

Race Pack

CLAPHAM COMMON 10K SERIES 2007

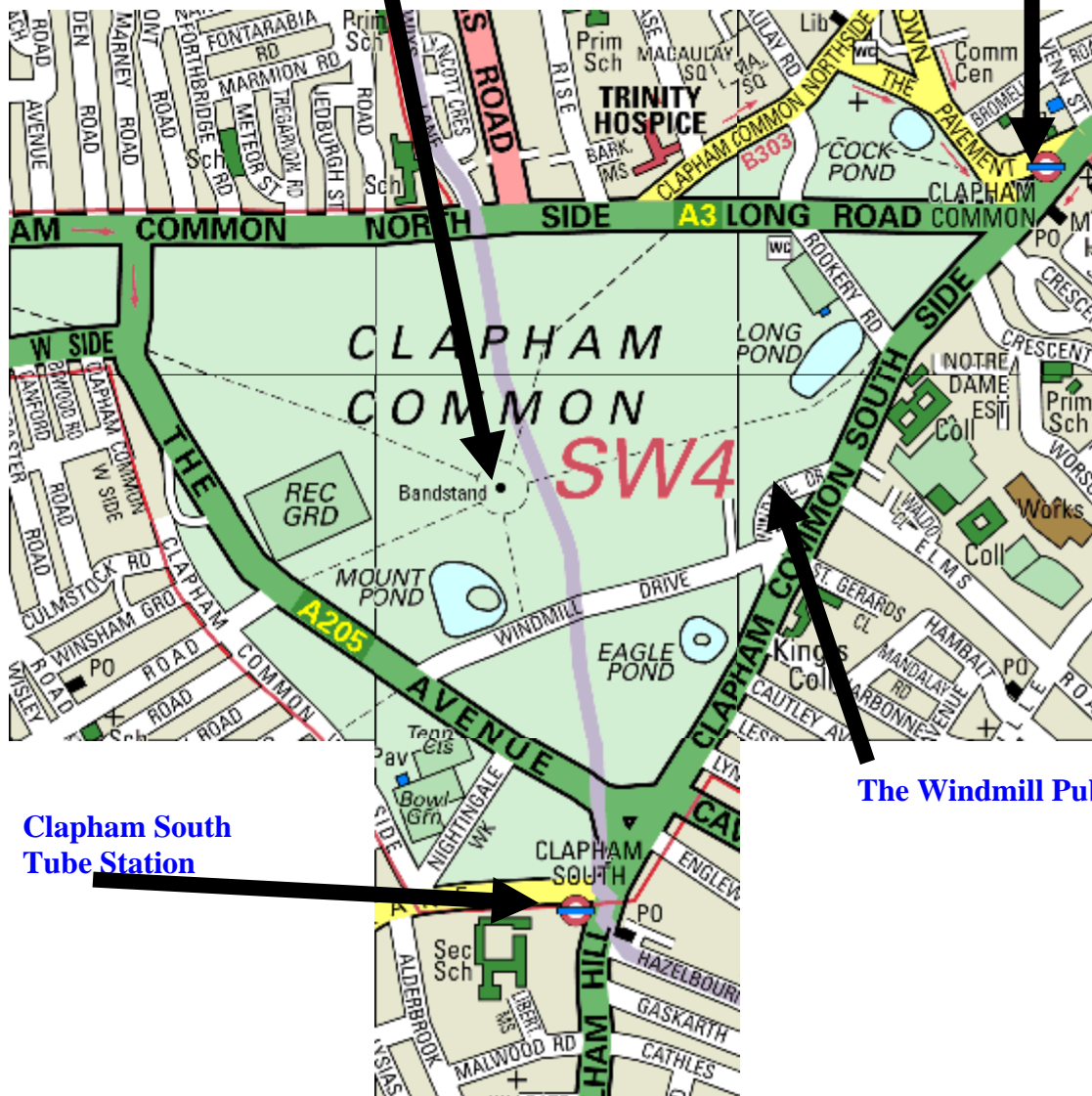
Itinerary for the day

- 09:00 Registration Opens
- 09:40 Registration Closes
- 09:40 warm up session
- 09:50 Proceed to start line (We kindly request that beginners start towards the back)
- 10:00 Race commences

Directions & Getting There

The Registration Area

Clapham Common Tube Station



Clapham South Tube Station

The Windmill Pub

As you come out of either station walk along the Clapham Common south side road until you reach the Windmill Pub. The Bandstand is clearly visible from the Pub. The registration area is approximately 300 yards east of the bandstand. Alternatively come out of Clapham Common South tube station, walk along The Avenue and make your way over to the registration area

The following busses run from Balham and Stockwell, along Clapham Common South Side, 355 and 155. The 35, 37 and 345 buses run from Clapham Junction up to Clapham Common Tube Station.

Registration

If for some reason or another you do not have your race number prior to race day, make your way to the Registration area at the Bandstand and a member of our team will assist you.

Toilets

There will be toilets located at the registration area. We kindly request participants to use toilets in advance of the race commencing to ensure we start at 10:00am sharp.

Storage

A storage tent will be based at the registration area for participants with belongings they wish to store during the race. (Please note Innovation Sports will not be liable for any losses. Owners can store baggage at their own risk).

Staff at our storage area will mark the tag with your race number. You will be required to produce your race number when collecting your baggage so please keep this safe.

Race Numbers

Please wear your race numbers on the front of your top, as we will need to view your number to record your race time. Safety pins will be provided on the day if needed.

Note: If you have not received your race number prior to the run, please come to the registration tent on race day at 9am and a member of our team will issue you with a replacement.

Race Times

These will be provided 2 working days after the run at the very latest and will be published on our website, www.innovationsports.co.uk

Warm Up

A warm up session will take place at 09:40 next to the registration area in preparation of the race commencing.

First Aid

There will be an Ambulance with paramedics on site throughout the race. If you sustain any injury during the race, please notify one of our marshals who will provide help or if required will alert the medical team.

Water Stations

There will be 1 water station based on the course and additional water will be provided at the finish line.

Commencing The Race

We ask runners to be at the start line no later than 09:55, as the race will start at 10:00am sharp. We ask that participants either use toilets and/or store baggage as early as possible. **We request that beginners start towards the back of the race to allow experienced runners to take the lead to ensure safety.**

Looking To Run For A Charity

Innovation Sports works alongside the Starfish Foundation aiming to bring life, hope and opportunity to children in Southern Africa who have been orphaned or made vulnerable by HIV/AIDS. For information please visit <http://www.starfishcharity.org>

Sponsors On The Day

Innovation Sports would like to Thank Frontrunner and Fitness First for their support in contributing the Clapham Common 10K Series 2007. For further details of our sponsors please visit:

Fitness First <http://www.fitnessfirst.co.uk/>

Frontrunner <http://www.frontrunner.org.uk/>

Finally, the Innovation Sports Team would like to wish you all the best of luck and we look forward to seeing you on race day!