



PORTSMOUTH JOGGERS CLUB

Fullers Denmead 10K Annual Road Race Sunday 19th October 2008 - 10:30 am Start

Race Instructions - Please Read Carefully

Firstly thank you for supporting this event, which is now in its 18th year. Enjoy it!

Venue:

- King George Field, Denmead that is situated just off the Southwick Road.
- **PLEASE NOTE THAT DOGS ARE NOT PERMITTED ON KING GEORGE PLAYING FIELD**
- The race will start in Southwick Road and finish in King George Field.

Please note the following to help the officials on the day:

- **DO NOT** attempt to park anywhere in Southwick Road - your car may be towed away if you do.
- **DO NOT** park in the Harvest Home car park,.
- Share transport wherever possible as parking facilities are limited
- Use the Public car park in Kidmore Road, situated some 500m from the start, where toilet facilities are also available. It will be clearly marked.
- Park, **but not in Southwick Road**, with care and consideration. This race relies on the retention of the goodwill of local people and the Parish Council
- Come ready to race. Changing facilities are very limited.

Safety.

- The British Red Cross will be on hand at the King George Field site to provide First Aid cover.
- If you find yourself unable, through injury, to complete the course report to a Marshal and wait for the Sweep Vehicle. It will return you to the finish area where medical assistance as described above will be available.
- The race organisers cannot accept any responsibility for accidents, injury, loss or damage.
- Please run on the left hand side of the road, unless otherwise instructed by Marshals or Police Officers in attendance.

Refreshments.

- Water will be available both at the finish and at approx 5k.
- Please do not toss your empty cup into the hedges (at the 5k Water Station), simply drop it to the side of the road to enable prompt clearing of the site.
- Portsmouth Joggers club will provide tea & coffee for runners and spectators/supporters at the finish. A donation for this service will be welcomed.

Race Memento

All finishers will receive a medal and this will be handed to you as you cross the finish line.

Prize Categories:

First 3 Ladies		First 3 Men	
First Lady	35 - 49	First Man	40 - 49
	50 - 59		50 - 59
	60+		60 +

Ladies team (3 named finishers)

Men's team (3 named finishers)

NB:

- Prizes will only be awarded if numbers suffice, within any one category.
- Runners can only receive one individual award + one team award. The highest value prize will be given.

PRIZE DRAW:

- There will be a free draw at the Prize Giving to win a pair of Running Shoes from Alexandra Sports. This will be drawn from the race numbers of all finishers. You must be there to show your number to claim the prize, so please on for the awards.

Prize Giving:

- This will take place at approximately 1200 by the Sports Pavilion.

Race Results:

- Available on request, at the Admin tent. Simply complete an envelope and include 50p to cover postage.
- Results will be posted on the Portsmouth Joggers website - www.pjc.org.uk

Grievance:

- The decision of the Race Referee and /or the Race Director will be final.

Sponsorship:

Portsmouth Joggers Club is indebted to Fullers Brewery for their generous support of this year's run. Without such support it is unlikely that events such as this could take place. Costs are forever increasing and entry levels can never ever be a 'given'. It is difficult to set a level of entry fee that does not detract from the fun and challenge of entering and it is here that the continued generosity of our sponsors is most greatly appreciated.

Full details of the club activities and forthcoming 'Joggers' events can be found on our website at www.pjc.org.uk. Why not take a look? Better still, and if you are you an unattached runner, then why not come and join us at our Club nights on Tuesday and Thursday. Meet at the Mountbatten Centre from 6:45 pm. Look out for the next Joggers event, the Pub to Pub Charity run on Dec 27th!

We hope you all have a great run !!

Paul Spooner
Race Director.