



31st NOTFAST OPEN 10k – Sunday 8th July 2018

Start time 10.00am

Runners Information Sheet

Thank you your entry has been received. Please note race numbers will be collected on race day from the Newark Rugby Club Clubhouse. A list of entrants and race numbers will be published on our website prior to the event. Race numbers have been allocated strictly in the order of receipt. Race numbers MUST be fastened to the front of your running vest/t-shirt. Please declare any medical information that may be applicable in an emergency on the rear of your race number. You are advised to withdraw from the race if you are not fit and healthy.

Location The start and finish are at Newark Rugby Club situated approximately one mile from Newark town centre on the A617 trunk road to Mansfield, NG24 1WN.

Course The course is the same as the 2017 route, the course map can be found on our website.

Parking There is ample parking at the Rugby Club, please follow directions of the stewards.

Dogs are not allowed on the grounds of Newark RUFC, this is a Newark RUFC policy.

Competitors Please keep to the LEFT HAND side of the course UNLESS OTHERWISE INSTRUCTED BY MARSHALS OR EVENT SIGNS. The course is NOT TRAFFIC FREE, please follow the instructions of the Marshals at all times, identified by their high visibility waistcoats.

The wearing of headphones or similar devices is not permitted - as mandated by UKA rule 240. Failure to comply will lead to disqualification.

Runners take part entirely at their own risk.

Valuables may be left in the allocated area, please note this is not a secure area but will be manned at all times. NOTFAST Running Club and Newark RUFC cannot be held responsible for any injury, loss or damage.

Finish Please remain in order, do not obscure your number and advance to the drinks table and collect your memento. Note: Mementos will only be given if you have run the event.

Drinks Station There will be drink stations at approximately 5k, 7k and another at the finish of the race.

Changing There will be toilet, changing and shower facilities within the clubhouse.

Refreshments This year limited bar facilities will be available at the clubhouse due to the ongoing upgrading of facilities at the rugby club. Mobile vendors will be on site selling teas, coffees, some food and ice cream..

Presentation The presentation will take place at approximately 11.45am.

Please Note: Only one prize per person. Entries on the day are NOT eligible for prizes.

If you require any further information, please do not hesitate to contact Stuart Ashley on 07771 813514. Alternatively email using the "contact us" area on the NOTFAST Running Club website www.notfastrunningclub.co.uk

Andy Watts
Race Director. Notfast Running Club.

Entries cannot be exchanged or refunded after purchase



Ours is a runbritain-licensed event and therefore your time will be included in calculating your free runbritain handicap score. More than 50,000 runners of all standards have now claimed their runbritain handicap score. As well as giving you a current score, between scratch and 36, your free personalised running blog page includes your current national ranking, your position on the national ladder, your progress graph, your strongest distance, a head-to-head comparison with other runners and downloadable training schedules to improve your score next time you race. Your handicap score also updates automatically every time you complete a licensed event. To claim your score now, click on <http://www.runbritainrankings.com/user/claimhandicap.aspx>