

WESTON *Athletic Club*



MC/05/189

**19th WYVERN CHRISTMAS CRACKER 10K
- SUNDAY 17th DECEMBER 2006.
START @ 11.00 a.m. – WESTON COLLEGE,
KNIGHTSTONE ROAD, WESTON-SUPER-MARE**



PERMIT AV/06/040

Thank you for entering the 19th Wyvern Christmas Cracker 10K; your number is enclosed, with your name on the back. **ON THE DAY, DON'T FORGET YOUR SAFETY PINS AND YOUR TINSEL.** At least one piece of tinsel *must* be worn by *every* competitor, and running in fancy dress is encouraged!

VENUE: Our race HQ is Weston College, Knightstone Road, Weston-super-Mare, about half a mile north of the Grand Pier, just off the sea front. Follow signs for the Sea Front North. Please see the enclosed map of the area around the College, which also includes details on parking.

The race start and finish are located on the beach, 400 yards from Weston College.

Timetable of events

09:00 Weston College opens - refreshments available on 2nd Floor
10:45 Judging of the individual and team fancy dress, under Grand Pier by start.
11:00 **START OF THE RACE under Grand Pier.**
12:00 Post race party starts on 2nd Floor main bar area with live entertainment
12:45 (approx.) Prize giving on the 2nd Floor.
Course record: Male 31min 46sec. Female: 36min 25sec

CAR PARKING: There is **NO** parking available at Weston College itself, but you have lots of options within easy walking distance. Please note that parking charges, by the hour, now apply on Sundays! You can use, amongst others:

- The Sovereign Shopping Centre Car Park
- Melrose Car Park
- Street parking – please park legally and with consideration for the neighbours

Both Marine Parade and the beach will be closed as part of the course, and will not be available for parking.



Sponsors:



new balance



Find us on the Internet at: <http://www.westonac.co.uk>

COACHES: Runners should be dropped off on the Sea Front. Coaches must then park in the Locking Road Coach Park next to Weston-super-Mare Railway Station.

SPECTATORS: Weston College will be open for refreshments, you will also have an excellent view of the start and finish from the Promenade – looking down on the start/finish areas. As the race loops back on itself after the start and at the finish, you will be able to see the action! There is full race commentary.

CRÈCHE: This will be open and fully supervised between 10:30 and 12:30 and is located in an enclosed area on the 2nd Floor, follow the signs. Drinks and biscuits will be provided. **We can only accept those children who have been booked in advance on an entry form.** Minimum age: 12 months - Maximum Age: 12 years

RACE CHARITY: The charity this year is Weston Hospicecare. A sponsorship form has already been sent to you, please do your best for this very worthwhile cause.



Registered Charity No. 900328.

FACILITIES: These will be provided over a number of floors. In summary, you will find the following:

8th Floor	Male showers; male toilets (no lift access to the 8 th Floor).
7th Floor	Female changing; female showers; bag store for ladies; female toilets.
6th Floor	Female toilets.
5th Floor	Male toilets.
4th Floor	Male changing and bag store for men; male toilets.
2nd Floor	Refreshments; presentations; post race party; bar; food; male and female toilets; crèche; Easy Runner shop.
Ground Floor	Race information desk; lift in foyer to 2 nd floor only; lifts by stairs to floors 2 to 7.

NOTE: WESTON COLLEGE IS A TOTALLY NON-SMOKING BUILDING – PLEASE DO NOT SET OFF THE FIRE ALARM BY ATTEMPTING TO SMOKE ANYWHERE IN THE BUILDING.

RACE CONTROL: This is based in a caravan on the promenade near the finish line.

BAGGAGE STORAGE: Men should put their bags in the store on the 4th floor, ladies on the 7th floor – next to your changing areas. A label is enclosed, please put your race number on **BOTH SIDES** of the label and attach securely to your bag. This service will be open from 10:00, and after the race you will need your race number to retrieve your kit, which is stored at owner's risk.

RESULTS: Provisional results will be displayed on the day on the 2nd Floor. Full results will be available on the Internet at: <http://www.westonac.co.uk> as soon as possible after the race.

