

22nd LORD MAYOR'S 5k CITY CENTRE CLASSIC

Under UKA Rules road race licence no: 2017-26905 minimum age 13 years UKA Certificate of Course Accuracy no: 16/240

Saturday 8 July 2017 - start 4.50pm

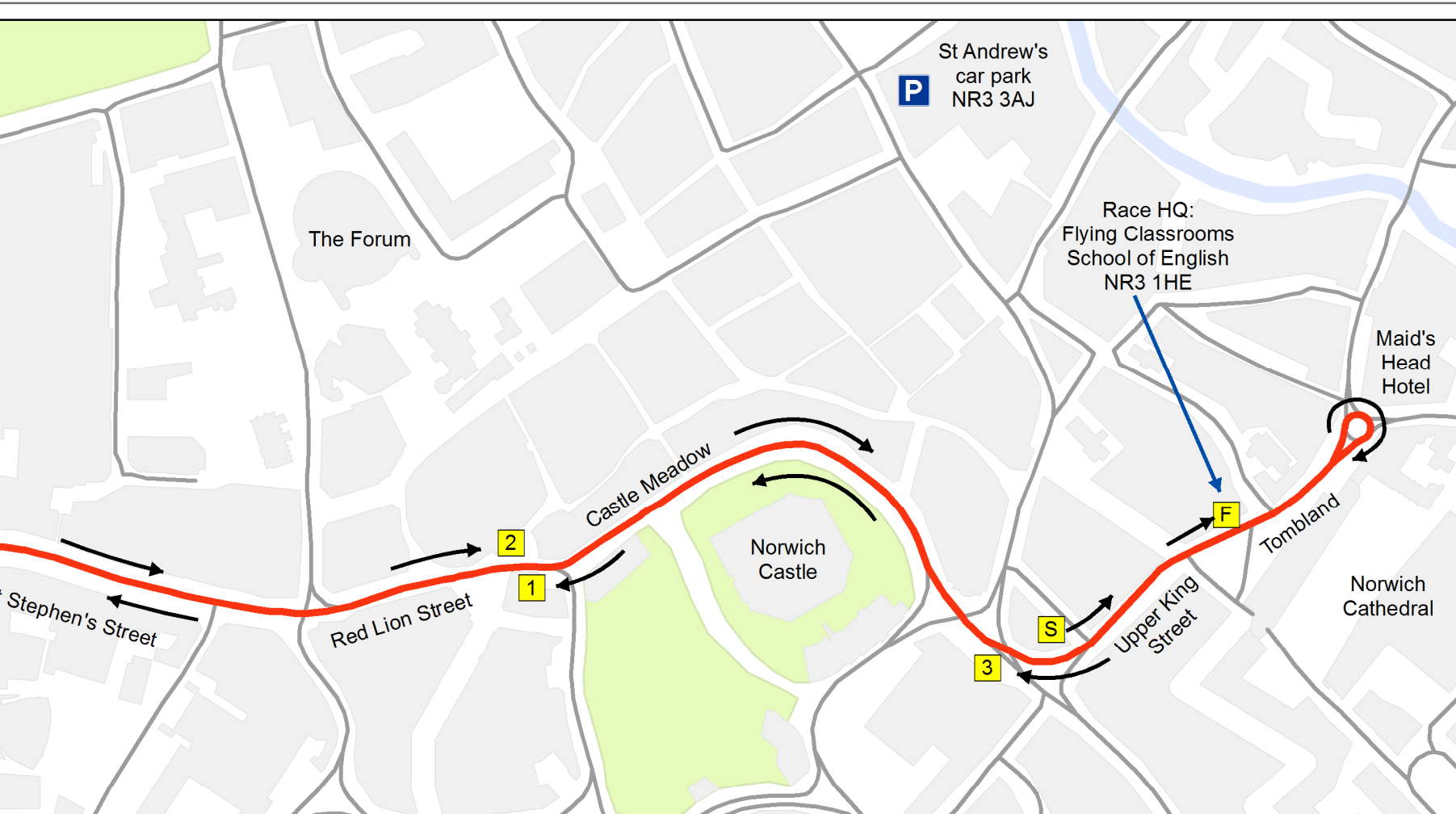
Start & Finish - Tombland, Norwich, Norfolk



