

THE CABBAGE PATCH 10

Supporting Clarendon School in Hampton and other charities

Sunday 16 October 2011 Start 10:00 am.



Participants name and number



Thank you for entering this year's Cabbage Patch 10.

Your Race Number is:

You qualify in the.....race age category.

You are a member of theteam.

Please check the personal details and inform the help desk on the day if there are any serious errors. Alternatively you can e-mail entries@cabbagepatch10.com before midday on Friday 14th October.

Race Number and Timing Tags

Your race number is enclosed. It has two timing tags attached. Please do not tamper with or damage them in any way. Follow the instructions on the reverse of the number. This race number must be firmly attached to the **front of your vest or T-shirt. It must be displayed vertically and not cut or folded or in any way.**

There is a separate timing tag for your running shoe. **This must be used.** Please be sure to follow the instructions. The timing tags will be automatically detected as you cross the finish line. The results will show your finishing time from when the race started.

Please keep moving once you have crossed the line and clear the finish area as soon as possible.

Parking

Parking is available in several car parks and streets within easy reach of the start and finish areas as shown on the map overleaf. Resident's parking restrictions do not apply on Sundays. However, the parking restrictions that do apply are **rigorously enforced. Wardens will issue tickets for parking on any part of the pavement or double yellow lines.**

Enquiries and Changing Facilities

This will be at the race HQ the Cabbage Patch, 67 London Road, Twickenham, TW1 3SZ, ¼ mile from the start and finish areas. Changing facilities are limited so please arrive changed and ready to run. Toilets are available at the Cabbage Patch but there are no public toilets near the start. Several other pubs and cafes near the start will open early to provide extra toilets. There will be provision to leave bags etc. in the pub's function room during the race. **For security reasons please do not leave unattended bags elsewhere.**

The Start

Prior to the start runners must assemble in the holding area in Church Street (see map overleaf). This is a pedestrian area. **YOU MUST STAY THERE, AND NOT OBSTRUCT THE MAIN ROAD.** Marshals will walk you to the start line.

The Route

The map overleaf shows the route. There will be mile markers and marshals throughout. **The roads will not be closed to traffic!**

Drinks

Water will be available between miles 4 & 5 and 7 & 8 and also at the finish.

After Race Stretch and Massage

Sports rehabilitation students from St Mary's University College in Twickenham will be providing, as part of their training, a supervised stretch and massage service. The stretching will take place near the drinks distribution. The massage will take place in York House at the Finish Area.

Results and Prizes

Results will be available on www.sportsystems.co.uk shortly after the race. There are prizes for the first ten male finishers and for the first ten female finishers as well as prizes in the veteran categories and team competitions.

The prizes for the first three men and women will be: £1,000 for 1st, £500 for 2nd and £250 for 3rd.

These prizes will be presented at the Cabbage Patch at 1.00 pm. All competitors, family and friends are welcome.

Special Spot Prizes

We will be giving away two bikes at the Cabbage Patch Pub during the prize giving. For a chance to win you must place your race number in the bin provided and be present in person to collect the prize.

PLEASE ENSURE THAT YOU COMPLETE THE PERSONAL DETAILS SECTION ON THE BACK OF YOUR RACE NUMBER

No entries on the day!

There will be no entries on the day. If you know of anyone who may wish to enter they should do so now. Any transfer of your race number to another person **must** be notified to Sports Systems before midday Friday 14th October or **before** the race at the Cabbage Patch enquiries desk race day.

Cancellation

Should this year's Cabbage Patch 10 race be cancelled for any reason beyond our control, refunds will not be available due to all received funds being committed to our suppliers.

PLEASE DON'T FORGET TO ATTACH THE TIMING TAG TO YOUR RUNNING SHOE

THE ROADS WILL NOT BE CLOSED TO TRAFFIC

While running you must keep to the left hand side of the road, run on the pavement where possible and observe the Highway Code.

