

## RNR NEWSLETTER SEPTEMBER 2017

The 2017 race is almost upon us. I hope the following points will help with your final preparations.

**Race Documents:** Your race numbers and booklet have been sent out. Please ensure you email/text the Race Director to say you have received them. Please ensure that your runners complete the medical information on the reverse of their number. Parking passes, team vehicle numbers and warning signs will be given out at registration/team briefing.

### **Declaration;**

Preliminary: The website now contains the Preliminary Declaration form which must be submitted electronically, by no later than Tuesday 12<sup>th</sup> September. You will be allocated a start time which can not subsequently be altered.

Final: The final declaration of runners must be made at least 30 minutes before your allocated start time. Teams starting at or before 6.30am must make a final declaration from 2.00pm on Friday 15<sup>th</sup> September. This may be in person at Lynnsport between 6.00pm and 9.00pm (this does apply to all teams), by text (to 07443509406)) if there are no changes to the team or by using the on-line declaration form if there are changes to the team. **No other method will be accepted.**

**The Course:** Please be aware and check the RNR website for full details of the route. There is only a slight change at East Runton café (stage 5) to be aware of, a suggestion when running from Cley (stage 5) and at Wiggshall St Germans (stage 17).

Could you also note that on stage 13 there will be traffic lights opposite Thetford Rugby club after about one mile from the changeover on the A134. You WILL NEED TO STOP until the lights are green and to be accompanied by your vehicle.

**Vehicles:** Please be aware, and we would recommend avoiding due to street fairs taking place, the centres of Cromer, Sheringham and Gt Yarmouth. There is also a pirates event on Wells Quay.

If we enjoy good weather, the coast roads and car parks (Holkham and Wells – for which car park passes will be issued out at registration) will be very busy – please allow time and park unselfishly. Be considerate at the smaller car parks. There is access to Salthouse but only for cars. NO MINIBUSES.

**Time sheets:** 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. Follow marshals instructions

**Online Timing:** In conjunction with our manual timesheet we will be operating an online timing system. Timekeepers will have to submit online team times at the end of each stage– see letter sent out with the race brochure or our website for full details.

**Signage;** Signage will not be so abundant this year. Be aware of your route. Where it is in position it is red A5 size off road otherwise yellow, both with black directional arrows. May I remind you that route finding is a team responsibility.

**Stowbridge:** If any team arrives before 7.30am at Stowbridge (16/17 changeover), the RNR reserves the right to hold those teams until 9.00am.

**1<sup>st</sup> Aid:** Accident and Emergency Hospitals are giving in the booklet and vehicles should carry a 1<sup>st</sup> aid kit. We would recommend that a 1<sup>st</sup> aid qualified person is also in the vehicle.

**Photographic competition:** The theme this year is Runners and Riders, and Inside the support vehicle.

**Traffic Lights** – There are traffic lights by the rugby club on the A134 past the Thetford changeover. **RUNNERS MUST STAY WITH THEIR VEHICLES.** We regret that this may give an advantage to some teams .

**Feltwell Golf Club** will have barriers across and please do not enter. As a result car parking will be more congested. Extra care will be needed.

Woodhill Caravan Park (stage 5) **DO NOT PARK OR DROP CYCLISTS OFF** in their car park at the front of the park

**SAFETY:** Please circulate the attached safety requirements;

### **SAFETY REQUIREMENTS**

- The orange flashing lights should be fixed at the rear of vehicles and caution runners signs and Team number signs should be prominent and visible. Teams should carry a spare light.
- Spot checks of vehicles will be held at the race HQ.
- Do not trespass on private land.
- Please dispose of your litter properly.
- 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 on the road. 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.
- A reminder to park sensibly and considerately. There are reports of some shocking parking on the roundabout last year which is a main thoroughfare (where there is plenty of parking close by) at Belton.
- There will be snacks available at Earsham – please support.
- A reminder that the runner should be aware of the route. This year it will not be signposted as well as in previous years.
- For full safety rules see the website or race booklet.

Thank you for supporting our race and may the weather be kind.

Wishing you a great race and enjoyable weekend

Neville Knights  
RNR Race Director.