



Clock Change Challenge

The Spring edition of our bi-annual 10km & 5km road race and supporting 1.5km all ages fun run.

Day Entry Fees:

10km Affiliated £13.00

10km Unaffiliated £15.00

5km Affiliated £9.00

5km Unaffiliated £11.00

Fun Run £5.00

Venue

Calne Leisure Centre, White Horse Way, Calne, Wiltshire, SN11 0SP, follow the brown signs for the Leisure Centre.

Parking

There is adequate parking for the event and there will be an overflow car park available on the school tennis courts. Please park considerately and avoid parking along the entrance road.

What to do when you arrive

On arrival, head to the main entrance and follow the signs for registration which will take place in the sports hall.

Refreshments

Drinks and snacks are available to purchase from our Splash Cafe located upstairs and also downstairs in registration.

Registration



Day Entries Registration

5km Registration 09:00 - 09:45

10km Registration 09:45 - 10:45

Fun Run Registration 09:00 - 10:15

Start Times

Briefings 10 minutes prior,

5km Run Starts at 10:00

Fun Run Starts at 10:30

10km Run Starts at 11:00

Results

All events are chip timed for 2017, the results will be available online after the event.

If you have pre registered for any of the events, please queue up for the desk labeled 'Pre Entries'. If you are a day entry, please ensure you have a completed entry form (available on the desk before the queue) and queue up for the desk labeled 'Day Entries'. Please note there will be limited day entries.

Race Number & Timing Chip

You will be issued with a race number, which must be pinned to the front of your running top, and a timing chip which must be attached to your left ankle, timing chips for all races. No Chip = No Time.

Toilets, Changing & Lockers

There are several toilet, shower and changing facilities for both males and females within Calne Leisure, please remove muddy footwear before entering. Lockers will take a refundable 20p.

Personal MP3 Players & iPods

The use of any personal music device or headphones is not permitted during this event and will result in disqualification if caught wearing them. This is due to the safety of runners during a road race.

First Aid

My Skills For Life will be providing first aid during the event. If you require first aid, alert the nearest marshal on the course. There will be a first aid post at mid way on both the 5km & 10km races.

Massage

South West Sports Massage will be providing pre and post race loosening up in the sports hall. There will be a charge of £5 for 10 minutes or £10 for 20 minutes treatment.

Photography

Charles Whitton Photography will be taking photos during this event and they will be available to view shortly after the event at www.charleswhittonphotography.com.

Dogs

TIMING CHIP **GOLDEN RULES**

- ENSURE THE BLACK CHIP IS ATTACHED TO THE STRAP
- WEAR ON YOUR LEFT ANKLE
- ENSURE IT FACES OUTWARDS
- MAKE SURE IT IS UNDER OR BELOW YOUR WETSUIT
(if swimming is involved)
- DO NOT TIE IT TO YOUR SHOE



- WHEN YOU COLLECT IT, PUT IT ON IMMEDIATELY
- DO NOT WALK OVER ANY RED TIMING MAT BEFORE YOUR RACE
- RETURN IT AT THE FINISH
- NO CHIP = NO TIME






Presentations

5km & 10km Awards - 12:30

To take place in the sports hall



Course Records

10km Mens

30:27 (Oct 2014) Patrick Martin

10km Ladies

37:15 (Oct 2011) Amy Chalk

5km Mens

15:44 (October 2015) Simon Nott

5km Ladies

19:14 (October 2015) Denise Nott

We welcome dogs to the event, they will not be allowed inside the building, but are welcome on the sports field, providing they are kept on a lead at all times and cleared up after them.

Drinks Station

There will be a water station at approximately 5.5km point on the 10km route only. Please make use of the large drop bag for depositing any water bottles.

DO NOT LAUNCH BOTTLES INTO THE HEDGE ROW.

Children's Soft Play

There will be a soft play area set up for children under 5 during the event, children must be supervised and you must not leave your children unattended whilst you are running.

Presentations

Medals will be awarded to all runners who finish.

Presentations will take place in the sports hall where the category winners will be awarded with an engraved gift.

10km Presentation Categories will be awarded to;

1st - 3rd Male Overall

1st - 3rd Female Overall

1st Male 40+, 50+, 60+, 70+

1st Female 35+, 45+, 55+, 65+

1st Male Junior

1st Female Junior

1st Male Team*

1st Female Team*

*Top 3 accumulated club runners times to count.

5km Presentation Categories will be awarded to;

1st - 3rd Male Overall

1st - 3rd Female Overall