Thank you for entering the 22nd Lord Mayor's 5k City Centre Classic. This race takes place in the centre of Norwich along the route of the annual Lord Mayor's Street Procession. The audience for this event was estimated at 50,000 in 2016 and an even larger crowd is expected this year. We have a very tight timetable on the day of the race, so please take a few moments now to familiarise yourself with the details below. Please note that fancy dress is not permitted - this event is not a fun run. And definitely no headphones or earbuds - thank you.

- Race number & timing chip** Please collect your race number & timing chip from 3.30pm on race day. We'll be at the Flying Classrooms School of English, 5 Tombland, Norwich, NR3 1HE - about 50m to the right of Prezzo.
- You must pin your race number securely to the front of your vest or top using a pin in each corner. You must not fold, cut or mutilate your race number in any way. Your race number has been allocated to you personally in accordance with the details you provided when you registered and must not be transferred to another person. Please write your personal details on the reverse of your race number in case of emergency.
- You must attach your chip to your shoe with the ties we will provide. If you do not wear your chip as instructed, you may not be credited with an official race time.
- Race Rules** Please visit www.conac.org.uk to familiarise yourself with the Race Rules. In particular, please note Rules 4 & 17 in respect of eligibility for prizes. The Race Referee's decision will be final.
- Car parking** Your best bet is to head for the St Andrew's car park - the entrance is in Duke Street, postcode NR3 3AJ. It's then an easy five minute stroll to Tombland. Please see the map overleaf.
- Changing facilities** We regret that we have no access to changing or showering facilities on race day. A baggage store (see below) and very limited toilet facilities will be available to runners at the Flying Classrooms.
- Baggage** You may leave your baggage with us during the race. Please secure a large label to your baggage, clearly marked with your race number. Your belongings will be stored by us at your own risk.
- Start** The Start line is outside the old Anglia Television building at the head of Upper King Street, some 168 metres before the Finish line. Please assemble here at 4.45pm for your final instructions. The race will start promptly at 4.50pm.
- The course** This has been accurately measured and is marked at each kilometre. A lead vehicle with digital clock & PA system will head up the race. You must obey the instructions and directions of race marshals and police and run where indicated at all times. The race covers just over two laps and finishes in Tombland.
- Half-way time limit** The Race Referee will retire any competitors who fail to reach the halfway mark inside ten minutes - this is a police stipulation and part of the strict conditions we must adhere to if this race is to continue next year. The halfway mark will be clearly marked and the official timekeeper will call split times at this point. If you are retired in this manner please surrender your timing chip immediately to the Race Referee.
- First aid** Qualified personnel from British Red Cross & St John Ambulance will be in attendance during the race.
- Finish** After you have crossed the finish line, please go straight to our chip removal team. Then collect your memento, goody bag and any baggage you left with us before the race.
- Prizes** In accordance with Race Rule 4, prize money will only be paid to athletes eligible to represent Great Britain & Northern Ireland in international competition. Prizes will be presented in Tombland adjacent to the Finish as soon as possible after the last competitor has completed the course. You will forfeit your prize if you are not present to collect it in person.
- Results** Please visit www.conac.org.uk - the official website of City of Norwich AC.
- Any questions?** If you have any queries about race day, please call Richard Polley on 07767 205922.

Organised by City of Norwich AC - please visit us at www.conac.org.uk



250

500

Meters

Start, Finish and Km markers

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 Produced by Katy Walters for City of Norwich AC, June 2012.

Lord Mayor's 5k City Centre Classic

The race covers just over two laps of the city centre course, starting on Upper King Street and finishing in Tombland. There are roundabouts at each end of the course - one at the top of St Stephen's Street and the other outside the Maid's Head Hotel.