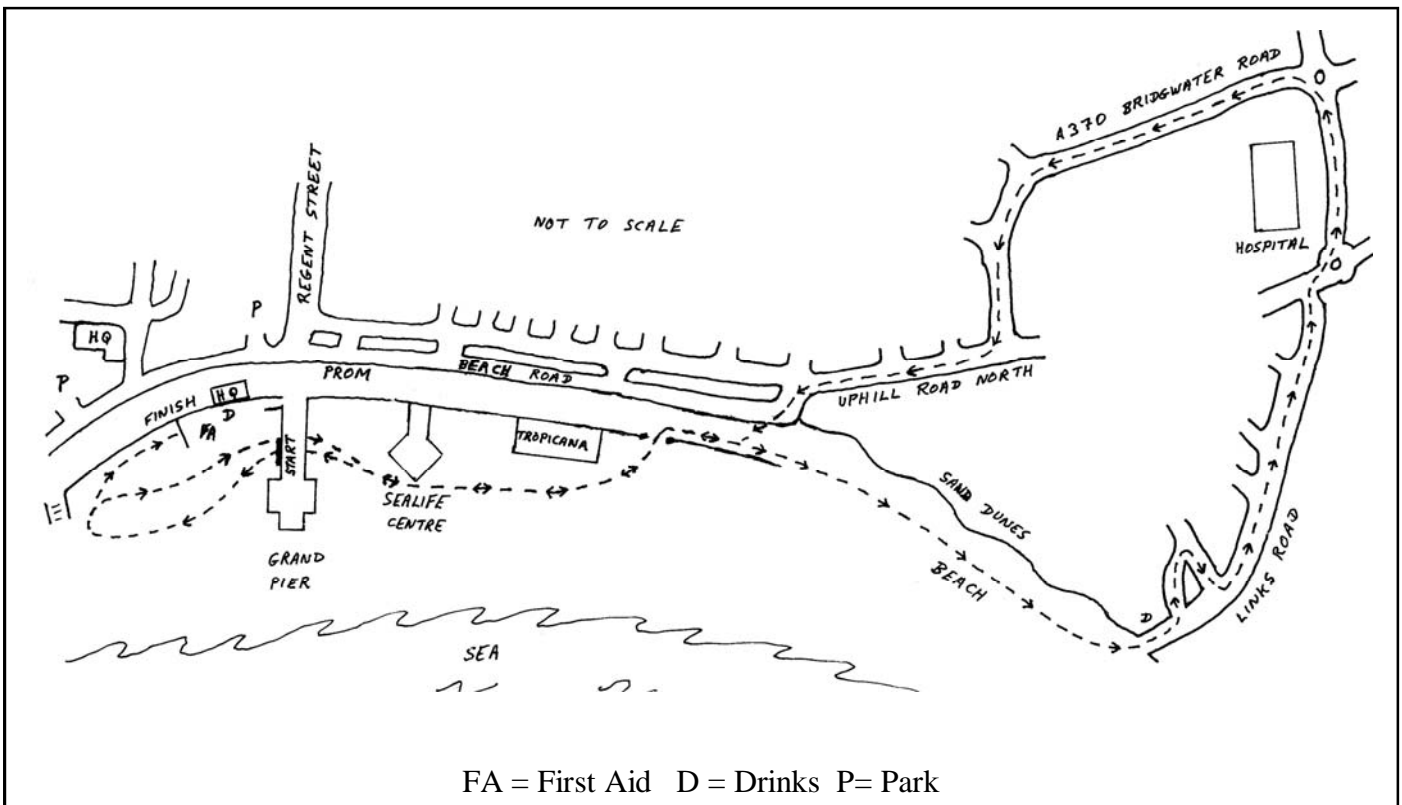
RUNNING NUMBERS: Race numbers have your name on the back and T-shirt size on the front. Male numbers range from 1 to 999; female numbers start at 4000. All runners must wear their own number on the **FRONT** of their vests/fancy dress costumes. Numbers must not be given to other runners, cut, folded or otherwise reduced. Anyone found running with an altered or wrong number will be disqualified. **If you have any medical condition or allergies, please note these on the back of your number.**

If you are unable to attend on the day and wish to substitute another runner, you must let us know at the race information desk on the ground floor of the College on the day.

THE START: Will be at 11:00 underneath the Grand Pier; please allow ten minutes to get to the start from Weston College – don't forget to allow yourself lift/stairs time! Dogs (other than guide dogs), other animals, bikes, and roller blades etc. will not be allowed on the course or in the College. Please take great care crossing the road to get to the Promenade - use the Pelican crossings to your right or left, **do not** cut across the junction.

THE ROUTE: The course is an accurate 10k, and is flat, with a mixture of firm sand and good tarmac (road) surface. We regret the course is therefore considered unsuitable for wheelchairs. The route is well marshalled and signed – with our own festive kilometre markers. There is a first aid post at the finish and a first aid vehicle will follow the runners to pick up anyone who has to withdraw. An ambulance is on standby. There is a water station at 5K and at the finish, kindly provided by Bristol Water. For your own safety, please follow any directions given by the police and marshals and always keep to the left hand side of the road.

