



Dave Sanderson Portland 10 - Sunday 2nd July 2023

Race Day Information

The Portland 10 Road race will soon be here! Below are some last minute information & instructions regarding the event. Please read these instructions carefully and if you have any further questions please contact me directly.

Registration:

The race registration is at YMCA, Reforne, Portland, DT5 2AN

To get there by road head for Weymouth then follow the signs for Portland on the A354. Follow the main road to the top of Portland at the Heights Hotel roundabout and take the **2nd** exit. Marshals will be directing you to event parking which is opposite the Heights Hotel on the A354 (see below map)

Please follow the marshal's directions for parking. Please note there is NO parking available at the YMCA or Cricket Ground. Please car share where possible. Registration is then a 5 - 10min walk from the parking area.

Registration opens at 7:30am, for number collection and on the day entries.
Please remember to bring safety pins to attach your number.

Toilets, showers and changing facilities are available at registration and for use before and after the event. Baggage can be left in the "Bag Drop" which is located within the Finish area. Baggage is NOT to be left at YMCA.

Tea, coffee & other refreshments will be available before and after the race within the finish area.

Race Start and finish are a short walk from the registration area, please allow plenty of time to walk to the start, the race brief will take place at 8:45am and for 2023 this will be held within the cricket ground / finish area, before walking over to the start. The race will start promptly at 9am

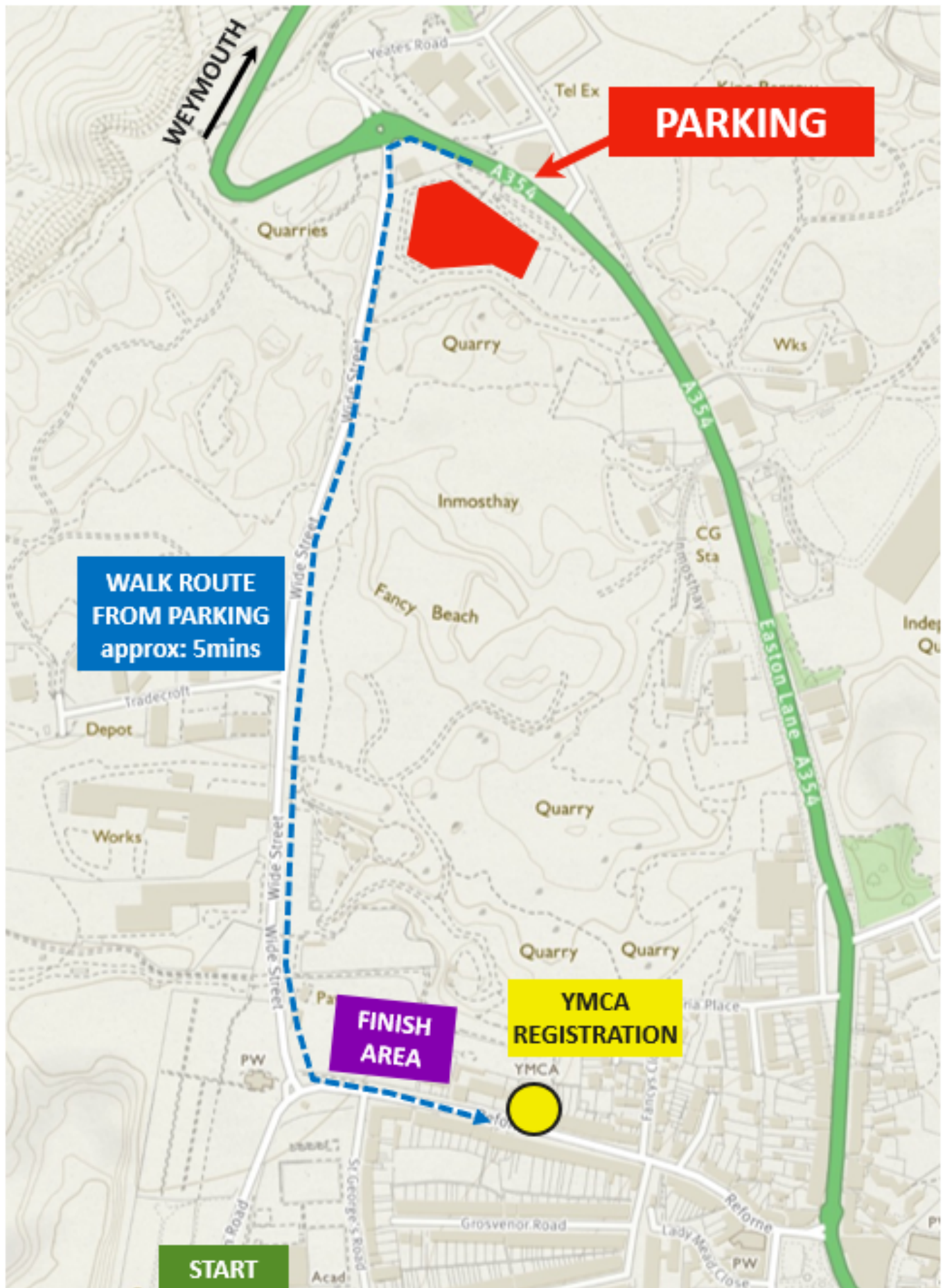
The Route & Race Safety:

