

Marshfield School PTA

Registered Charity No: 1039813

and



present

MARSHFIELD MUDLARK

AND FUN RUN

Marshfield Mudlark and Mini Mudlark Fun Run Race Pack **Sunday 3rd October 2010**

Dear Runner,

Marshfield School PTA would like to thank you for your entry to the Marshfield Mudlark and Fun Run 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: mudlark@corshamrunningclub.co.uk.

Yours in sport,
Race Director, Marshfield Mudlark and Fun Run.

Directions to Marshfield Cricket Club (Broadleys)

The village of Marshfield is situated approx 7 miles north of Bath and is easily located off the A420 between Bristol and Chippenham. Follow the signs off the A420 into the village of Marshfield. Follow the road into the village which turns into The High Street until you reach St. Martin's Lane. Take this turning and follow it for a few hundred yards until you reach the Cricket Club on the left. You will be directed by marshals into a car park opposite the Cricket Club.

Parking

Parking will be available in a field opposite the cricket club. Marshalls will direct you where to park. Please follow the instructions you are given.

Toilets and Changing

There is toilet and changing facilities but note that changing and showers are limited since they are in a communal area.

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 – VERY IMPORTANT!

Under UK Athletics Rules race numbers are not be folded, cut or modified in any way. Please write your name CLEARLY on the reverse of your number along with the name and phone number of an emergency contact. You should also detail any special medical conditions and medications carried and if possible bring this to the attention of the Race Director on the day. Race numbers must be clearly displayed on the FRONT of vest/t-shirt on day of the race.

Registration on Day

MAIN RACE: Entries/registration on the day close at **10.15am** – no entries will be accepted after this time. The main race starts at 10:30a.m. **PROMPT!**

FUN RUN: Entries/registration on the day close at 10.10am. **Parents are requested to ensure that they are able to collect their child at the finish line so that the finish area can be cleared quickly for the finishers of the main race.**

Race Memento

After last year's event some participants asked why no memento was given at the end of the race. This is very common in races such as ours but we're a small race and it's run to raise funds for Marshfield School PTA. It's always a fine balance between ensuring participants feel they have got value for money whilst raising as much money as possible for the school. As organisers we have tried to find the right balance and the cost of a t-shirt or another memento would have such an impact on the money raised from the event that we have always taken the decision that providing a banana and a snack at the end of the race was more important than anything else. However, you're feedback is important and we're always open to ideas of how to improve the race.

Route Change

The route for the Marshfield Mudlark has been modified for 2010 to try and reduce congestion at the start. It means that the first stile is approximately 2.5kms from the start. It is hoped that the field will have spread out by this time so that any waiting is minimal. The route is available on the Corsham Running Club website www.corshamrunningclub.co.uk

Drinks

A water station will be provided half way round the main race route at the top of Ayford Lane and at the finish. Other refreshments may be purchased from the Cricket Club.

Medical Cover

Qualified first aiders will be present to cover any emergencies.

Route

The route has been modified this year so that the first stile is after 2.5kms. It is hoped that this will improve the congestion that has occurred in previous years at the first stile as it will give runners more opportunity to spread out. The route of the main race is described in a document that can be downloaded from the Corsham Running Club website, www.corshamrunningclub.co.uk

The fun run will be well marshalled and does go through some fields and bridleways around the cricket club.

Pets, Prams and Wheelchairs

Due to health and safety neither the main race nor fun run is deemed suitable for wheelchairs, prams or pets.

Marshalls

Ample Marshalls and officials will be provided to support both 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!

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 Marshfield School and Corsham Running Club websites: www.marshfieldprimary.uk.org or www.corshamrunningclub.co.uk

Safety

Please take care when leaving the car park as runners may still be on the course. Please observe instructions from marshals.