

The Bryn Meadows CAERP HILLY

10K & Caerphilly 2k

10am, SUNDAY 20th MAY, 2018



BRYNMEADOWS
GOLF · HOTEL · SPA



Participant Information



Official Car Partner



Official Charity Partner



Welcome

It is our pleasure to welcome you to Caerphilly on Sunday 20th May 2018 to participate in the Caerphilly 10k and 2k events. This booklet will provide you with key information including how to get to the event, the rules and regulations of participating, onsite facilities and useful tips to help prepare you for the run.

Message from Cllr. David Poole, Leader of Caerphilly CBC

"I am delighted that we are yet again able to welcome thousands of runners from across Britain to our county borough for the Caerphilly 10k. With the same challenging route and atmosphere we hope you can really make a day of it at the event. I look forward to seeing everyone enjoying themselves on the day and I wish you luck with the remainder of your training."



Event Timetable

| | |
|---------|--------------------------------------|
| 8.00am | Baggage and changing facilities open |
| 9.10am | 2k entrants assemble |
| 9.15am | 2k start time |
| 9.30am | Warm up activities |
| 9.45am | 10k starting assembly line open |
| 10.00am | 10k start time |

Event Village

Village Facilities

Baggage handling, changing marquee, toilets and refreshment facilities will all be available in the event village for use at your convenience.

Warm Up

The team will be using a combination of light aerobic exercises and running-specific movements to loosen up your muscles and prepare your mind for an efficient and safe run.

Sport and Leisure Park

CCBC Sport and Leisure will host a variety of sport and fitness related activities for participants and spectators to enjoy.

Spectators

The cheers from spectators, the supportive roars from the crowds and of course a friendly face will all help to keep you motivated during the run. So why not encourage your friends and family to line the route and enjoy the atmosphere. Visit the website for information on the route.

Official Car Partner

Charity Partner



T-shirts and Medals

Please ensure to collect your T-shirt and medal from the collection station, which will be located as you exit the finish line.

Results

Participant finishing times will be available through the result checker service on the event website. Prizes will be awarded to the fastest entrants of selected age categories, male and female winners and to the fastest team.

Travel Information

For a comprehensive journey planner visit the Traveline Cymru website www.traveline.cymru or call 0800 464 0000.

Road Closures

To facilitate a safe course, the majority of roads along the route will form part of a rolling road closure from 9.00am. The roads will re-open within a set time limit after the last entrant has passed through the road. Therefore it is important that you arrive in plenty of time prior to the implementation of the road closures.

Parking

There are a number of car parks located in and around the town centre, within close proximity to the start line. These car parks have been indicated on the parking map enclosed within your pack. Please note car parks 1-3 will be affected by the rolling road closures and will remain closed until the last entrant has passed through the surrounding roads. If you expect to complete the 10k within one hour and wish to make a quick departure please use car park 4.

Visitor Information

Caerphilly Town Centre is host to a number of public houses, cafes and food outlets. For information on places to eat, visit and accommodation within the area please visit www.visitcaerphilly.com

Feedback

We wish you the very best of luck in participating in the Caerphilly 10k / 2k and hope you have an enjoyable experience at the event. We would love to hear about your event experiences and would be grateful for any feedback you can provide. Please email comments to 10k@caerphilly.gov.uk



Official Car Partner

Charity Partner

Health Advice

The week before:

- Hydrate yourself by drinking plenty of fluids.
- Stick to your usual diet as changes can affect your digestion.
- Plan suitable clothing according to the weather forecast.

The morning of the event:

- Ensure that you eat breakfast and drink water.
Tip *Opt for foods such as porridge and bananas which slowly release energy.*
- Apply Vaseline to any areas that may chafe during the run and water resistant sun cream if required.
- Ensure that you wear suitable attire and footwear.
Tip *Avoid wearing new trainers as these could cause blisters.*
- Make sure to warm up.
Tip *This will help prepare your body for the run by increasing blood flow to the muscles which will help with post-event recovery.*

During the event:

- Follow a steady pace that you can maintain throughout.
- Drink when you feel the need.
Tip *Avoid gulping large amounts.*
- If you start to feel unwell or injure yourself please stop and seek assistance from the nearest first aid staff, steward or official.

After the event:

- Keep moving and ensure that you cool down.
Tip *This will help reduce muscle soreness and stiffness.*
- If you feel unwell upon finishing please move to the left of the finish line and seek assistance from the medical team.
- Make sure to have something to eat and drink.
Tip *This will help keep your energy levels up for travelling home.*

Event News



For the latest event news follow **Visit Caerphilly** on Facebook and Twitter
#Caerphilly10k

Important Information

- Please ensure that you fill in all the required details on the back of your race number.
- Please note in the event that medical assistance is required, the medical team will look to the reverse of a runners number for vital details that may seriously impact on any treatment administered. Therefore, it is vital that you do not run under another entrant's allocated number.
- If you feel unwell or have been unwell do not run.

