



The 29th Wellington Monument "Bert King Memorial" Road Race



Promoted by Taunton Athletic Club (Reg. Charity no. 1155057)

"Under UK Athletics rules" (Race licence: applied for)

Sponsored by



Sunday 20th December 2015 - Start 10.30am 'Prompt'

Additional Information for runners

Directions. Hemyock is found by leaving the M5 at junction 26, follow the Wellington turning to the roundabout, turn left along the A38 for 1.1/2 miles, turn left into Monument Road, follow the road to the very top of the hill to a cross-roads, go straight across and follow signs for Hemyock. Carry on through the village via Station Road until you enter the village square, passing and keeping the Catherine Wheel Inn on your extreme left follow the road around to the right, passing a garage and then turning left opposite a cemetery on your right hand side. The race headquarters are located at Hemyock CP School, Parklands, EX15 3RY

Facilities. Parking is limited and you are advised to park nearby within the village, where there is ample parking space less than 5 minutes walk from race headquarters. This will benefit you before and after the race and also alleviate the congestion in the finish area for the runners, officials and local residents. **Please do not park in the road leading to the school.** Limited changing and toilets are available at the school. There are no showers. Refreshments are available in the school hall as well as a commemorative hot toddy and mince pie. Drinks will be available in the school hall.

Race Number your **Race Number to be collected at Primary School HQ** between 9.00 to 10.15am at latest. Only the runner to which it is registered must wear this race number. Swapping of race numbers is strictly prohibited. **IMPORTANT MEDICAL INFORMATION:** If you have a medical condition such as heart disease, epilepsy or diabetes or any allergies then please advise on the rear of your race number with your name and contact name and telephone number. If you have any allergies or medical condition, then please mark a large cross in black on the front of your race number (bottom right corner)

Course Risk & Safety Assessment: Accurate R.R.C certified distance of 6.27 miles, starting from the Catherine Wheel public house in the village square, the route then climbs to and circles the Wellington Monument, returning along the same road to finish at Hemyock CP School. One mile of firm stone track, a steep ascent and descent of approximately 1/2mile form part of this undulating, hilly, scenic and rural course. All runners must keep to the left hand side **at all times** unless otherwise directed by a race official, marshal or by the Police. **If you drop out of the race at any stage, please make a race official aware.** The finish area will be coned off and on finishing you will be escorted away through a funnel system so that other runners can finish. Please do not return to or obstruct this area. All runners are required by the terms of our Road Race Licence to read the Risk & Safety Assessment that will be displayed at the race information HQ and obey Marshall's instructions at all times.

Note - The event is OPEN TO RUNNERS of minimum AGE 16 YEARS OR OVER ON RACE DAY

Note also : Please DO NOT congregate at the Catherine Wheel Public House area prior to the start. The road is narrow and you must avoid causing hazard to traffic. Please remain in the finish area within the school grounds until called and escorted to the start area at 10.20am by the Race Starter.

Awards Presentation of all awards including the "John Cooksley" memorial team challenge shield will take place in the school hall shortly after the race. Perpetual awards to overall male and female winners, and to first local and Junior male and female. Plus individual Prizes (one prize only per entrant, except the 1st male and females Local runners awards) to

1st, 2nd, 3rd Senior men

1st, 2nd, 3rd Senior ladies

And 1st place prizes to winners in each Age category as below.

Junior under 18, and 1st Veteran Man over 40 / over 45 / over 50 / over 55 / over 60 / over 65 / over 70

1st Maiden Ladies over 35 / over 40 / over 45 / over 50 / over 55 / over 60 / over 65

A commemorative award celebrating the 29th year will be given to all finishers. Refreshments available throughout the morning.

Results. No official full results will be available on RACE DAY, but will be made available on-line via a link at TAC home-page <http://www.tauntonac.org/> as soon as possible for download and also emailed (usually with a day) to all entrants for which we have correct e-contact details. (If you do require a printed copy to be posted to you please let the entry desk know to arrange this, at cost of £1.00 to cover postal and other costs).

Registration. There is no need to register if you have entered prior to race day, other than to pick up your number. You are reminded that entry fees will NOT be refunded if the event is cancelled on safety grounds or due to events beyond the organiser's control. A Plan B will be in place to stage the event instead on Sunday 17th January 2016 should the planned 20th December 2015 event have to be cancelled.

The Wellington Monument Road Race

*Organised by Taunton Athletic Club
www.TauntonAC.org*

*“Under UK Athletics rules” Road Race Permit always applied for:
Distance 6.27miles incorporating 1654 metres of bridle path
Start at ‘The Catherine Wheel’ Inn at Hemyock
Finish at Hemyock County Primary School*

Always on the third Sunday in December: Start 10.30am

The race headquarters are located at Hemyock CP School, Parklands, Hemyock, EX15 3RY

For directions see also runners information sheet and overview Map shown below.

