

# Stowmarket Striders Golden Mile Competitor Information 2018

Welcome and thank you for taking part in our first Golden Mile race through the streets of Stowmarket. Please find below details of the race for your safety and convenience. Enjoy the race!

- Event:** Stowmarket Striders Golden Mile
- Date:** Saturday 1st September 2018
- Race Start Time:** 2.00pm
- Race Start:** The Race will start at Pikes Meadow, Combs Ford Recreation Ground Ipswich Road, Stowmarket. Please gather on the meadow just prior to the race. Just before the race start the road will be closed and you will be instructed to move onto the road in preparation for the gun start.
- Race Numbers:** The race is a certified distance gun timed race. Competitors can collect their race numbers from the Events tent at the Race start from 1pm. These must be pinned to the front of your T-shirt/running vest by four safety pins and clearly visible for the race officials.
- Medical Information:** Please remember to complete the medical and contact information on the reverse of your race number. For their own safety, please ensure under 10's are accompanied by an adult entered into the race at all times.
- Kit Bags:** Please leave your kit bags in your car, this is a short race over public space and we are unable to accommodate a bag/kit drop. The start area will be cleared immediately after the competitors have left the area. The organisers of this event will not be held responsible for any competitor belongings left in this area and anything left on the meadow will have to be cleared for disposal.
- Audio Equipment & ear phones:** All audio devices or similar ear type devices are not permitted as a matter of runners & official's safety. Any entrant caught using one during the race will be disqualified by the race officials.
- Directions & Parking:** Recommended directions from Ipswich are to leave the A14 at J50, from Bury St Edmunds leave the A14 at J49.
- Recommended parking is either at the Regal Cinema Pay & Display on Ipswich Street (approximately 1/4 mile from the start) SatNav postcode IP14 1AZ or ASDA pay and display on Illife Way (approximately 3/4 mile from the start, but near the finish line). SatNav Postcode IP14 1PN. Charges are £1 for up to 2 hours at both car parks.
- Finish Line:** The finish line will be through the Stowmarket Memorial Gates at the recreation ground, timings will be recorded and you will enter finish funnels. Please progress through the funnel maintaining your race finish order. You will be presented with your finisher's medal. Please proceed to the nearby club tent to collect your goody bag.
- Winner's presentations:** Trophies will be awarded at the Race Finish at 2.15pm.
- Facilities at the Start:** Please note that there are limited facilities at the start. There are public toilets available to use at the Magpie & Gladstone Arms pubs nearby or we suggest using the public toilets at either of the recommended car parks above.