

**BRIGHTON AND HOVE CITY ATHLETIC CLUB
THE BROOKS BRIGHTON 10K**

(incorporating the Sussex County A.A. 10k Championship)

Sunday 20th November 2011 at 10am

Dear Competitor,

Thank you for your entry and welcome to the twenty eighth annual running of **The Brighton and Hove City Athletic Club's 10k Road Race** sponsored again this year by **Brooks Sports**. This popular race has always been held along the city seafront of Brighton and Hove and although the start and finish has moved nearer the city centre in recent years the two turns of the out and back course have remained the same. The eastern end is 'Embury's Turn' at Black Rock and the west end is 'Furlong's Turn' at the King Alfred Leisure Centre. The turns being named after the volunteers who have marshalled these points for many years. Please find enclosed full race information details to assist you in the smooth running of your day and ours. Further information and previous winners' times can be found on www.brooksbrighton10k.co.uk

No registration is necessary

SPONSORS We are indebted to our main sponsors **BROOKS SPORTS** and in particular Mr Michael East and Mr Andrew Mitchelson, for their help with our event and hope their association with us will continue in future years.

As in previous years Brighton and Hove City A.C. are grateful for the assistance given to the organisers by the **Brighton and Hove City Council** in providing course facilities and particularly **Ms Jo Osborne**, the Events Officer from the Council's Events Office. We are also pleased to welcome **Councillor Ann Norman, Brighton and Hove City Council**, who is a great supporter of the event, to start the race.

We would also like to thank our local sponsors: -

The Royal Albion Hotel, 35 Old Steine, Brighton, BN1 1NT (01273 329202) and their Conference and Events Manager, **Mr George Amaru** for hosting the awards presentation;

Mr Sam Lambourne of **The Jog Shop**, 39b George Street, Brighton (01273 675717) for entries and general assistance;

Mr Mark Lowe of **Apollowe Scaffolding Ltd**, 30 Dudley Road, Brighton (01273 550782) for scaffolding and platforms;

Mr Greg Harman of **The Madeira Café**, 15-16 Madeira Drive (01273 684088) for official's refreshments;

Mr Andy Owen, Client Services Manager of **raceahead uk limited** (01225 446634) for the computer timing programme and administration used in the race;

Mr Kevin Thornton of Kevin Thornton Associates Ltd (01903 814009) who has supported the event since its inception.

Once again we would like to thank the members and friends of the **Brighton and Hove Breakfast Rotary Club**, and their President, **Susan Harrison**, for their invaluable assistance on the day of the race. The money raised by the Rotary Club at this event in recent years has gone to various good causes both at home and abroad. This year the club's fund raising efforts are for the Admiral Nurses and to provide equipment for the Royal Sussex County Hospital Cancer Unit.

RACE NUMBER AND TIMING CHIP Your race number with timing chip attached are enclosed. The race number must be fixed to the front of your vest above waist level and must not be folded, cut, altered or mutilated in any way and the sponsor's name must be visible. Any runner not wearing a number on their FRONT or without a number at the end of the race will not be allowed across the finish line and will not be recorded nor receive a medal. Deviation from these points contravenes UK Athletics' Road Race Regulations and will result in the disqualification of the runner.

Race numbers are NOT interchangeable

The timing chip is fixed to the back of the number and will interact with the start and finish line when crossing. The chip will give your race time (start to finish) and also your start line to finish line time (chip time). You will get an actual time for the 10k distance but you must cross the start and finish line only once at both start and finish. If you have registered your mobile phone number when you entered you will be sent your race time immediately after you finish.

**Members of affiliated Clubs must wear their First Claim Club vest.
Do not forget your race number and timing chip – replacements cannot be issued.**

LOCATION The Start and Finish is shown on the Race Area sketch map. Although Madeira Drive is closed to traffic from 7am for the duration of the race car parking will be allowed to competitors east of the Start/Finish area. To access this area vehicles must enter Madeira Drive via Dukes Mound by showing their race number to the marshals at the entry point (see sketch map). With over 3,000 entries the earlier arrivals will have the easier parking. There is also parking available on Marine Parade and in the side streets to the north of Marine Parade. Please remember that only in Madeira Drive will the parking restrictions **not** apply during the race (that is until 12 noon when the road will be reopened to all traffic).

CHANGING Changing and shower facilities are available at the Stanley Deason Leisure Centre in Wilson Avenue. Local runners are asked, where possible to come already changed for the event to relieve pressure on these facilities. Please ensure your kit bag is adequately marked if you will be using our baggage storage facilities which will be on the north side of Madeira Drive east of the Finish area.

