



**Race Events**

## **Southwark Park 10k and Fun Run**

### **RACE DAY INFORMATION**

**Please read carefully**

#### **Date & Start time**

Saturday 11th May 2019 – 9:30 am (Southwark Park 10K Main event)

11:15 Fun Run

#### **How to get there**

**Car** (Post Code: SE16 2EH)

Southwark Park is just over a mile east of Tower Bridge, down Jamaica Road (A200). The south entrance to the park can be accessed by car from Southwark Park Road, where free on-street parking is available. There is a free car park available on the Hawkstone Road entrance to the park. Parking on Hawkstone Road is also free at weekends. Alternatively, there is a large car park next to Tesco Extra in Surrey Quays Shopping Centre, which is a 5-10 minute walk from the park entrance.

#### **Public transport**

##### **Bus:**

Buses 1, 199, 225 and 381 stop directly outside the park entrance on Lower Road. The park is also an 8-minute walk from Canada Water Bus Station.

##### **Overground:**

The entrance to Southwark Park is a one-minute walk from Surrey Quays overground station. Surrey Quays station is one stop on the overground from Canada Water underground station. Once you leave the station (either exit) there is a restaurant called the Yellow House on the opposite side of the road. Follow the pavement round to the right-hand-side of the pub and the entrance to Southwark Park will be almost immediately on the left.

##### **Tube:**

The nearest tube station to Southwark Park is Bermondsey Station on the Jubilee Line. The park is approximately 8 minutes' walk from the station. Turn right when you exit the station and continue along Jamaica Road passing the shops, you will see the park entrance on your right.

#### **Facilities**

There is a café in Southwark Park. The café has toilets, baby changing facilities and disabled access. The café is open from 9am and serves hot and cold food and drinks.

## **Registration**

Open's at 8:00am and will close at 9:20am. It will be held at the bandstand along side the baggage area at Jamaica Road Park entrance. Please check the board for your race number, this will be listed next to your surname. The registration desk will display race numbers categorized as 1-100 / 101-200 and so on, please join the correct queue to retrieve your race pack which will contain your race number and timing chip. **Baggage tags will also be available here (please remember to write your race number on your tag).**

## **Timing chip**

To be collected as above from registration. Your race pack will contain Information on how to use and fit your timing chip correctly to your trainer. Once you have finished the race, the timing chip will be removed for you.

## **Race number**

To be collected as above from registration. There will be a table with a box of pens and markers **Please remember to write on the back of your race number your emergency contact details and any medical information we may need to know.** Please do not give your race number to someone else. Please wear your race number on your front as Snappy Races will be taking pictures which you can view by entering our event name and your race number on their website. You will also need to enter your race number onto your baggage tag if you require this facility.

## **Baggage**

The baggage area is next to registration at the Bandstand. If you decide to leave your bag here, **please complete a baggage label your self**, which you will collect from the registration table. Your running bib is your ticket to collect your baggage so please do not discard once you have completed the race. The baggage area will be manned at all times by our marshals.

## **Course**

The route is a 3-lap course of this stunning park, the route will be on display on a notice board at registration. The race will start and finish at the bandstand. If you have a specific race time that you would like to aim for, we have race pacemakers to help you achieve your goal. You will find them at the start line advertising their estimated race time on poles i.e. 45mins, 50mins, 60mins etc. We will be letting all sub 45 min runners go first then sub 50 then sub 60 and finally over the hour going last, the race is chip timed so it does not matter when you cross the line you will get your exact race time. You will note the large yellow arrows and k markers directing you around the course along with our marshals who are very vocal and encouraging and best of all will supply you with much needed jelly babies and bottled water.

## **First Aid**

**If you have a medical history you feel we should be aware of please email PB Race events.** Trained Paramedic's will be available around the course. If you feel unwell during the race please alert the nearest marshal and prompt medical assistance will be provided.

**Fit to Run** - Please **Do not run** with a cold, flu, if you are feeling feverish, have chest pain, hangover, vomiting, diarrhea or just feel unwell as this can be extremely dangerous. Remember this is unfair to you, your family and race organisers you are unlikely to do your self-justice and may become a medical emergency.

### **Safety**

As the course is in a local park and other members of the public use surrounding areas, this includes dog walkers, cyclists and children. We will do all we can to ensure that this doesn't detract from your race performance or enjoyment but we ask that you take care. Please insure that you obey all race officials/marshals instructions, they are there for your safety. Dogs are not permitted to take part in this race.

### **Toilets**

There will be a couple of hired toilets near the bandstand and in the Café which is a 5 minute walk from here.

### **Water**

There will be one drink station near the 3k mark which you will pass three times so you will have ample opportunity to take on water.

### **Prizes**

1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> Male / Female, 40+ 50+ 60+ Male / Female Veteran, Spot prizes for a great finish. Plus a medal to all race finishers. Prizes will be given out as you cross the line, please stay for a photo.

### **Race charity**

PB Race Events is proud to announce that we are raising funds for Southwark Park.

### **Spectators**

All are welcome. There are quite a few good places to stand and see your runner's a few times. Please do bring your family and friends along as it will provide good support along with our great team of marshals. It really is a great fun day for a fantastic cause.

### **The Finish**

Once crossing the finish line keep moving, do not block up the finishing area collect your well earned medal and have some water.

### **Results**

Results will be posted on our website [www.pbraceevents.co.uk](http://www.pbraceevents.co.uk) along with our Face book page and a link will be e-mailed to all our runners with a link to race photos, you will also find your photo on [www.snappyraces.co.uk](http://www.snappyraces.co.uk)

**Last but not least good luck have a great race and enjoy!**