



WESTON
Athletic Club

29th CHRISTMAS CRACKER 10K
11:00am SUNDAY 11 DECEMBER 2016



Thank you for entering the 29th Christmas Cracker 10k; your race number (**which includes a timing chip**) is enclosed. **PEASE READ ME TO THE END!**

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. Since Weston Athletic Club began to support Weston Hospicecare 14 years ago, the club and runners have donated £47,000 (over £11,000 last year!). **With your help we can reach £60,000 this year!**



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

RACE HQ: Our race HQ is Weston College's Knightstone Campus, Knightstone Road, Weston-super-Mare, BS23 2AL, about half a mile north of the Grand Pier, just off the sea front. Follow signs for Sea Front North. Please use the light-controlled road crossings to cross onto and from the Promenade and, for your safety, please obey the requests of marshals at all times.

MINI CRACKER: Details and registration information for the Mini Cracker 2km race will be sent by email to the email address provided during the online entry process.

PARKING: There is **NO** parking available at Weston College itself, but there are several pay car parks close by, including a large multi-storey at the Sovereign Centre. North Somerset Council has agreed to allow competitors limited parking along Marine Parade for only £1. Just show your race number to a parking attendant, who will let you have this specially priced ticket.

Race HQ Facilities

8th Floor	Male showers; male toilets (take the lift to the 7 th floor and then the stairs 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

BAGGAGE STORAGE: A label is enclosed. Please write your race number in **BLACK** ink in **VERY BIG NUMBERS** on **BOTH SIDES** of the label and tie 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.

CRÈCHE: This will be open and fully supervised by staff from Memorable Moments Nursery between 10:00am and 12:30pm. The crèche is located in a secure area on the 2nd Floor; just 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 and please let us know of any special needs or dietary requirements. You will need your race number to book your child **IN AND OUT** of the crèche.

Timetable of Events

09:00	Weston College opens – refreshments available on the 2 nd Floor
10:00	Crèche opens and start of the Mini Cracker race
10:30	Judging of the individual and group fancy dress, by the Grand Pier
10:40	Start walking towards the race start if you have not already done so!
10:50	Prize giving for the Mini Cracker race by the Grand Pier
11:00	START OF THE 10k RACE, by the Grand Pier
12:00	Post-race party starts on the 2 nd Floor, main bar area
(approx) 12:45	Prize giving on the 2 nd Floor

RACE NUMBERS and TIMING CHIPS: Once again we are using a disposable timing chip incorporated within the race number. Do not lose your race number and guard it with your life! Be careful not to damage the chip when pinning the race number to your clothing. The T-shirt size you selected on the entry form will be marked on the front of your race number. **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. Race numbers should not be cut, folded or otherwise reduced. Anyone found running with an altered or unofficial number will be disqualified.

TOILETS: The public toilets along the seafront now charge 20p. Please come prepared with 20p coins if you think you may need to use toilets whilst out on the course.

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! No tinsel? You can buy some from us at race HQ for a 50p donation to Weston Hospicecare. Fancy dress judging for both groups and individuals will take place close to the start, near the Grand Pier, at 10:30am.

THE START: By the Grand Pier at 11:00am **PROMPT!!** Please allow at least 20 minutes for the walk from race HQ to the start.

THE ROUTE: See below for an illustration of the race route. 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 runners to pick up anyone who has to withdraw for medical reasons. An ambulance is on standby. It can be very windy and cold on the beach before the start so please make sure you are appropriately dressed as there may be some waiting time. There are two water stations, one at halfway and one at the finish so please stay hydrated by using the water provided which is especially important if it is very warm! 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 walk quickly though the finish area so as not to hinder other runners.

T-SHIRT: Collect your T-shirt and mince pie on your way back into Weston College. This year we are using the Lower Church Road entrance, away from the sea front. It will be well

signposted and will give you fast access to the lifts/stairs for changing and the post-race party on the 2nd Floor.

RESULTS: Provisional results will be available as soon as you cross the finish line via the Split Second Timing website (www.splitsecondtiming.co.uk) or later on via the Weston AC website (www.westonac.co.uk).

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

THANKS: Our thanks go to our sponsors: Mizuno, Easy Runner, Wessex Water and Photo-Fit.Net. We also thank North Somerset Council, staff at Weston College, Memorable Moments Nursery and Pre-School and all those friends of the race who have so generously helped with the organisation. We are again grateful to John Joyner and Roland Gibbard for providing the commentary for this event.

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

RACE DAY CHECKLIST: Before you leave the house for the race please check that you have the following items:

- | | | |
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| <input type="checkbox"/> This race literature and course map | <input type="checkbox"/> Toiletries if using the showers at HQ | <input type="checkbox"/> Safety pins |
| <input type="checkbox"/> Running clothing and/or fancy dress | <input type="checkbox"/> Money for car park & refreshments | <input type="checkbox"/> Race number |
| <input type="checkbox"/> 20p coins if using the seafront toilets | <input type="checkbox"/> Spare clothes and shoes | <input type="checkbox"/> Running shoes |
| <input type="checkbox"/> Completed baggage label | <input type="checkbox"/> Your children, if using the crèche | <input type="checkbox"/> Piece of tinsel |

SUBSTITUTIONS: Substitutions must be completed online by the original entrant. Please refer to the Cracker webpage (www.westonac.co.uk/christmascracker) where you will find a link explaining how to do this. The deadline for substitutions is **FRIDAY 4th DECEMBER**. Failure to complete the substitution process can really mess up the results and can put runner safety at risk (e.g. incorrect emergency contact details, known medical problems, allergies, etc).

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 (details below). Refunds are not available however.

SOCIAL MEDIA: Why not 'like' us on Facebook (www.facebook.com/westonacchristmascracker) or follow us on Twitter (www.twitter.com/Cracker10k) and join in the build up to race day? Here you can share your training progress, fancy dress pictures and race day experience with us and your fellow Cracker runners. You will also get notification of the race results and photos plus information about next year's Cracker 10k entries.

CONTACT DETAILS: If you have any queries about this race email the **Race Secretary:** cracker@westonac.co.uk

HANGOVER 10KM: If the Christmas Cracker race has whetted your appetite, why not enter the Hangover 10km race on 1st January 2017? What better way to bring in the New Year than with a 10km race around the village of Kewstoke and Sand Bay? You can find out more by visiting www.westonac.co.uk/hangover.

Our Sponsors:



Weston AC - Christmas Cracker 10km Sunday 11th December 2016 – 11:00am

Course Map and Key Points of Interest