**YOU ARE RESPONSIBLE FOR THE SAFETY OF YOUR OWN
EQUIPMENT AND CLOTHING**

Do not leave valuables in the changing area

TOILETS Toilet facilities for both Ladies and Gentlemen are indicated on the map. These are at the Leisure Centre, the Colonnade and in portable toilets west of the Start/Finish area. There are also public toilets at Peter Pan's Playground and Concorde 2 which are on opposite sides of Madeira Drive about 600m east of the Start/Finish area.

MEDICAL SERVICES We are pleased to have the support of the medical services of the St John Ambulance Service. Their members will be at the Start/Finish area and also on the course.

THE START The start of the **BROOKS Brighton 10k** will be at **10am sharp**. All runners should assemble by 9.50am behind the start line with the Brighton Pier behind them. The course goes east for the first 1.5 kilometres before returning passed the start line. At the start it is dangerous for slower runners to be near the front where they may impede the faster runners. You could cause an accident so please be realistic with your expected finish time and start position. There will be indicators recommending where you should stand for the start. Please take care at Embury's Turn when the runners return westwards along Madeira Drive. Remember that although the race results will be based on your finishing position at the end of the race you will also get your actual running time from start line to finish line. This time, known as the chip time, will be sent to your mobile number (if we have it!) immediately after you complete the course.

THE 10k COURSE Kilometre markers will be prominently displayed along the route, which has been accurately measured by an Official Course Measurer and hold a Certificate of Course Accuracy (SEAA 00/103). Please be aware that your safety is your own responsibility.

- ❖ You must obey the instruction of the Police and Race Marshals at all times. They are in a far better position that you are to know of any possible danger points.
- ❖ Beware of the street furniture (bollards and seats) on the pavement between the piers
- ❖ Keep well to the left at all times unless otherwise instructed.
- ❖ Although officially the cycle lane is closed for the duration of the race please be aware of the possibility of cyclists on the pavement in the cycle lane. Beware also of the usual problem with Sunday morning strollers along the seafront. Some may have dogs and /or little children in tow.
- ❖ No dogs will be allowed to take part in the race. This is a dangerous practice, liable to cause accidents and is forbidden under the regulations of the British Association of Road Races.

TIMING For your immediate finishing needs there will be a digital clock mounted on the gantry by the finish to record your time. With the use of the computer timing we will be displaying the earlier results near the finish as soon as possible.

FINISH The finish is at the same place as the start. Please keep moving after crossing the line and you will be channelled into an area where your race finisher's medal will be presented to you. You should continue until you are clear of the finishing area where water will be available

PLEASE DO NOT CROSS THE LINE AGAIN ONCE YOU HAVE FINISHED

You are requested to keep moving to collect your drink and meet up with family and friends. Please do not congregate or obstruct the finish area, nor distract the officials in the finish area.

Please remember that all our officials, marshals and helpers have given up their Sunday lie in to voluntarily turn out to help us help you to enjoy your sport.

PERMITS All the relevant permits, licences and certificates relative to the event will be on view at the race Start/finish area and the Royal Albion Hotel. The Road Race Permit issued by England Athletics is No 2011/101168 The Course has certificate of accuracy no SEAA 00/103

RESULTS The complete results will be available as soon as possible after the race for those who wish to see them on www.brightonandhovecity-ac.com and www.raceahead.com.

AWARDS Presentation of race awards and County Championship medals will take place in the Russell Room at the Royal Albion Hotel, 35 Old Steine, Brighton at approximately 12.30pm. The hotel is opposite the Brighton Pier and the entrance is on the north side opposite the Old Steine Gardens. We would like to thank Brooks Sports for the award vouchers. Awards will be made to the following:

Men

First **ten** finishers
First **three** affiliated clubs (4 to score)
First **three** under 20 men
First **six** over 40 men
First **three** over 50 men
First over 60 man
First over 70 man

Women

First **eight** finishers
First **three** affiliated clubs (4 to score)
First **three** under 20 women
First **six** over 35 women
First **three** over 45 women
First over 55 woman
First over 65 woman

Awards not received at the presentation will be sent to the winners. Please note that winners in the master's categories may also win the awards from the overall race but will only be eligible for one master's award.

FINALLY Another reminder not to forget your race number and timing chip as replacements cannot be issued.

Thank you for reading this important race instruction leaflet

Also if you are coming by public transport on the day remember it's a Sunday and check your route!! Don't forget the start time is 10am!!

HAVE A GREAT RUN!

NEXT YEAR Next year's event, the twenty ninth running, will be on
Sunday 18th November 2012 at 10am

Chris Carter Race Director