

WYMESWOLD RUNNING CLUB



Sunday 6 May 2018
5 Mile Waddle – 10.30 am
2K Duckling Dash – 11:40 am
2K Fun Run – 12.00 pm

In support of :
Wolds Community
First Responders

UKA Approved Distance
Licence no.2018-33493

Thanks very much for entering our events– we really appreciate your support and hope you have a great day out in Wymeswold.

This letter contains all you should need to know but if you have any questions please contact Niall Gardam, Race Director, at niallg@oarsport.co.uk or 01509 881664.

Course The Waddle and Fun Run will both start (and finish) outside the Windmill Inn, Brook Street (postcode LE12 6TT).

All 3 runs are “out and back” on rural, closed roads (Brook Street and Narrow Lane). Please note that you must keep to the left throughout the run, to avoid collision with people heading the other way. Because of this there are no dogs allowed.

There will be drinks at the finish of both events and at the halfway point of the Waddle. The route will be marshalled with sweep vehicle. There will be medical provision along the course and at the start/finish (just in case).

At the conclusion of the Fun Run the famous Duck races will start.

Race No.s All runners must collect their race numbers from Race HQ. Which will be open from 9AM. Under UKA rules you must wear an official number on the front of your top, clearly visible and unmarked. On the rear of your number please write some personal details.

Car parking Just follow the signs for car parking, as marked on the map overleaf. NOTE; it's a 10 minute walk to the start.

Race HQ Please note that Race HQ is located a few metres from the start/finish line. On the Driveway next door to the Windmill Inn. Follow the Signs from the car park. We will be taking entries on the day, so tell your mates to come along !

Bags May be left, at your own risk, at HQ until 1pm.

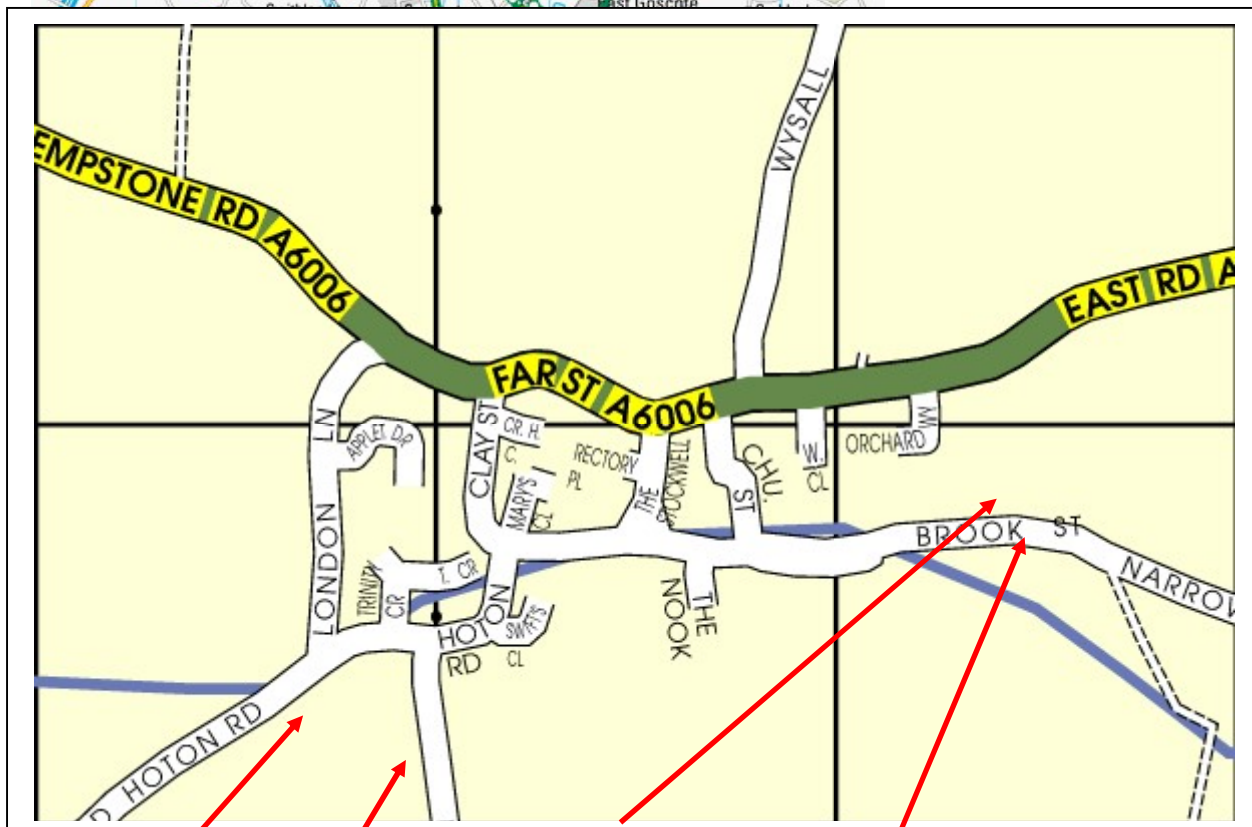
Toilets Are available near the start - please, please don't use residents' gardens, hedges or trees. We live here !

Results For the 5 Mile Waddle and 2k Duckling Dash will be posted on www.wymeswold.com as soon as possible after the event.

Prizes

Prizes for the first 3 Ladies and Men, with course record cash bonuses, and First place V50,V60 and V70 male and female finishers from the Waddle and Fastest 8,9,10,11,12,13 and 14 yr old Boy and Girl in the Duckling Dash will be presented after the Fun Run outside the Windmill Pub.

Waddle and Duckling Dash runners can collect their T-shirt when they collect their number. Fun Run participants will receive a commemorative medal at the finish..



Parking

Showers

Waddle HQ

Start/Finish Line & Toilets