

The



Welcombe Wobbler

Welcombe Trembler

& Family Fun Run

SUNDAY 16th OCTOBER 2011

Race Details

Below are a few details about the races that should make the experience of entering and running as trouble free as possible, but if you have any questions please don't hesitate to ask, either give me a call or email me.

Entries

On line at www.stratfordac.co.uk, www.runnersworld.co.uk, or by post – download an entry form from the club website. On the day at the venue below.

Parking, Registration & Start

This will be in Stratford Leisure Centre (postcode CV37 6YY) You can use the showers and changing here. Find the Seminar room for day entries, registration and collecting numbers. To get to the start you cross the A439 and walk up the Welcombe Road to enter the field via the footpath. It will be signed and a location map is available on line. Allow yourself time – it takes about 10 minutes to walk there.

The Course – Main Races - Start Time 11.00am

The course is hilly and depending on the weather could be muddy. There is a very short section of tarmac drive – a few people do wear spikes, but fell shoes or off road trainers are recommended. All standards of runners are expected and very welcome, it doesn't matter how long it takes. The Wobbler will be two 5km laps and the Trembler just one. There will be a water station at the end of the first lap.

The course will be marked with pairs of markers that you must pass between. You will be able to see the next set of markers as you pass through each pair. In addition there will be direction arrows and marshals all around the course, so finding your way should not be a problem!

Fun Run - Start Time 10.00am

This will be a short lapped race around the grass fields at the start and finish location. There will be winners prizes and some spot prizes, given out at the finish. Everyone is welcome to join in, parents taking part in the main races can accompany their children in the fun run at no extra cost, so please encourage your friends, spouses, parents and children to have a go!!

Prizegiving

Prizegiving will be held up at the start straight after the race – not in the Leisure Centre as in previous years. In the Wobbler (10k) prizes to Overall 1 – 3rd both male and female, in the Trembler winning vouchers awarded to the 1st male and female home. Age group prizes will be sent out after the race to the winners of categories M40, M50, M60, M70 and F35, F45, F55, F65.

Sponsor

Finally a big thank you to **Simply Run** - Without their help it wouldn't happen. Please log onto the website and get shopping! www.simplyrun.co.uk