



Thank you for entering the 26th Christmas Cracker 10k; your number is enclosed.

THE RACE WILL BE CHIP TIMED - REMEMBER; NO CHIP = NO TIME!!
PLEASE REMEMBER TO COLLECT YOUR CHIP BEFORE THE RACE
CHIP COLLECTION OPENS AT 9.00AM,
AT RACE HQ - WESTON COLLEGE, OUTSIDE THE REAR DOOR.

On the day do not forget your safety pins and tinsel. At least one piece of tinsel **must** be worn by every competitor, and running in fancy dress is absolutely encouraged!!

VENUE: Our race HQ is Weston College, Knightstone Road, Weston-super-Mare, about half a mile north of the Grand Pier, just off the sea front. Follow signs for the Sea Front North. There is **NO** parking available at Weston College itself, but there are a number of pay car parks close to the college, a large multi-storey at the Sovereign Centre and limited parking on the sea front itself.

The race start and finish are located on the beach, by the Grand Pier.

Timetable of Events

09:00	Weston College opens – refreshments available on 2 nd Floor
09:00	Chip Timing Collection Opens (outside the rear door of the college)
10:15	Crèche opens
10:30	Judging of the individual and team fancy dress, by the Grand Pier
11:00	START OF THE RACE, by the Grand Pier
12:00	Post race party starts on 2 nd Floor, main bar area, with live entertainment
(approx) 12:45	Prize giving on the 2 nd Floor

RACE CHARITY: The charity will again be Weston Hospicecare. A sponsorship form is enclosed. Please do your best to raise money for this very worthwhile cause. In 2012 the Hospice received over **£7,600** from donations by Weston Athletic Club and runners – let's see if we can beat that this year!



You can find more information about the valuable work the Hospice does by visiting <http://www.westonhospicecare.org.uk> or you can make a donation by visiting the this website <http://www.justgiving.com/weston/donate>.

RACE HQ FACILITIES: These will be provided over a number of floors. In summary, you will find the following:

8th Floor	Male showers; male toilets (no lift access to the 8 th Floor).
7th Floor	Female changing, female showers, female bag store, female toilets.
6th Floor	Female toilets.
5th Floor	Male toilets.
4th Floor	Male changing, male bag store, male toilets.
2nd Floor	Refreshments, presentations, post race party, bar, food, male and female toilets, crèche
Ground Floor	Toilets. Race information desk, lift in foyer to 2 nd floor only; Lifts by main stairs to floors 2 to 7.
(outside rear door)	Chip Timing Collection (available from 9.00am)

BAGGAGE STORAGE: A label is enclosed, please put your race number **IN LARGE NUMBERS ON BOTH SIDES** of the label and attach it securely to your bag. This service will be open from 9:30am. After the race you will need your race number to retrieve your kit, which is stored at owner's risk.

CRECHE: This will be open and fully supervised between 10:15am and 12:30pm. The crèche is located in an enclosed area on the 2nd Floor; follow the signs! Drinks and biscuits will be provided. **We can only accept those children who have been booked in advance on an entry form.** Minimum age: 12 months; Maximum age: 12 years. You will need your race number to book your child **IN & OUT** of the crèche.

RESULTS: Provisional results will be displayed on the day on the 2nd Floor. Full results will be available on the internet at <http://www.westonac.co.uk> as soon as possible after the race.

RUNNING NUMBERS: Race numbers will have your T-shirt size marked on the front. Please complete all details on the back of the race number, including any medical condition or allergies. All runners must wear their own number on the **FRONT** of their vest/fancy dress costumes. Numbers must **not** be given to other runners without prior notification to the race secretary. Failure to inform the race secretary can create significant results quality issues and can put runner safety at risk (e.g. incorrect emergency contact details, known medical issues, allergies etc). Race numbers should not be cut, folded or otherwise reduced. Anyone found running with an altered or unofficial number will be disqualified.

