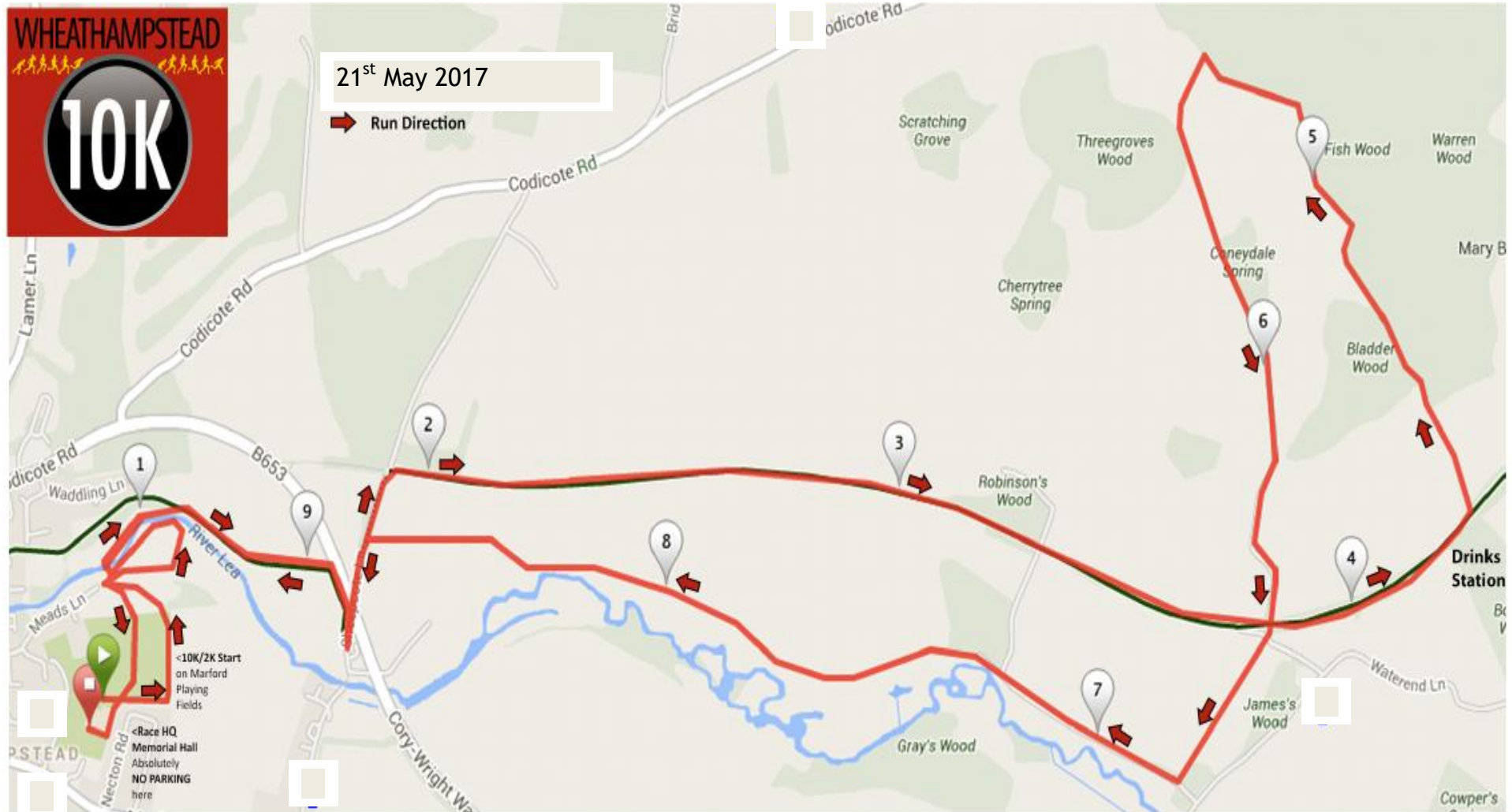


Wheathampstead 10k route



Please note that both the 2K and 10K will start and finish on Marford Playing Fields

Toilets are located near the Race HQ

Visit www.wheathampstead10K.co.uk or www.facebook.com/Wheaty10K for the latest info



Wheathampstead 10K Race and 2K Family Fun Run 2017
Sunday 21st May 2017

The Village of Wheathampstead welcomes you to its 18th 10K/2K event. Whatever weather you are greeted with on the day we hope that you will enjoy one of the most scenic runs in the county. It is this beautiful countryside around the village that has drawn runners back year after year.

