

May 5M road race

POOLE ATHLETIC CLUB

Ashdown Leisure Centre BH17 8RE

Sunday May 19th, 2024 @ 9 a.m.

Thank you for entering this year's May 5M road race, part of the DRRL. Please read the following instructions.

NUMBERS

To be picked up on the day, from 8:15am, adjacent to the 5 aside pitches track at Ashdown leisure Centre. The numbers will be set out Alphabetically, A's lowest number's Z's highest. They will be divided up.

Please:

- Ensure your number is pinned to the front of your running vest and is clearly visible.
- Write any medical problems/issues you may have on the reverse of your number, along with emergency contact details.
- Do not wear someone else's number, as this could cause serious problems in an emergency and difficulties with the results. It's against UK Athletics Rules too.

PARKING

We strongly recommend that runners do not park at the leisure Centre, there are several local roads that allow on street parking and a large car park at Asda, which won't be open when you arrive, perfect to get those little bits of shopping when you leave. Map of alternative parking attached.

ENTRIES ON THE DAY/INFORMATION

Entries available if not full beforehand.

TOILETS

Portable toilets close to the track

CHANGING

No facilities at Ashdown, also sorry no showers. Runners are advised to turn up ready to run and store change of clothes etc.in their vehicles. We will have a gazebo for some small bags but expect this just to contain the top you warmed up.

FIRST AID

Crews consulting, providing First aid and vehicle support. If you are injured or feel unwell during the race, please ask a race official for assistance.

PLEASE NOTE

- No dogs/pushchairs/buggies/prams.
- No headphones/personal stereos, unless for specific reasons agreed with race director – always beware of members of the public and other runners especially during two-way sections,
- Obey all instructions given to you by the marshals.
- Beware of road bumps, kerbs and some narrow paths – unsuitable for wheelchairs.
- Should you fail to complete the course, please advise an official in the finishing area
- Aiming for prize giving 10:10 am track side

We wish you an enjoyable run and look forward to seeing you next year.

