



Reg. Charity no. 1155057

www.tauntonac.org

Taunton Athletic Club presents:

The 32nd Wellington Monument "Bert King Memorial" Road Race

Distance 6.27 miles incorporating 1654 metres of bridle path



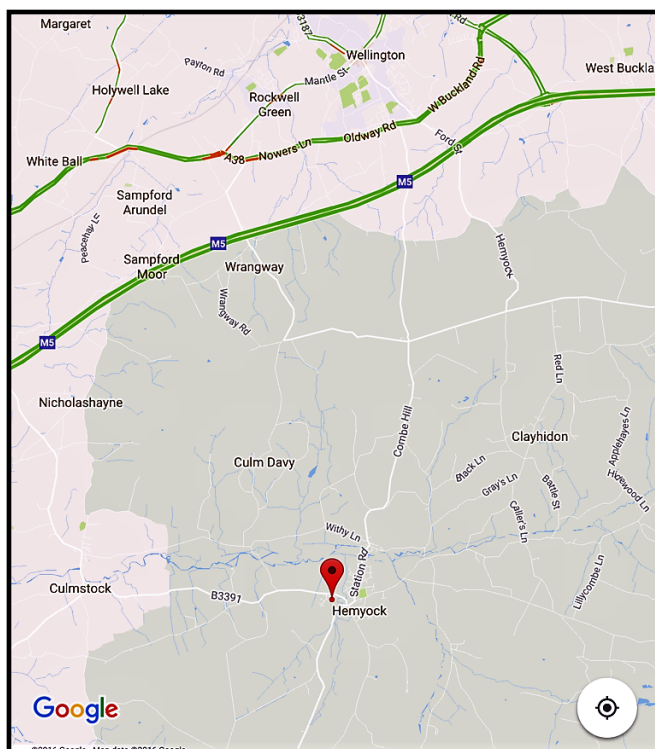
Under UK Athletic Rules
Race licence applied for

Sunday 16th December 2018 at 10:00am

Starting at 'The Catherine Wheel' Inn at Hemyock

Finishing at Hemyock County Primary School

Race Headquarters at Hemyock CP School, Parklands, Hemyock, EX15 3RY



Directions:

Hemyock is found by leaving the M5 at junction 26, follow the Wellington turning to the roundabout, turn left along the A38 for 1½ miles, turn left into Monument Road, follow the road to the very top of the hill to a cross roads, go straight across and follow signs to Hemyock. Carry on through the village via Station Road until you enter the village square, passing and keeping the Catherine Wheel Inn on your extreme left follow the road around to the right, passing a garage and then turning left opposite a cemetery on your right hand side. The race headquarters are located at Hemyock CP School, Parklands, EX15 3RY.

Facilities:

Parking is limited at the school and you are advised to park nearby within the village, where there is ample parking space less than 5 minutes walk from race headquarters. This will benefit you before and after the race and also alleviate the congestion in the finish area for the runners, officials and local residents. When parking in the local area, please be considerate of access for everyone and do not park in the road leading to the school. Alternatively, consider car sharing to get to the race.

Limited changing and toilets are available at the school. There are no showers.

Refreshments are available in the school hall.

Also, The Crescent Clinic will be offering **free sports massages** in the race headquarters. Please follow the directions from the school hall

Sponsored by:



Additional Information for Runners

See also: www.tauntonac.org

Registration and your Race Number:

There is no need to register if you have entered prior to race day. Your race number is to be collected at the School HQ between 08:30 and 09:45 hrs. Only the runner to which it is registered must wear this race number. Swapping of race numbers is strictly prohibited. On collection of your race number please write the name and telephone number of your emergency contact on the reverse. If you have any MEDICAL CONDITIONS or ALLERGIES, please also advise this on the reverse of your race number along with your name, and then mark a large cross in black on the front of your race number

Course Risk & Safety Assessment:

Accurate R.R.C certificated distance of 6.27 miles, starting from the Catherine Wheel public house in the village square, the route then climbs to and circles the Wellington Monument, returning along the same road to finish at Hemyock CP School. One mile of firm stone track, a steep ascent and descent of approximately ½ mile form part of this undulating, hilly, scenic and rural course.

Important notes:

- Runners must be minimum age of 16 years on race day
- Strictly no headphones to be worn in accordance with UKA rules. **Anyone wearing headphones risks disqualification**
- All runners are required by the terms of our Road Race Licence to read the Risk & Safety Assessment that will be displayed at the race information HQ and obey Marshals instructions at all times
- Race cut off time is 1½ hours

Race Briefing and Start Area Instructions:

New for this year, the race briefing will take place in the School playground at 09:45am. Please DO NOT go to the start line until the briefing has been completed. When advised, please make your way to the start area at the Catherine Wheel Public House, following the marshals instructions. The road is narrow and you must avoid causing hazard to traffic.

On the route:

All runners must keep to the left hand side at all times unless otherwise directed by a race official, marshal or by the Police. **If you drop out of the race at any stage, please make a race official aware.**

Finish area instructions:

The finish area will be coned off and on finishing you will be escorted away through a funnel system so that other runners can finish. Please do not return to or obstruct this area. In particular do not return back through the finish line.

Race Photography:

Photos will be taken of runners at various points on the route. These will be posted on Facebook and may be used in future race promotion. If you do not wish to have your photo to be used for the above purposes, please email wellingtonmonumentrace@hotmail.com prior to the event or speak to the Race Director on the day.

Awards:

Presentation of all awards including the 'John Cooksley' Memorial team challenge shield will take place in the school hall shortly after the race. Perpetual awards to overall male and female winners, and to first local male and female and junior male and female. Plus individual prizes (one prize only per entrant, except the 1st male and female local runners awards) to:

1st, 2nd, 3rd Senior men

1st, 2nd, 3rd Senior ladies

And 1st place prizes to winners in each Age category as below:

Junior male under 20, and 1st Male V40 / V45 / V50 / V55 / V60 / V65 / V70

Junior female under 20, 1st Female V35 / V40 / V45 / V50 / V55 / V60 / V65

Mulled wine, a mince pie and a finisher award will be given to all finishers.

Results:

No official full results will be available on RACE DAY, but will be made available on-line via a link at the Taunton Athletic Club home-page <http://www.tauntonac.org/> as soon as possible and also emailed (usually within a day) to all entrants for whom we have correct e-mail details.

In the event of cancellation:

You are reminded that entry fees will NOT be refunded if the event is cancelled on safety grounds or due to events beyond the organiser's control. The 'Plan B' will be to stage the event on Sunday 13th January 2019, should the planned Sunday 16th December 2018 event have to be cancelled.