



ORWELL PARK SCHOOL

Co-educational Day and Boarding Prep School
Nacton, Ipswich, Suffolk IP10 0ER
Tel: (01473) 659225 Fax: (01473) 659822

headmaster@orwellpark.org www.orwellpark.co.uk
Headmaster: A D Brown, MA, PGCE

FINAL INSTRUCTIONS FOR RUNNERS

Dear Runner

Thank you for entering the Orwell Park 10K Race or Fun Run on Saturday 18th March. **The 10K race will start at 2pm followed immediately afterwards by the 3K Fun Run and then finally the 1.5k Fun Run.**

This final update includes information about the race, parking, facilities, presentations and results. Please also check the school website for any last minute changes or announcements prior to race day.

RACE HQ AND PARKING

The Race HQ is at Orwell Park School – postcode IP10 0ER. There is limited parking at the school and so if possible participants are encouraged to car share. **Participants are asked to arrive between the times of 12.30pm and 1.30pm.** Any cars arriving after this time will be asked to park in the overflow car park in Nacton village which is a five minute walk from the school and will be clearly signposted. **THERE WILL BE NO ACCESS THROUGH THE MAIN SCHOOL GATES BETWEEN 1.30PM AND 3.30PM.** Marshals will instruct cars where to park on arrival. Please do not park on nearby residential streets in such a way that will either inconvenience local residents or block the running route.

NUMBER COLLECTION AND BAGGAGE

Race numbers and timing chips will be available for collection from the Registration desk on the day from **12.30pm**. Numbers can be attached with safety pins which will be provided.

Your number must be displayed on the front of your top and should be visible at all times (bear this in mind if wearing layers). Please write any medical and emergency contact information on the back if you feel it is necessary. Please attach the chip to either of your running shoes using the cable ties provided. We will have staff on hand at the race if you have problems.

There will be a tent for baggage if required but it is left entirely at the competitor's own risk. The race organisers will bear no responsibility for any loss or damage including contents. Please do not bring valuable items and label any baggage.

START AND RACE

The start and finish for both races will be at the front of Orwell Park School. There will be a warm up for the Fun Run on the front lawn at 1.45pm.

Please do not wear headphones while you are running; this is for your and your fellow competitors' safety. Please follow instructions from marshals and race officials or in the case of an emergency beyond race control, emergency services will be given priority over all. The 1st Orwell Sea Scouts group and the Suffolk ACF have kindly offered to marshal both races once again. The 10k race and 3k Fun Run are two-lap courses and you may be lapped by faster runners. For your safety and theirs please listen carefully and follow any instructions given by the lead bike marshal (10k) or other race officials. A good guide is to stay on the left to allow faster runners to pass.

If for some reason you need to retire from the race, please try to make it to a marshal point, first aid station or water station for assistance. A sweep marshal will help anyone needing support at the rear of the field and call for additional assistance if needed. If you do retire, do not cross the finish line timing mats but report to the finish area to collect your finish memento.

It is understood that by entering and running in either the Fun Run or 10k Race that you are declaring yourself medically fit to do so, and in no way do you hold the race organisers in any way responsible in the event of illness or injury. The organisers for their part will do everything possible to make the race as safe as possible.

Cups of water will be available on the course at the end of the first lap (5k) along with the finish. Water will be provided at the finish only of the Fun Run.

FINISH AND RESULTS

When finished please move quickly through the finish area to avoid congestion as directed by volunteers and race officials. You will receive your medal, water and banana. If you require medical assistance after finishing please let a marshal or race official know.

Prize presentations will be made at approximately 3.15pm at the front of the school. Please note that all prizes are based on Gun Time.

Results will be displayed as soon as possible on race day and will be available online on the school website (www.orwellpark.co.uk) shortly after the race.

FACILITIES

Portaloos will be available at the front of the school. Please only use the toilets provided.

CATERING

There will be tea and coffee available at the front of the school. There will also be cakes available to buy, kindly provided by the parents and Friends of Orwell Park.

PHOTOGRAPHS

Please be aware that photographs of spectators and participants in both races may be taken by the school photographer. These may be published on the internet (school website) in relation to this event. Entry or attendance at any part of the event constitutes acceptance of this.

Many thanks for supporting this event and raising funds for our three charities this year: St Elizabeth Hospice, Meningitis Research Foundation and Facing the World.

Caroline Brunt

Race Co-ordinator
carolinebrunt@orwellpark.org