

Portland Round the Rock 10K Race Instructions.

Start Time – 10:30 am

Date of event – Sunday 12th August 2018

Number of Competitors – Approximately 300

Safety Officer – Gary Haylock RMPAC. Tel 07864986938

Start/Finish Location. The Blues Club, Grove Road, Portland, Dorset, DT5 1DA

Directions by car

Follow the signs to Portland. As you are approaching Portland from the beach road you will be able to see the marina which hosted the sailing events for the London 2012 Olympics. You will also be able to see the harbour which is one of the largest man-made harbors in the world.

Continue across the causeway going straight over at the two roundabouts until you reach the bottom of Portland (Victoria Square) and take the second exit. Keep slightly to the left and follow the road up the hill - all the way up to the top.

At the top of the hill take the second exit (Portland Heights Hotel is situated on your left and Easton Motors on your right) and continue down Easton Lane (past the Esso garage and tip entrance on your left) and then after approx. 800 meters take the first turning left into Grove Road.

Drive up Grove Road and just past the fire station you will see our marshals who will direct you to the car park.

There is parking at the Blues Club with over flow parking (if it is dry) across the road on the field. **If you park on the field please drive around the edge and park around the edge.** DO NOT DRIVE ACROSS THE PITCHES IN THE MIDDLE. There will be marshals there to direct you. If it has been raining and the field is too wet to drive on we have alternative parking but please allow yourself extra time as the alternative car parking is about a 10 minute walk away. If the alternative car parking is to be used on race day we will post via social media and email all runners as soon as the decision has been made.

Directions using public transport

From Weymouth catch the Number 1 bus from the Kings Statue and ask for Grove Corner. When you are on top of the Island and you go past the Heights and then the Esso garage your stop is next. Get off at Grove Corner, turn to your left, in the direction the bus has just come from and you will see Grove Road going off to the right of you about 25 meters up the road. Walk down Grove Road for about 400 meters and the first turning on the left is the entrance into the Blues Club.

See www.firstgroup.com/wessex-dorset-south-somerset for more details.

Registration

Registration will be open from 08:30 till 10:15 and is situated upstairs in the Blues Club bar. **Please note registration and number collection will close at 10:15 to enable adequate time to load the information onto the chip timing.** Any person arriving after this time may still be able to run but we cannot guarantee that you will get an official time. **This year is a sell out so there will be no on the day entries.**

All race numbers are to be collected on the day. Please arrive in plenty of time to collect your number, use the loo and then be ready for the race brief that will be at 10:20 in the car park. Please make sure you attend the safety brief as this will go over any updates or changes to the course that may have to be implemented at the last minute.

Facilities

There are both male and female changing rooms on the ground floor.

Male Toilets: There are male toilets on the ground floor and also a single toilet in the male changing room.

Female Toilets. There are female toilets in the bar on the first floor and on the ground floor and also a single toilet in each of the 2 changing rooms.

Unisex Toilets. There is one disabled toilet on the ground floor.

Bag Drop: You can leave your bag in the bar area but this will be at your own risk as it may be left unattended at times.

The Route

The route is undulating, predominately on tarmac roads and pavements, and takes you around the top of the Isle of Portland in a figure of eight, with a short loop of two and a half kilometers and a longer loop of seven and a half kilometers.

From the Blues you run up Grove Road, round the back of the YOI and then back down Grove Road. Then at the end of Grove Road turn left, down Easton, Wakeham and then Southwell Street and into Southwell. From here the uphill climb starts, up Avalanche, Weston and Wide Street to the Heights. Then it's round the back of the Heights and downhill you will be pleased to hear, down Easton lane back to Grove Corner. Here you turn left and run back up Grove road to the finish back at the Blues club.

The race start and finish is at the Blues Club Grove Road, Portland. This is the home ground of Portland United Football Club. See the map at the end of this brief or go to

<http://www.mapmyrun.com/routes/view/1697849543> for a more detailed version.

Water Stations

All water stations will have water (in plastic cups).

Water station 1: Pennsylvania Road approx. 4K

Water Station 2: Weston Road approx. 7.5K

There will be water at the finish area.

Headphones, MP3 etc.

This race has sections on the road so the wearing of any headphones is forbidden. Anyone seen wearing headphones of any kind will be asked to remove them, and if the runner refuses then they will be disqualified from the race. To avoid confusion between skull conducting headphones and in ear ones RMPAC have decided that there will be **no headphones of any type allowed**.

Chip timing

This year we have chip timing. When you collect your number you will be issued a timing chip to wear around your ankle.

If you have white chip please position the chip on the outside of your ankle with number facing out, if you have black version then as long as it is on any ankle that is fine. At the finish make sure you go over the mat, no cartwheels etc until after you finish the race. Make sure that you get your timing chip removed at the end by one of the marshals.

Route marking

The route is on roads and pavements. Where there is a change of direction either a marshal will be present or a run route direction arrow indicating the route.

Other stuff to be aware of.

The route is on roads and pavements. Other people will be using the roads and the pavements. When running on the roads please keep to the side of the road and when overtaking other runners please check that it is safe to do so. When running on the pavements please look out for pedestrians and if you see an issue please shout out to the runners behind you to warn them. Please be courteous to them and use your common sense when passing. Some areas of pavement are slightly overgrown so please be careful.

There are 3 road crossing points that will be marshalled, however it is you, the runners responsibility to check that it is safe to cross. Marshals are there to assist but are instructed not to stop traffic.

Dropping out

We hope that everyone of you enjoy the race and complete it. If however for any reason you have to drop out, please contact your nearest marshal. If you are able please try and make it to the next water station where medical attention and transport can be arranged.

If you are running and come across someone who is injured and unwell please stop and offer assistance. Do not leave the person, but try and get another runner to get help or call for help.

In the unfortunate event that you have to drop out, please let a marshal know. This will avoid us sending out a search party for you when you don't arrive at the finish and also prevent us from calling the emergency services out.

List of Do's

- **Please car share**, this year we have 300 entrants so parking may be a bit of a squeeze, especially if it is wet as we can't use the sports field in wet conditions. If we have a lot of rain on the day or leading up to the event we may not use the field so the alternative car park is further away. Please leave yourself extra time to allow if the alternative car park area is required.
- Only run if you are physically and medically fit. If in doubt consult your doctor.
- Please fill in the reverse section of you race number with any medical details and a contact details.
- Race numbers must be worn on the front at all times.
- Obey all marshals, back markers and RMPAC officials.
- Be courteous to members of the public
- Enjoy yourselves.
- **Thank the marshals who give up their free time. Without these guys there would be no race**

List of Dont's

- Run if you feel unwell
- Wear Head phones or similar devices.
- Drop litter, please help keep Portland tidy. All water stations have bin bags. If you can carry gels etc full, you must be able to carry an empty one till the next water station.
- Urinate in public areas. There are toilets at the Blues club,
- Sorry no running with dogs.
- Ignore the instruction of a marshal or race official.
- Expect the marshals to stop traffic for you. They are here to assist you but not control traffic.
- Be rude or abusive to any other runner, marshal or member of the public.

Awards

There will be awards presented for various categories as listed on the entry form. The awards will be presented soon after the winning runners complete the course.

UK Athletics License Number:

Course Measurement Number: 17/254 Association of UK course measurers.

Many thanks

Gary Haylock

and all the team at RMPAC.