**Thames Chase 10K – 11th June 2017**

**Final Instructions**

Thank you for entering the Thames Chase 10K and we look forward to welcoming you on 11th June. Please read the following important and useful information carefully.

**Key timings**

9.00 – Site opens

9.00-9.45 – Race number collection

10.00 – 10K race begins

11.15 – prize giving

11.30 – Family fun run begins

13.00 – Event closes

**Race number collection**

Your race numbers and timing chips can be collected from the Forest Centre from 9.00am.

You must not give your running number to anyone else. Amongst other potential problems, doing so may cause problems of identification for the event medical services, in the case of an accident or injury. Any attempt to do so will result in immediate disqualification of the individual(s) concerned and removal from the event.

**Venue**

The race will begin at the Forest Centre, in Pike Lane, Upminster, Essex:

Thames Chase Forest Centre

Broadfields

Pike lane

Upminster

Essex

RM14 3NS

\*Please note that using the postcode for a GPS device can be misleading and we would recommend that the full address is used instead.

**Travel and Parking**

The closest station is Upminster, which is served by C2C train services and the London Underground District Line.

There is no direct bus service from the station to the Forest Centre, however, both the 346 and 370 bus routes will drop you approximately half a mile from the venue.

346 – alight at Pond Walk and walk down St Mary’s Lane

370 – alight at Orchard Cottages and take the public footpath down to the Forest Centre

Parking is available onsite for a donation of £2 per day, so please bring correct change for the meters (the meters currently only accept the old £1 coins). Please note that parking is extremely limited and we encourage participants to car share where possible.

**Baggage**

Manned bag storage will be available onsite, however all items will be left at the owners’ risk, so we would encourage you to leave all valuables at home or in your car. To collect your bag you will need to show your running number.

**Toilets**

Toilets will be available in the Forest Centre for the duration of the event.

**First Aid**

First Aid support will be provided by Euromedics and an ambulance will be on hand for emergency treatment. In the unlikely event that an emergency vehicle needs to cross or access the course, we ask you to please stop and not to obstruct them.

**Water Stations**

Water stations will be provided on the course at 4km and 7km. The Thames Chase Trust would like to thank Essex and Suffolk Water for their kind donation of the water bottles.

**Prizes**

Prizes will be awarded as below:

1st Male

1st Female

1st unplaced MV50, MV60

1st unplaced FV45, FV55

**Spectators**

We welcome spectators on race day and we want everyone to have a great event experience. The multi-lap course allows ample opportunities to cheer on family and friends. To make the event fun and safe for everyone, we would like to offer the following advice:

• Please don’t stand on the track or impede the runners in any way • If you need to cross the course then please make sure you do so safely • Please don’t cycle alongside the runners as this can cause accidents • Don’t forget to cheer and shout as loud as you can!

**Refreshments**

The Forest Centre café will open at 11am. Prior to this, bacon sandwiches and coffee will be available from 9am.

**Post-race massage service**

Treat yourself to an invigorating post-race massage, provided by Upminster Sports Massage and Pilates. Massages are free of charge, but a donation to the Thames Chase Trust will be very much appreciated!

**Sponsors**

The Thames Chase Trust would like to thank their main sponsor Radfield Homecare Havering and their other sponsors Essex and Suffolk Water, Waitrose, Cranham Golf Course, Toot Hill Golf Course and Upminster Sports Massage & Pilates for their support of the event.

**Family fun run**

Why not make a day of it and bring the whole family along for the post-race family fun run at 11.30?

Entry Fees -

£10 per family

£3 per child between 11-16 running alone

For more information or to register, please email **enquiries@thameschase.org.uk**