules race numbers are not be folded, cut or modified in any way, please also ensure that you fill in contact details etc on the rear of the number. Any special medical conditions or medication carried is to be written clearly on the reverse along with any next of kin/emergency contact numbers, it would

also be helpful if you could bring this to the attention of St Johns Ambulance or the Race Director on the day.
Race numbers must be clearly displayed on the FRONT of vest/t-shirt/fancy dress.

Registration on Day

MAIN RACE: Entries close **10.30am**. Entries after this time are at the discretion of the Race Director. Race starts 11am.

FUN RUNS: Entries close at **9.25am**. Please arrive at the start area of your fun run in ample time; there will be a fun warm up approx 10 mins before each race.

Combined U5/U7 race is 9.40am.

Combined U9/ U11/U15 race is 10.15am.

Adults wishing to take part in the Fun Run and NOT accompanying a child should take part in the 10.15am race. Parents are requested to collect their child at the finish line, particularly in the U5/U7 race so that the finish area can be cleared quickly for the start of the next Fun Run.

Drinks

A water station will be provided at the finish of all races and at the half way point of the 5 mile race. Other refreshments may be purchased from the Rugby Club.

Medical Cover

Medical cover is being provided by St John's Ambulance.

Pets, Prams and Wheelchairs

Due to H&S the fun run is not deemed suitable for wheelchairs or prams of any kind. Since there is only a short distance to travel on the grass at the start and finish of the main race Prams and Wheelchairs will be permitted but are used at the individuals own risk, persons who plan to do this must note it clearly on their entry form. Pets are not permitted in any of the races.

Marshalls

Ample Marshalls and officials will be provided to support all races. Please be polite and friendly to all those who have made the day possible *after all we want them to come back next year!!*

Fancy Dress

Fancy dress is positively encouraged all we ask is that you keep in mind when making your choice that there will be lots of very young impressionable children around on the day!!

Awards Ceremony

Presentation of Trophies for both the Fun Runs and the Main Race will take place at approx 12.30pm.

Results

Provisional results may be available on the day time permitting but final results will be posted on Corsham Running Club websites: http://www.corshamrunningclub.co.uk/FOSMs5_idx.htm.

Safety

There is an open pond at the Rugby Club please ensure that small children are closely supervised at all times.

Additional Info

Further queries may be directed to email: CRC2@corshamrunningclub.co.uk , Tel 07966585302 or 07833044929.