What started off as a small school fundraiser has grown into a much loved annual event that sells out long before race day. To date, your efforts have helped raise over £120,000 for Beech Hyde School and has helped local pupils get better equipment and better support with their learning. We could not do it without you, so we offer our heartfelt thanks for all your wonderful support.

We start and finish the 10k and 2K on the playing fields making it perfect for runners and spectators. We have a narrow start to spread runners out (don't panic - mat-to-mat timing ensures all get their real race time). This year we offered the option of chip timing the 2k and all 10K entrants will have a timing chip on their race number.

We leave the playing fields and cross the river on the footbridge and follow the footpaths to Sheepcote Lane and up to the Ayot Greenway, the old track bed that was once the Welwyn – Luton railway line. Here you can quickly stretch your legs and enjoy a mixture of open views and dappled sunlight created by the tree tunnels that have formed since the demise of the line.

At Hunters' Bridge we drop down from the Greenway to Fish Wood - if you are lucky there may still be signs of the bluebells that create a carpet of deep blue in the springtime. The route opens up again and skirts the edge of fields before turning back upon itself on the taxing uphill section that leads to the drinks station at about 6.5 km. As the route levels off take time to enjoy the vista that opens up to you as you reach the top of the hill and can see across the Lea Valley. The sudden feeling of space has a liberating effect on the tired runner.

Once through the drinks station the route goes down the hill and we take the steps that lead to the river footpath. We then follow the river until we reach Sheepcote Lane again via a short but steep incline. We reach Marford Playing Fields along the footpaths and over the bridge again. Then it is almost straight to the finish, going round the tennis courts.

You'll be tired but we hope the village hospitality will revive you. Here you can recover, have a cool drink and enjoy a burger and some smashing home-made cakes. You can even get a well-deserved sports massage. There are also some fun things for kids to do after the 2K run.

We hope your final preparations for the race go well. Most importantly, we hope that you enjoy our beautiful, challenging countryside route and come back and join us next year as so many other runners continue to do.



Order of events

08.45 2K late entries desk opens at Race HQ (Memorial Hall)

09.40 2K late entries **close**

09.45 2K runners to start line on Marford Playing Fields

09.45 Fun warm-up session

10.00 **2K START**

10.00-13.00 Family entertainment

10.45 10K runners to start line on Marford Playing Fields

11.00 **10K START**

11.15 2K awards ceremony

12.30 10K awards ceremony

Medals will be given to all children in the 2K and all finishers in the 10K

2K trophies will be awarded as follows:

1st Boy

1st Girl

1st Beech Hyde boy and girl

10K trophies will be awarded as follows:

1st 3 male finishers

1st 3 female finishers





Race Day Information

- The Race HQ is at the Memorial Hall, Marford Road, Wheathampstead, AL4 8AY
Please arrive at least 25 minutes before the start of your event
- Refer to separate map for parking. Please note there is **absolutely no parking** at the Race HQ
- Toilets are located near the Race HQ
- There are no changing facilities other than the toilets, so please arrive in running kit
- There are no left luggage facilities at the Race HQ. Items left in the vicinity are entirely at the owner's risk. The organisers are not liable for any loss/theft that may occur
- Both the 2K and 10K races will start and finish on the Marford Playing Fields
- We respectfully ask that spectators remain on the playing fields
- The timing chip attached to your race number are unique to you and if you lose it, there will be a £5 charge for replacement (subject to availability)
- If you are no longer able to run on the day, **do not** under any circumstances transfer the race pack to another runner without informing us. Doing so will cause serious safety and logistical issues. The last date for transfers is 5pm on the 17th May. Please email us at contact@wheathampstead10K.co.uk to arrange any transfers. Any unauthorised swaps/replacements may lead to the runners being barred from entering future organised runs
- Numbers should be worn on your **front** and be visible to the race officials throughout the race
- Please write details of any medical condition on the reverse of your number. This is for your own safety
- Collection bins will be available at the finish line for the recycling of timing chips
- Water is available at approximately the 4K and 6.5K points in the 10K and at the finish
- Runners are strongly urged to keep hydrated at all times, especially during hot weather. Application of sun cream > SPF30 is also encouraged
- If wet on the day it is advisable to wear studs or off-road shoes
- We respectfully request that competitors not run with portable media players or, if they do, keep them at low volume, as you may not hear marshal's directions or if a runner wishes to overtake
- Race results for the 10K will be available on www.sportsystems.co.uk/ss/results
- There will be a BBQ and café selling burgers and hot dogs, homemade cakes, and refreshments. Various family entertainment will be available during the morning
- **We look forward to seeing you on the day and hope you have an enjoyable run**

