



Richmond Castle 10k 2024

Pre-race information

Thank you for entering the Richmond Castle 10k. Please read the following information carefully.

Course information: The race starts and finishes in the Batts public park next to Mercury Bridge on the River Swale. This is on the Richmond town side of the Swale and is a short walk from Richmond Marketplace in the direction of Richmond Station. The first and last 100m of the course is on grass and footpaths (which can become slippery/muddy in wet weather) and then it proceeds mainly on pavement and open roads. Runners must always run on the left-hand side of the road unless otherwise directed by race marshals. In the opinion of the organiser, the nature of the course makes this race unsuitable for wheelchair athletes, and runners with pushchairs/buggies or dogs. The course will be marked with kilometre distance markers. The finish-line layout will include chip-finish timing mats. Marshals will be available to help finishers remove the recyclable timing chips, and to collect them. Please do not leave the finish area without surrendering your timing chip.

Registration: numbers and timing chips to be collected from race HQ between 9am and 10.30am on race day. Number collection and the registration desk for the Richmond Castle 10k is at the Batts, near the start/finish. Any entrant with special requirements should contact the organisers in advance.

On the day entries: There may be a small number of entries available on the day if the race limit is not reached, but this facility will close promptly at 10.30am. If available, entry on the day will be £20.00, for both affiliated and unaffiliated runners.

Cut-off: This race will have a cut-off time of 1hr 45.

Refunds and substitutions: No refunds will be available. Race entries are not transferable between runners without the organisers' consent. You may not run under someone else's number under any circumstances. Failure to comply with this rule will result in disqualification. You must contact the entries secretary to transfer a race number. All substitutions must be completed before online entries close at midnight on Thursday 10th October 2024.

Age: Participants under the age of 18 will only be allowed to participate in this race if the permission of their parent or guardian is received and that parent or guardian signs the entry form to give their permission. Swaledale Runners will not permit those under the age of 18 to participate if this permission is not given.

Prizes: first three men and first three women; first in 10-year age categories for men and women (subject to not winning the overall first three prizes); teams (three to count); spot prizes.

Course records:

- **Male:** Kieran Walker (NEP) 33 mins 18 secs (2023).
- **Female:** Rebecca Smith (Richmond and Zetland Harriers) 42 mins 16 secs (2021)

Parking: Free parking is available at Richmond School (Darlington Rd DL10 7BQ) and in the Market Square. Otherwise, Richmond has several public car parks, which charge for use.

Toilets: Free public toilets are available in the Richmond Market Hall, paid toilets (20p) are available at the Batts (Fosse car park, 2-minute walk from start line). Note that there are no toilet facilities at the start of the race other than at the Fosse car park and we must insist that participants refrain from urinating anywhere in the Batts riverside park area, which is a public park – please do not spoil our chances of being able to stage the race at this attractive location in the future.

Mementos: Finishers t-shirts are ordered approximately 3 weeks before the event based on the predicted number of entries. As orders are based on estimates, Race organisers cannot guarantee a t-shirt for all runners who enter after the cut off of 15th September 2024.

Bag drop: runners can leave bags in an unsecured bag drop tent, near the start/finish, at their own risk.

Changing/showers: There are no changing or showering facilities on site.

Runner information: Runners must complete the medical information form on the back of the race number, including an emergency contact number. All entrants must wear their race number on the front of their running top. Please do not fold, cut, or mutilate your race number.

Water: There will be a water station approximately halfway round the course, and water will also be available at the finish.

Race briefing and safety: The briefing will take place shortly before the race when all participants are gathered at the start in the Batts park. As this race takes place on the public highway, great care must be taken on the roads – be prepared to stop if necessary and obey any instructions from our marshals. Take care when running through Marketplace and Millgate at the finish as these are not closed to traffic. Please be courteous to others as they may be unaware that there are runners approaching.

Headphones: Headphones or ear buds are not allowed (unless England Athletics-approved bone-conduction-type headphones are used), to hear traffic and instructions from marshals. Marshals will be instructed to record the race numbers of any runners breaking this rule. Note that marshals will not be briefed to distinguish between headphone types and, in the event of a complaint, any runner using headphones must show that the headphones comply with this rule, or the runner will be disqualified.

First aid: First-aid facilities will be available. There will be a lead bike or car for the whole race and a sweep vehicle to follow. If you must retire from the race for any reason, please wait for the sweep vehicle or speak with a race marshal, and please report your retirement to race HQ.

Presentation and results: The presentation of prizes will take place on the Batts at approximately 12.30pm. Results will be posted on the Swaledale Runners website as soon as possible.

Event postponement/cancellation: Please check the Richmond Castle 10k Facebook page for any updates. In the event of cancellation or postponement, notice will be posted on the Facebook page and the Swaledale Runners website and, if possible, announcements made on local radio. In the event

of postponement, we will transfer your entry to the rescheduled date, and in the event of cancellation where there is no rescheduled date, we will refund entry fees only. If a participant cannot make a rescheduled date following postponement, we will refund entry fees only.

The emergency contact number will be posted on the Swaledale Runners website. Please check the Swaledale Runners website before the race to prevent unnecessary travel in the event of cancellation or postponement, as Swaledale Runners will not be liable to refund any participants' travel or accommodation costs in such an event where notice has been given on the Swaledale Runners website.

Race declaration: By entering this race, participants have made a declaration as set out on the entry form, including an acknowledgment that they are medically fit to participate. Please remember that this declaration applies on the day of the race, as well as on the day you entered.