

# 10k The Dorney DASH

**Datchet  
DASHERS**

[www.datchet-dashers.com](http://www.datchet-dashers.com)



ETON COLLEGE ROWING CENTRE Dorney Lake, Dorney, Nr Maidenhead and Windsor (SL4 6QP)

**SATURDAY 08 MAY 2010 - 10.00AM START**

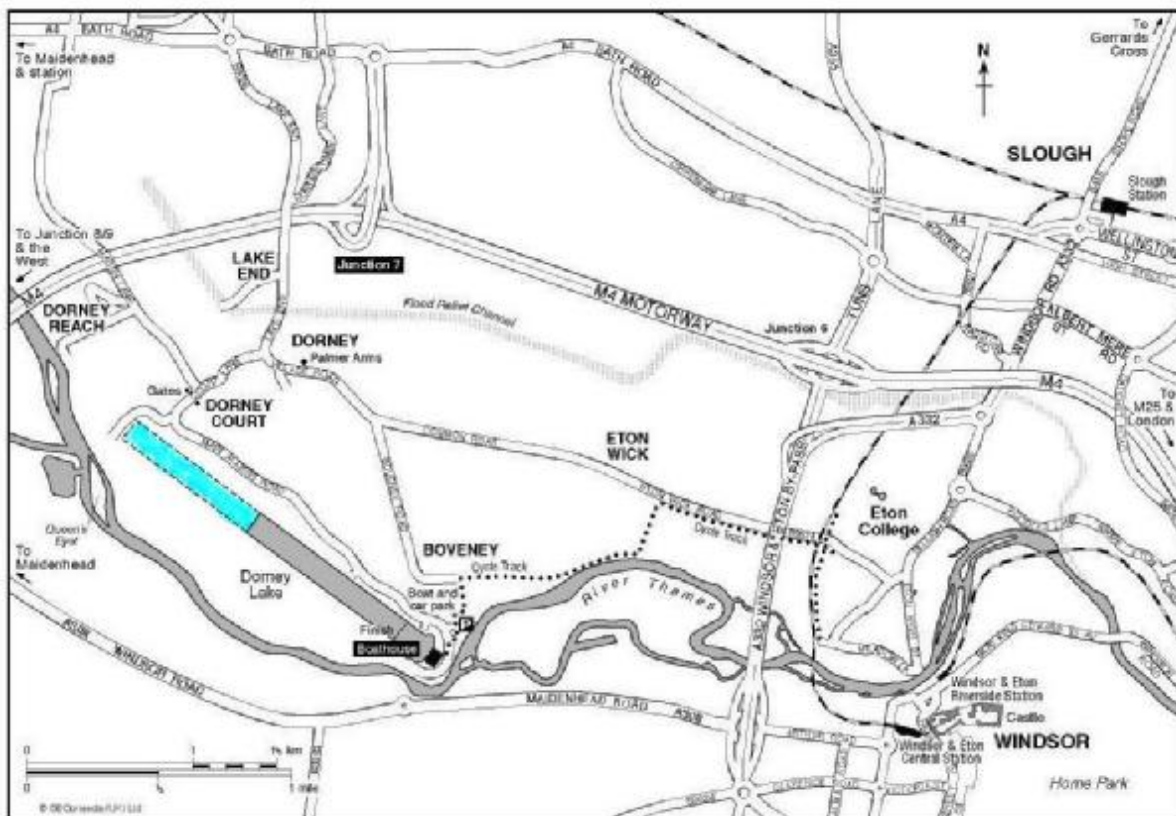


**APEX SPORTS**

## RACE INFORMATION

The race has been approved by the Association of Running Clubs (ARC) as a race that will be held under the current Laws and Rules of Competition of the Sport and in accordance with the Bye Laws of the ARC (Permit Number – 10/89).

**PLEASE AIM TO ARRIVE AND BE PARKED BY 9.00am.**



**FOR SAFETY REASONS VEHICLE ACCESS TO THE SITE WILL NOT BE ALLOWED BETWEEN 09.45 AND 10.45.**

**VEHICLES WILL ONLY BE ALLOWED TO LEAVE IN AN EMERGENCY OR EXCEPTIONAL CIRCUMSTANCE.**

Your race number is enclosed, together with your timing chip in an envelope. **IF YOU DO NOT TAKE PART, PLEASE PUT THE PRE-PAID ENVELOPE WITH TIMING CHIP IN THE POST.** Your Timing chip should be securely to your shoe as per the diagram and your Race Numbers should be pinned using four pins (on in each corner) and must not be cut, folded or defaced in any way. Do not cover your number with another layer of clothing or wear it on a layer that may be discarded during the race.

**FAILURE TO DISPLAY YOUR NUMBER AT THE FINISH MAY PREVENT US FROM RECORDING YOUR PLACE AND TIME**

If you are unable to run on the day, please do not give your number to anyone else. Affiliated runners are reminded that running vests should have no advertising material other than allowed under ARC rules and that runners should wear club vests in team competition. There is no need to register on the day but if you have any queries they should be directed to the Information Desk or to a race official.

**HOW TO FIND US** (O/S grid ref: Landranger 175-775935) (postcode SL4 6QP)

**By Road:** From the M4, exit at Junction 7 and follow the slip road to roundabout. Turn left onto A4 towards Maidenhead. Pass through a set of traffic lights and then turn left at roundabout onto B3026, sign posted to Dorney and Eton. Turn right onto Court Lane. Dorney Lake is situated through the large double gates. The boathouse is well sign posted.

