



WESTON ATHLETIC CLUB
Founded 1978



1ST JANUARY 2008 HANGOVER 10K **RUNNER INFORMATION SHEET**

Dear Runner,

Thank you for entering the Weston AC Hangover 10K to be held on Tuesday 1st January 2008 your number is enclosed.

The race HQ will be at Kewstoke Village Hall. This is situated in Crooks Lane which is just off Beach Road, Sand Bay. (BS22 9XB for Satnav users) Changing and shower facilities will be in the Village Hall. Refreshments will also be on sale. Prizes will be awarded in 6 categories.

The course is a figure of eight, the same as in previous years.

The start will be at 11.00am prompt from Beach Road, approximately 400m from the village hall. The finish will be in the grounds of the village hall itself.

The prize giving will take place as soon as possible after all runners are finished.

A location map is enclosed, further map details can also be seen on our website www.westonac.co.uk

A lead car will be in front of the leading runners, marshals will be positioned at strategic points around the course, please obey any instructions they may give you, they are there for your safety. Please be aware of any road traffic and have a good race.

IMPORTANT INFORMATION

Please do not park on the road between the village hall and the beach.

This is for your own safety and safety of others and provides emergency access whilst the race is in progress. There is car parking at the hall or please use car parks on the sea front

VERY IMPORTANT INFORMATION

Please can you write your name, the name and contact number of your next of kin and any medical information that the organisers should be aware of on the reverse of your running number.

Happy New Year
Jim Wotton (Race Director)