NORFOLK GAZELLES RUNNING CLUB
Valentine 10K

Sunday 12th February 2012
Start 10.30 am

Thank you for entering the Valentine 10k organised by Norfolk Gazelles Running Club. Race HQ will be Swanton Abbott Primary School, Youngmans Lane, Swanton Abbott, Norwich, NR10 5DZ.

Please find below some useful race information:

The Course: Has been accurately measured by an approved UKA course measurer and will marked at each kilometre. The race starts just down the lane from the school and will finish near the village hall, a short walk back to the school (see attached map for more details). The course is an undulating loop around the villages of Swanton Abbott and Skeyton on quiet country lanes. For your own safety you must run on the left hand side of the road at all times and please obey the instructions of the course marshals who are there for your own safety. A water station will be provided on the course at approximately 6 km.

Directions to Swanton Abbott: Swanton Abbott is situated approximately 12 miles north east of Norwich and 4 miles south west of North Walsham (see attached map). Signs will be in place in the village on race day to direct you to the primary school.

Swanton Abbott village also has its own website www.swantonabbott.co.uk if you would like to find out more about the village and the local facilities, pubs etc.

Parking: Will be on a field adjacent to the school. Please park as instructed by the car park marshals.

Facilities: Changing facilities are limited and it is therefore recommended that you arrive already in your race kit. No baggage storage facilities will be provided as the car park and race HQ are just a short walk from the race start. Please note that any baggage left in the school premises unattended will be your own responsibility. Norfolk Gazelles will not be held responsible should any property go missing. Refreshments will be available at the school.

Race number: You must not pass your race number onto another runner if you are unable to attend. Your race number **must not** be cut, folded or mutilated in any way, and must be fastened securely to the front of your vest or top and not covered. Please write your contact details and medical conditions (if any) on the reverse.

First Aid: Qualified personnel will be in attendance and situated near the finish area. If you need attention during the race please seek the help of the nearest marshal.

MP3 Players: Please do not bring along your MP3 player to listen to music whilst running. The course is run on small rural roads which are still open to normal road traffic. For your safety, you will need to be able to hear and follow instructions from the marshals around the course.

Courtesy: As noted above, the roads will be open to other users and are popular with local horse riders and dog walkers. Please be courteous to all other people on the race route and bear in mind that they are also enjoying a lovely day in the countryside.
There will be ample toilet facilities - please do not use the hedges around the school and the neighbouring farm, or the school playing field, as this is bound to cause offence.

Any questions: Please contact Marianne Saunders on 01603 745612 (after 8.30 pm evenings), email manager@norfolkgazelles.co.uk or visit our website at www.norfolkgazelles.co.uk if you would like any further information.

If you like running around the countryside in the Skeyton area please look out for our next race – the Alex Moore Relay is due to be held on Sunday 27th May 2012.