

RNR NEWSLETTER AUGUST 2017

Thank you for entering the 2017 race for which we have had our biggest ever entry. This will of course bring a strain to the car parking areas so be considerate and park sensibly and where told.

Whilst it is on our website we will bring you update by way of this newsletter of some changes as follows;

1. Stage 5. East Runton car park. Proceed through car park following the coast path.
2. Time sheets are to be handed in at Lessingham (end of stage 7). The road to Lessingham Village Hall (where time sheets should be handed in and checked and NOT at the changeover point – therefore timekeepers will have to be separate to the vehicles following the runner who have no need to go past the village hall) will be one way and vehicles exiting the village hall will have to go right and to join the race route further on.
3. Trackers will not be offered this year.
4. It is unlikely that refreshments will be available at Earsham or Scole.
5. In conjunction with our timesheet system we will be operating an online timing system. Timekeepers will have to submit online the stage results – see website for full info.
6. Tee shirts may now be ordered from Medals For All.
7. The photo competition will operate again this year – topics are Runners and Riders, and Inside The Support Vehicle!.
8. Eight teams were outside the 28.30 time slot last year. We are giving you an opportunity to run 29.30. We will start at 5.30. Please be accurate with your time as it affects all the volunteer helpers out there. We cannot however be definite on your start time until all time declarations are in.
9. Would any individuals notify us if they running the race for the 10th/20th time.
10. The Sandringham recce is between 8-11am on the 3rd and 10th Sept.
11. A reminder that orange flashing lights should be fixed at the rear of vehicles and caution runners signs and team number signs should prominent and visible. Teams should carry a spare light.
12. Spot checks of vehicles will be held at the race HQ.
13. Owing to an incident last year, Feltwell Golf Club will have barriers across and please do not trespass. Likewise to other parts of private land. As a result car parking at Feltwell will be more congested. Extra care will be needed.
14. A reminder that runners at night and cyclists at all times should wear **high viz** and not just a yellow top. Cyclists and vehicles (where required) should be with the runner at all times. It would be negligent of the runner to run away from their escort and likewise the cyclist/vehicle is negligent in not being with their runner.
15. A reminder that the runner should be aware of the route. This year it will not be signposted as well as in previous years.

Some necessary serious stuff above but we want you to be safe.

Neville Knights
RNR Race Director.