SUBSTITUTIONS: If you wish to substitute another runner, then you must let us know by **FRIDAY 13th DECEMBER** at the very latest by contacting the Race Secretary. You must supply the name, gender, date of birth, contact telephone number, emergency contact name and number and running club (if applicable) details of the substitute runner.

WITHDRAWAL: If you have entered and know you will not be able to attend the race, please email the Race Secretary with your name and allocated race number.

Race Secretary: Bryan Morley - Email (preferable): cracker@westonac.co.uk – Telephone: 01278 641736

FANCY DRESS: A big part of what makes the Cracker such a fun race is the fancy dress which all runners are encouraged to wear. Remember, everyone must wear at least one piece of tinsel! Fancy dress judging for both teams and individuals will take place close to the Start near the Pier at 10:30am.

THE START: Will be by the Grand Pier at 11:00am. Please allow at least 10 minutes for the walk from race HQ to the start.

THE ROUTE: Please see overleaf for an illustration of the race route. We have listened to your feedback and designed a safer route for 2013 involving fewer road crossings. The course is an accurate flat 10k, on a mixture of firm sand and tarmac surfaces. Owing to the multi-terrain nature of the course, we regret that it is considered unsuitable for wheelchairs. The route is well marshalled and signed with kilometre markers. There is a first aid post at the finish and a first aid vehicle will be following the runners to pick up anyone who has to withdraw. An ambulance is on standby. There is a water station at 4.8k, and at the finish. For your own safety please follow any directions given by the marshals and always keep to the left hand side of the road.

THE FINISH: Please hand your timing chip to a race official, DO NOT leave the beach without handing in your chip.

T-SHIRT: Please collect your T-shirt on your way back into Weston College; the rear entrance should be used and will be signposted. This will give you fast access to the lifts/stairs for changing etc; then join Bulldog and the post-race party on the 2nd Floor.

PHOTOS: Photo-Fit.Net will once again be our race photographer. Register at <http://www.photo-fit.net> to receive your photos in your inbox.

THANKS: Our thanks go to our sponsors; Mizuno, Easy Runner, Hutton Moor Leisure Centre, County Flat Roofing (UK) Ltd, Bloxham & Barlow Estate Agents, Booker, Wessex Water and Photo-Fit.Net. We also thank North Somerset Council, Bulldog for the great live music played at race HQ, staff at Weston College, Tiny Toes Day Nursery and all those friends of the race who have so generously helped with the organisation.

We are again grateful to John Joyner for agreeing to provide the commentary for this event.

Many thanks for supporting our event. The race organisers hope you have a great run. After the event please log on to the Runner's World website at <http://www.runnersworld.co.uk> to provide any suggestions or comments on the event or email the Race Secretary.

HANGOVER 10KM: If the Christmas Cracker race has whetted your appetite, why not consider entering the Hangover 10km race on January 1st 2014? What better way to usher in the New Year than with a 10km race around the village of Kewstoke and Sand Bay? You can find out more by visiting <http://www.westonac.co.uk/hangover>.

CONTACT DETAILS: If you have any queries about this race please make contact using the details below.

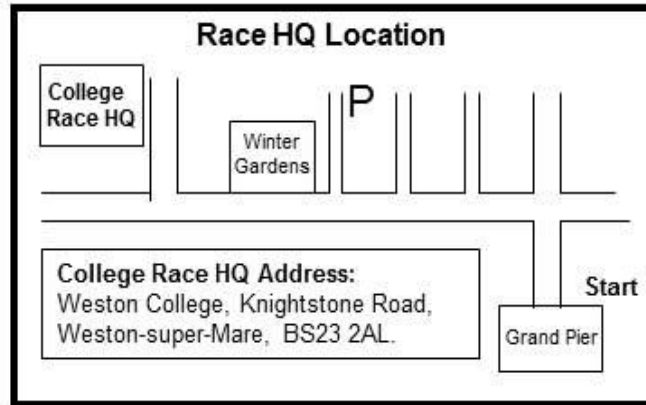
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Our Sponsors:



Christmas Cracker 10k Route 2013

(Note: Map not to scale)



Race HQ location
(see inset above)

