

Dear Runners,

We hope you are looking forward to this year's Dave Staines Horndon10k taking place on Sunday 25<sup>th</sup> June at 11am, which this year celebrates the race's 40<sup>th</sup> event. Race day information is attached below. All runners must collect their race number including timing chip from the Race HQ available from 9am on the day. Please note that safety pins for attaching the number to your shirt will be provided when you collect your number. If you do not have a number/chip you will not appear in the results.

Although there are no current legal restrictions in place for COVID 19 in the interest of the health of all those attending the event we ask that if you suspect or are suffering from symptoms or currently confirmed tested positive then please consider whether you should attend.

Thank you in advance for your cooperation and we wish you the very best of luck on the day.

The Dave Staines Horndon 10k Organising Committee



**THE DAVE STAINES HORNDON 10k Road Race**  
**Sunday 25<sup>th</sup> June 2023 @ 11:00am**

**RACE UNDER UK Athletics Rules UKA LICENCE 2023-45735**  
**Certificate of Course Accuracy 17/210**

Thank you for entering The Dave Staines Horndon 10k. You will find below some key information for the event but it is important to remember that you will need to collect your race number on the day from Race HQ (1 Lion Cottages, High Road), allowing plenty of time to do this as it will get very busy so it is advised that you aim to collect it between 9am and 10am.

**RACE LIMIT**

The number of participants will be limited to 500 entries. This is the maximum number that we are able to facilitate to ensure safety on the roads (which are not completely closed to traffic) and with the Horndon Feast & Fayre in full flow during this time.

**THE COURSE**

Our 10k is undulating starting on the High Road and then down the famous hill from the town name at just before the one mile mark – then running straight back up. The course then heads back along the High Road and into Hillcrest Road before taking in some country lanes. It then comes back into the town via Orsett Road and into Gordon Road before joining Hillcrest Road again on the second



- First Female Team (4 to count – entry automatic from correctly filled in entry forms)

N.B. A Vet finishing in the top three will only receive the 'place' prize and not the vets prize as well. Vets prizes will be awarded to a finisher in the strict age category. For instance, the MV40 award will be given to a Male aged 40 to 49 inclusive on the day of the race even if a Male aged 50 to 59 finishes before him.

### **MEDALS FOR ALL FINISHERS**

We have another new design for our high quality medals for all finishers this year celebrating it's 40<sup>th</sup> event. The first 100 finishers receiving 'gold' medals, the next 100 finishers receiving 'silver' medals, the next 100 finishers receiving 'bronze' medals; and the remainder receiving 'black' medals.

### **CAR PARKING**

There are car parks available and we would prefer that you use the Recreation ground carpark located on Orsett Road, postcode SS17 8PN. The High Road is closed to traffic and no on-road parking is available in the village. There is limited provision for disabled parking in the Village Primary School. There will be a small Feast and Fayre Programme/Parking charge.

### **TOILETS & CHANGING FACILITIES**

Toilets are limited and changing facilities are by exception so please arrive in good time if you wish to use them. We would appreciate the co-operation of all runners in coming changed to avoid any delays to the race. There are also no bag drop facilities unfortunately for this event.

### **REFRESHMENTS**

The water station (cups of water) is located at approximately 2 miles into the race in Hillcrest Road. You will pass the water station again on your second lap approximately 4 miles into the race. All runners will receive a bottle of water at the end of the race.

### **RACE NUMBERS**

These should not be cut, mutilated or folded. Athletes must complete medical information and contact details on the reverse of race number and your race number must be worn on the front of your top. Chips are already attached to the back of your race number and chip timing will give all runners an accurate time measured chip to chip.

### **HEADPHONES**

These are strictly prohibited and it is a condition of the race entry that they are not used. This is a safety precaution imposed for the sake of all competitors. Please comply with this instruction or risk disqualification.

### **RESTRICTIONS**

We are unable to accept entries from runners under the age of 15 whilst unfortunately the route is not wheelchair-friendly so, with reluctance, we cannot accept wheelchair entrants.

### **RESULTS & PRIZE GIVING**

We will aim to publish the chip time results by 8pm on the Sunday, these will be available to view from [www.racetimeresult.co.uk/](http://www.racetimeresult.co.uk/). Category winners results will also be displayed as soon as possible in the courtyard of the Bell Inn. Prizes will be awarded in the Bell In courtyard at approximately 1pm.

**FIRST AID**

First aid will be provided by St. John's if required. If you have any sort of medical condition, for your own safety please write full details on the back of your number including the condition, treatment and emergency contact details.

**CONTACT**

Please e-mail [info@horndon10k.co.uk](mailto:info@horndon10k.co.uk) with any queries.

We look forward to seeing you on 25<sup>th</sup> June 2023 and hope you enjoy the race.