**By Train:** Windsor and Eton Riverside station (cross the bridge to Eton High Street), Maidenhead, Burnham and Taplow train stations are a short cab journey away.

**CAR PARKING** There is ample parking in the grounds of Dorney Lake and there will be Marshals on hand to direct you. Cars are parked at owner's risk.

**IN THE EVENT OF THE GRASSED PARKING AREAS BEING WATERLOGGED IT MAY BE NECESSARY TO PARK VEHICLES ON THE MAIN ROAD TO THE BOATHOUSE.**

**PLEASE BE AWARE WHEN LEAVING THAT A ONE WAY SYSTEM MAY BE IN OPERATION WHICH MAY PUT YOU ON THE SAME ROADS AS THE LAST OF THE RUNNERS.**

**PLEASE OBEY THE MARSHALLS INSTRUCTIONS AT ALL TIMES AND DO NOT DRIVE ON THE GRASS TO GET AROUND RUNNERS OR OTHER TRAFFIC.**

**THE COURSE** The course is the same as in 2009. The course will be marked in kilometres and the accuracy of the distance has been certified.(05/067)

**COURSE SAFETY** There will be marshals at various locations – please observe their instructions and directions. Runners must not be accompanied by dogs or followed by others on cycles, motorbikes or cars. The course is unsuitable for wheelchairs. If you drop out during the race, please report to a marshal.

**DRINK STATIONS** Drinks will be available at the start and finish and at approximately every 2 ½ kilometres round the course.

**MEDICAL CONDITIONS** Please specify any medical conditions on the reverse of your number and state contact telephone numbers in the event of an emergency.

**FIRST AID AND MEDICAL CARE** Full paramedical care will be provided. Should you feel unwell or want to retire at any point on the course, please report to the nearest marshal or official who will be able to contact the medical staff and make arrangements to bring you back to the finish area. If you are unwell or injured on the day please do not run.

**REFRESHMENTS AND FACILITIES** Drinks and light refreshments will be available throughout the event. There are changing, shower and toilet facilities in the boathouse. In addition there will be portable toilets outside the boathouse.

**SECURE BAGGAGE** A secure area will be available for baggage. Please write your race number on one of the labels provided at baggage and attach the label to your bag before handing it in. Baggage is left at owner's risk and we cannot accept responsibility for loss or damage to any item. Runners will only be allowed to reclaim their baggage on production of their race number.

**INFORMATION DESK** A Race Information Desk will be located in the start/finish area and all race information will be displayed on boards.

**THE START** Competitors will be asked to assemble in the start area from 9:50 a.m. onwards, in order of best realistic finishing time.

**START 10.00 A.M. PROMPT.**

**THE FINISH** Once you have crossed the finish line continue through the funnel. Mementos and drinks can be collected in the areas adjacent to the finish funnel.

**RESULTS** Provisional results will be displayed in the finish area. Full results will be available on the web site: [www.datchet-dashers.com](http://www.datchet-dashers.com) after the event.

**PRIZES** Prizes will be awarded in the following categories:

Male	Female	Prizes	Team Competitions	Prizes
Open(All ages)	Open(All ages)	3	Team trophies (3 to score)	1st Male Team & 1st Female Team
Veteran (40-49)	Veteran (35-44)	2	<b>The Apex Sports Bonuses</b> (£150) will be awarded to the winning male and to the winning female, if their time sets a new course record.	
Veteran (50-59)	Veteran (45-54)	1		
Veteran (60+)	Veteran (55+)	1	The current records are Men's 31.55	Ladies 35.04

Apart from the first three men and first three women in the Open category, male and female runners will only be eligible for the prizes relating to their age category.

Entry for the team prizes is automatic and the team positions will be based on the cumulative time of the best three results. **Club vests must be worn to qualify for team prizes.**

**PRESENTATION OF PRIZES** The presentation of prizes will take place in the finish area at approximately 11.30 (inside the boathouse if the weather is bad).

**MEMENTOS** All finishers will receive a specially designed memento.

**RACE PHOTOGRAPHS** Photographs of each competitor will be taken by SportCam. All photos will be loaded onto their website, [www.SportCam.net](http://www.SportCam.net), where you can view and buy them. Alternatively you can click the link on the race website.

**SPORTS MASSAGE** Post event Sports Massage and injury assessment will be provided by the Sports Injury & Wellness Centre at a cost of £5. Treatment can be reserved before the day as can pre event massage on 01784 466219. Alternatively you can just turn up on the day.

**PROBLEMS** If you have any important queries or problems regarding your entry please E Mail: [Dash2010@Datchet-Dashers.com](mailto:Dash2010@Datchet-Dashers.com)

**RACE CANCELLATION** In the event of severe weather or circumstances beyond the control of the race organisers, we reserve the right to cancel the race. In the event of cancellation no refund of race entry fees will be made since most of the costs of staging the race will have been incurred already.

**ABOUT DATCHET DASHERS** Interested in joining the Datchet Dashers? Over the age of 18? We are a small running club based in Windsor and we meet on Tuesdays and Thursdays at 7.00pm in the Home Park. We cater for a wide range of abilities and ambitions and new runners are welcome to run with us for a few weeks before joining.

We are primarily a road-running club but also do some cross country events in the winter. Members race over most distances, from 5km all the way up to ultra-distance races such as the Comrades Marathon.

**For further information visit our website: [www.datchetdashers.com](http://www.datchetdashers.com)**