



9.30am start, Sunday 14th March 2010

Event HQ

Both events are held at Dunsfold Aerodrome, Dunsfold Park, Cranleigh, Surrey, GU6 8TB. Please note: You will need to show your race number to gain access to the aerodrome.

Travel information

For bus and rail info, go to the Transport for London website: www.tfl.gov.uk. The nearest BR Station is Witley, approximately 3 miles from the headquarters. If travelling by car, the entrance to the air field is via the North Gate off Stovolds Hill, off the A281 and is approximately 1.5 miles from Cranleigh. There will be no access via the South (Compass) gate

Parking

There is parking available in the Aerodrome. Please car share as much as possible. If you can, please stay, enjoy the facilities and support the race. When leaving the race, you may still encounter runners still out on the course. Please respect and give way to those still competing.

Baggage

A supervised baggage area is available near the car park. All bags will be left at owner risk. Labels will be available at the race venue. Please ensure you write your number on the label clearly and attach it securely to your bag. Keep hold of your race number. You will need it to reclaim your bag. The race organisers and Dunsfold Aerodrome accept no responsibility for any loss or damage. Please do not leave any valuables in your bags.

Facilities

Toilets are available near the start. There are no changing facilities so please come ready to race. A catering van offering tea, coffee and light refreshments will be available near the finish. Run to Live, www.runtolive.co.uk the Specialist Running Store based at 200 Barnett Wood Lane, Ashtead will have a stall offering nutrition, apparel and running accessories.

Race Admin

Your race number and chip have been mailed out to you. There will be a registration desk for any last minute queries. Entries on the day will be available at £25 for the Spitfire and £20 for the Tempest. Once the race has started you will NOT be able to switch between races. If you decide not to take part, please return the chip in the envelope provided.

Race route

The route is available on the website. It has been accurately measured. The surface has been subject to some snow damage and is at times rocky and uneven. Please take special care when negotiating these parts. The route follows roads and public footpaths. Please show consideration for other users.

The route is one lap (Tempest) or two laps (Spitfire) of an accurately measured 10 mile course. It starts on the track at Dunsfold for about 1k and then leaves the airfield via the North Gate. Once at the end of Please do not litter out on the course.

There are 3 water stations per lap located approximately at miles 2.75/12.75, 5/15, and 7.75/17.75. SiS energy drinks will be available at miles 5/15. Jelly Babies will be provided at each water station. Water will also be available at the finish.

Health and Safety

If you have been ill in the 2 weeks leading up to the event, you should seek medical advice prior to starting. If you are unwell within 2 days of the race, do not run. Do not put your long term health at risk just for a race. PLEASE WRITE YOUR CONTACT AND MEDICAL DETAILS ON THE BACK OF YOUR RACE NUMBER. Keep it safe! If you find yourself or another runner in difficulty, please alert a marshal.

Race Mementos

A medal and goodie bag (kindly provided by Asics) will be awarded at the finish.

Prize giving

Prize giving will be held at 12noon. Prizes will be awarded for Male, 1st, 2nd, 3rd : Female, 1st, 2nd, 3rd. Winners must be present to collect their prizes; they will not be mailed out.

Results

The results will be available online by Monday morning. At www.sportssystem.co.uk/ss/dunsfold/

Official charity

All proceeds of the Surrey Spitfire 20 and Surrey Tempest 10 will go to Help for Heroes.

Volunteers

No race would happen without the help of many volunteers offering their service for free. If you know of someone who is willing to donate their time on race day then all they have to do is contact us at info@runtolive.co.uk. If you get a chance, a cheery wave or thank you to marshals is greatly appreciated.

Official Retailer

Run to Live, Ashtead's specialist running store will be present at the event and will have all the latest running gear and products available for all your running needs. Please contact them on 0845 263 8801.

Finally

Special thanks go to Dunsfold Aerodrome for the use of the facilities. Asics for race support and goodie bags. Saucony for the use of their finish gantry and St John's Ambulance for first aid support.

Should you have important last minute queries, please phone 07952 329 226. Remember to race the race at www.runnersworld.co.uk