Official Car Partner

Charity Partner



Rules and Regulations

By paying a fee you enter into a contract with Caerphilly County Borough Council to participate in the Caerphilly 10k and or the 2k on the basis set out in these conditions.

1. Entrants must be of the following minimum age categories on the day of the event; aged 15 years for the Caerphilly 10k and aged 8 years for the 2k.
 2. All entrants must be fit enough to complete the event and are required to sign a disclaimer prior to taking part.
 3. Your entry number is individual to you and is non transferable and non refundable. Entrants using someone else's number can have serious consequences in the event of a medical emergency.
 4. Those taking part in the Caerphilly 10k / 2k do so at their own risk. Caerphilly County Borough Council accepts no responsibility for any illness, injury, loss or damage suffered by entrants.
 5. If you have suffered health problems in the past, we advise you to seek medical advice before taking part in the Caerphilly 10k / 2k.
 6. Caerphilly County Borough Council reserves the right to alter the routes without notification to entrants prior to and on the day of the event.
 7. Entrants will be expected to wear suitable attire and footwear for completing the Caerphilly 10k / 2k events.
 8. Entrants should assemble at the start line on Crescent Road, Caerphilly at the following times:
 - a. 09.10 hours for the Caerphilly 2k ready to start the event at 09.15 hours; and
 - b. 09.45 hours for the Caerphilly 10k ready to start the event at 10.00 hours
 9. Official road closures required will be in place from 09.30 hours at the latest.
 10. We reserve the right to refuse entry to entrants who do not arrive for the allocated assembly times above.
 11. We will not accept responsibility for anyone taking part in Caerphilly 10k / 2k who is not an official entrant. An official entrant is someone whose application form has been accepted by us and who has been given a registration number and completed the registration procedures.
- We hold the right to refuse entry to the Caerphilly 10k / 2k or ask you to cease participation if:-
- a. You attempt to participate in a manner that we, acting reasonably believe:-
 - i) may cause injury to you
 - ii) may cause injury to another entrant
 - iii) is likely to cause offence
 - iv) causes a risk or potential risk to the health and safety of entrants including yourself.
 - b. You fail to arrive at the start location at the specified time.
 - c. You are unable to make sufficient progress in the events to, in the reasonable opinion of the officials, allow you to complete the events within the predetermined cut off time of 2 hours for the Caerphilly 10k and 30 minutes for the Caerphilly 2k.
 - d. You are wearing headphones which are not permitted.
12. We may cancel the Caerphilly 10k and / or the Caerphilly 2k if any circumstances beyond our control arise that, in our reasonable opinion, would cause the events to be hazardous for participants and / or staff.
 - a. In such circumstances we will if practicable, give written notice of cancellation to the address we hold for you.
 - b. If cancellation is too late to provide written notice we will use reasonable endeavours to give notice by other suitable means.
 - c. In such circumstances your fee will be refunded in full.
 13. We may cancel the Caerphilly 10k and / or the Caerphilly 2k if two months before the date there are not, in our sole opinion, enough confirmed participants to make the events viable.
 - a. In such circumstances your fee will be refunded in full.
 14. In the event of cancelling the Caerphilly 10k and or Caerphilly 2k we will have no responsibility for any costs incurred in the expectation of participating in either event, or as a result of the cancellation including any travel or accommodation costs, including traveling to the event location.
 15. You agree that your personal information can be stored and used by us in connection with the organisation, staging and administration of the Caerphilly 10k/2k.
 16. You agree that your name and contact details can be used by us for the purposes of the future promotion and marketing of the Caerphilly 10k/2k events and adding you to a mailing list to keep you informed of any future events and services that we believe you might be interested in, such as similar types of events and activities in similar locations.
 17. Photographs may be taken which capture your participation in the Caerphilly 10k/2k. You agree to the publication of photographs of your image, which accurately depicts your participation in the run, which relates solely to the Caerphilly 10k and may be used to advertise the Caerphilly 10k/2k in the future.

10 CILOMEDR CAERFFILI

Bryn Meadows

CAERPHILLY 10K

Gwybodaeth am y Llwybr

- Bydd gorsaf ddiodydd wedi'i lleoli wrth y pwyntiau 4 cilomedr a 7.5 cilomedr ac wrth y llinell derfyn.
- Bydd angen i ymgeiswyr gyrraedd Pentref y Digwyddiad erbyn 9.30am.
- Bydd cyfleusterau toiled dros dro wrth y llinell gychwyn/derfyn a chyfleusterau cawodydd a newid cyfyngedig wedi eu lleoli ar Heol y Cilgant.

Route Information

- There will be a drinks station located at the 4km and 7.5km point and at the finish line.
- Entrants will need to arrive at the Event Village by 9.30am.
- There will be temporary toilet facilities at the start/finishing line and limited shower and changing facilities located on Crescent Road.