THE COURSE



THE FINISH: In order to keep things moving, please:

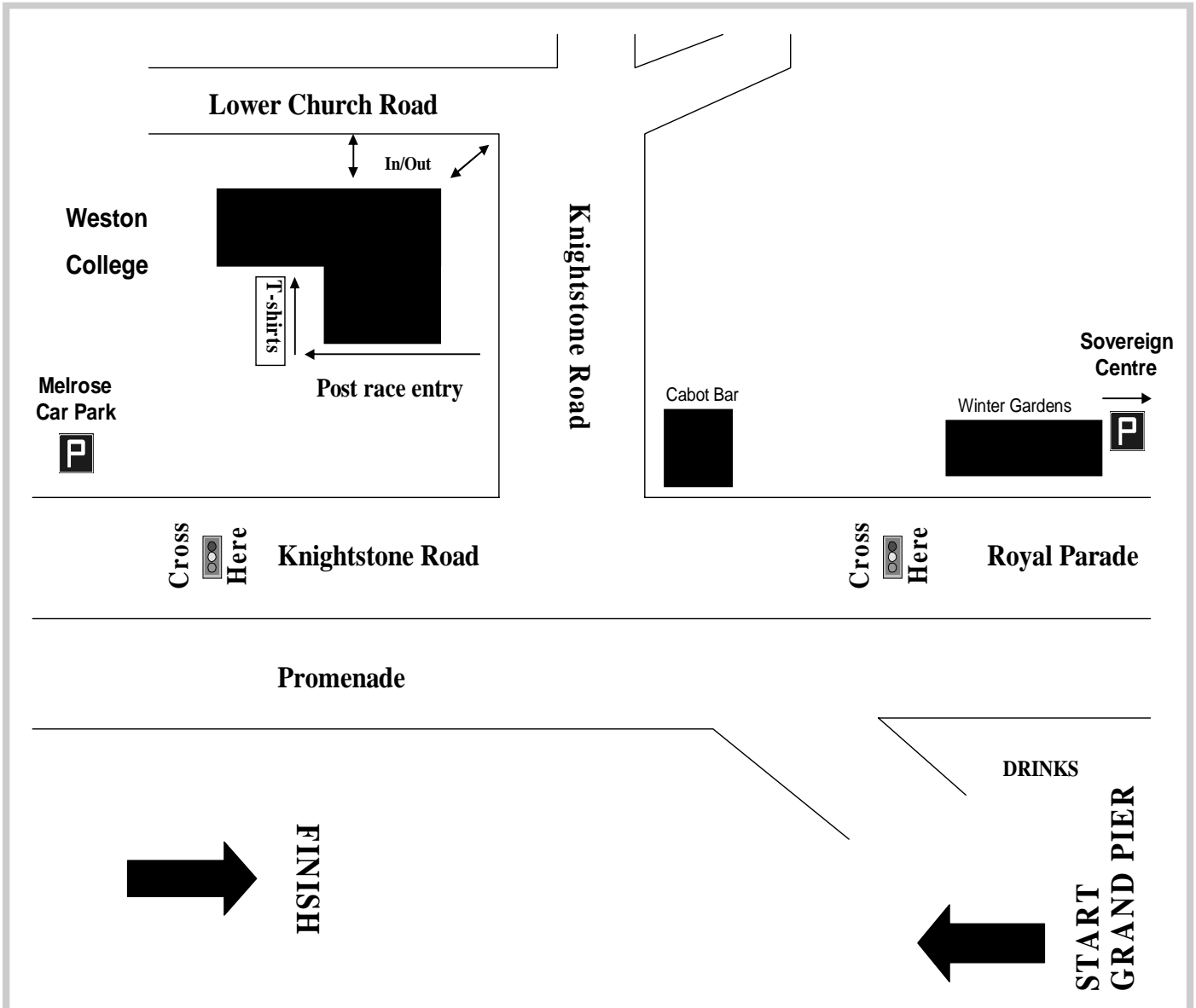
- do not stop on the line; keep moving down the funnel
- stay in line and in finishing order for the judges and time/place recorders
- if you are handed a spot prize ticket, this can be exchanged for a prize on the 2nd Floor presentation area

T-SHIRTS: You must collect your T-shirt on your way back into Weston College; the rear entrance must be used and will be signposted. This will give you fast access to the lifts/stairs for changing etc., then join Bulldog and the post-race party on the 2nd Floor.

THANKS: Our grateful thanks go to all our sponsors: New Balance, Easy Runner of Bristol, Bloxham & Barlow, Mendip Caravan Centre, Bristol Water and HSS Hire. We also thank North Somerset Council, Avon and Somerset Police, Bulldog, staff of Weston College, Rowan Medical and all those friends of the race who have so generously helped with the organisation - without any of them the race could not be held.

Finally, thanks to you, for supporting our event. See you next year on **Sunday 9th December 2007.**

Start and Finish:



Sponsors:

