



Race Events

**Run For Osteoporosis 5k - 10k
Hyde Park**

RACE DAY INFORMATION

Please read carefully

Date & Start time

Sunday 6th October 2019 - 9:30 am

How to get there

Car

Postcode W2 2UH,

By bus

North London: 6, 7, 10, 16, 52, 73, 82, 390, 414

South London: 2, 36, 137, 436

West London: 9, 10, 14, 19, 22, 52, 74, 148, 414

East London: 8, 15, 30, 38, 274

By tube

The tube stations that surround Hyde Park are:

Lancaster Gate (Central Line)

Marble Arch (Central Line)

Hyde Park Corner (Piccadilly Line)

Knightsbridge (Piccadilly Line)

Parking in the park

Pay and Display

Every day

8:30 am - 6:30 pm

Monday - Saturday

£2.40 per hour (60p per 15 minutes, 4 hours maximum stay)

Disabled badge holders and Motorcyclists Park free of charge but are subject to 4 hours maximum stay Monday to Saturday.

No coaches or commercial vehicles.

Parking on double yellow lines is not permitted at any time. Excess charge: £80; 50% reduction for payment within 14 days

Registration

Open's at 8:00am and will close at 9:20am. It will be held at the bandstand along side the baggage area, nearest Tube Station Hyde Park Corner from there Exit 1 into the park a 2 min walk. 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 number and timing chip.

Race number & timing chip

To be collected as above from registration. Your timing chip will be attached to your race number, on the back will be a blank space to put your emergency contact details and any medical information we need to know. There will be a table with a box of pens and markers **PLEASE** remember to fill in the back of your race number. 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. Your race number will also need to be entered onto your baggage label 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 first**, which you can collect from a table at the bandstand there will also be race pin's there for your running bibs. 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 two-lap course of this stunning park, the route will be on display on a notice board at registration. The race will start near 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. Medical support will be available around the course and trained paramedic's will be located at the start and the lower part of the park. 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, the charity and race organisers you are unlikely to do your self-justice and may become a medical emergency.

Toilets

There are toilets opposite the bandstand and all around the Park, Please note there is now a 20p fee.

Water

There will be one drink station at the 5k mark at the Start/Finish line.

Safety

As the course is in a local park and other members of the public use surrounding areas, this includes dog walkers, cyclists, groups of tourist 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.

Prizes

1st 2nd 3rd Male/Female, 40+ 50+ 60+ Male/Female, Team prize, the first three runners from you team times will be added together to determine the wining team. Plus a medal to all race finishers. If all winners could please stay for a photo.

Race charity

We are proud to be supporting and raising money and awareness for NOS (National Osteoporosis Society) Its not to late to raise a minimum of £60 for NOS whom will send you a free race top to run in on race day. A team photo will be taken after the event, wearing your medal and top with pride. To enroll please e-mail Josh with your contact details on running@nos.org.uk

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 along with our Face book page and a link will be e-mailed to all our runners with a link to race photos which will be nice and cheap and a £1 for each photo sold will go straight to our charity NOS, you will also find your photo on www.snappyraces.co.uk

Last but not least a big thank you to our sponsors

Decathlon please check out their website for the latest running gear
www.decathlon.co.uk

Good luck have a great race !