This event will be held under English Athletic rules. This is to ensure the wellbeing of, not only participants, but also race officials, the general public and other road users. For full details see www.runbritain.co.uk

The route is undulating, predominantly on tarmac roads and pavements.

The use of personal music players and headphones, including bone conducting ones is not permitted. Any infringements will lead to disqualification.

First Aid cover will be provided on the day by St Johns Ambulance Services





All water stations will have water and cups on tables for you to take. Water will also be available for those with reusable cups. Water & sponges will also be available at 2 of the 4 water stations.

Water Station 1: Portland Bill	approx: 2.5miles
Water Station 2: Southwell Street:	approx: 4 miles
Water Station 3: Wakeham	approx: 5.5miles & 8.5miles
Water Station 4: Wide Street	approx: 7miles

There will also be water available at the finish area.

Please make sure you are properly hydrated before the race and in the event of warm weather on the day make sure you take on board sufficient water at each station.

If you want anything other than water on the course please bring this with you, there will be no sports drink or food/ sweets/ gels on any of the water stations.

Remember your sun cream too! There is very little shade on the course, and it is usually a warm day!

Other important information:

This event is an open road event, therefore please be aware of other road users and obey marshaling instructions at all times. Foul, argumentative, or abusive language or unsportsmanlike conduct directed at competitors, marshals, race officials, or spectators is forbidden.

There are 3 road crossing points that will be marshaled, however it is you, the **runner's** responsibility to check that it is safe to cross. Marshals are there to assist but are instructed not to stop traffic.

The course is a looped course, the 1st loop being the larger loop, you will need to pass the finish area on the 1st loop and do the smaller 2nd loop BEFORE going into the cricket ground for the finish, be aware that the runner in front of you may be already on their 2nd lap.

The final 300 meters towards the finish line is on grass around the cricket field and may be uneven

For DRRL Clubs, please make sure you are wearing your affiliated club vest in order for your points to count in the league.

There are no refunds or deferrals available.

If however for any reason you have to drop out, please contact your nearest marshal. If you are able please try and make it to the next water station where medical attention and transport can be arranged.

If you are running and come across someone who is injured and unwell please stop and offer assistance. Do not leave the person, but try and get another runner to get help or call for help.

- Do not run if you feel unwell
- Wear Headphones or similar devices.
- Drop litter! All water stations have bin bags. If you can carry gels etc full
- Urinate in public areas. There are toilets at the start and in various public places along the route.
- No wheelchairs, buggies, or dogs and no accompanying persons on bicycles.

Finish Area:

Within the grounds of the Red Triangle Cricket ground, showers and changing facilities can be used back at the YMCA. Refreshment facilities will be available within the finish area.

Results, prizes and photography:

All finishers will receive a memento and Category Awards will be presented after the last runner has finished. Ken Hewitt Photography and DorsetBays Photography will be around the course on the day and photos available on their facebook pages after the event.

Special Thanks to Portland YMCA, Portland Red Triangle Cricket Club, Albion Stone, Laming & Sons & Swift Signs, DorsetBays & Ken Hewitt.

Thank you for supporting our event, we hope you have a great run!

Many Thanks

Nichola Taylor & all the team at RMPAC