

EPSOM DOWNS 5K & 10K AUTUMN RACE

10/11/2019 – 11:02 (Fun Run – 10:30)

Venue:

Epsom Downs Race Course,
Tattingham Corner,
Epsom,
KT18 5PP

This venue does allow dogs on site so feel free to bring them along for a run (on a lead!)

We will be holding a 2-minute silence prior to the race at the start line to mark Remembrance Sunday.

Timings:

10:00 - Race registration opens

10:30 – Fun Run

10:50 – Registration closes and race briefing at Start/Finish Line

11:00 – 2-minute silence

11:02 – 5k and 10k Start

Directions:

If you are driving to the race, the address and post code you will require are Tattenham Corner Road, KT18 5PP. From here there is access to a number of free public car parks, all of which are a short walk to the race registration location. There are two crossing points from the car parks to gain access to the racecourse at either end of Tattenham Corner Road and there is also an underpass about half-way along this road near to the public toilets.

If you are making your way to the race on public transport, Epsom station is well connected to London from Waterloo and Victoria. Please note that you will need to arrange travel from Epsom town to the racecourse if using this station. Alternatively, Tattenham Corner is the nearest station to the event, only a 5-minute walk from the Epsom Downs and has trains from London Bridge. If you wish to take public transport from Epsom town centre, the 460 and 480 buses run to the racecourse area.

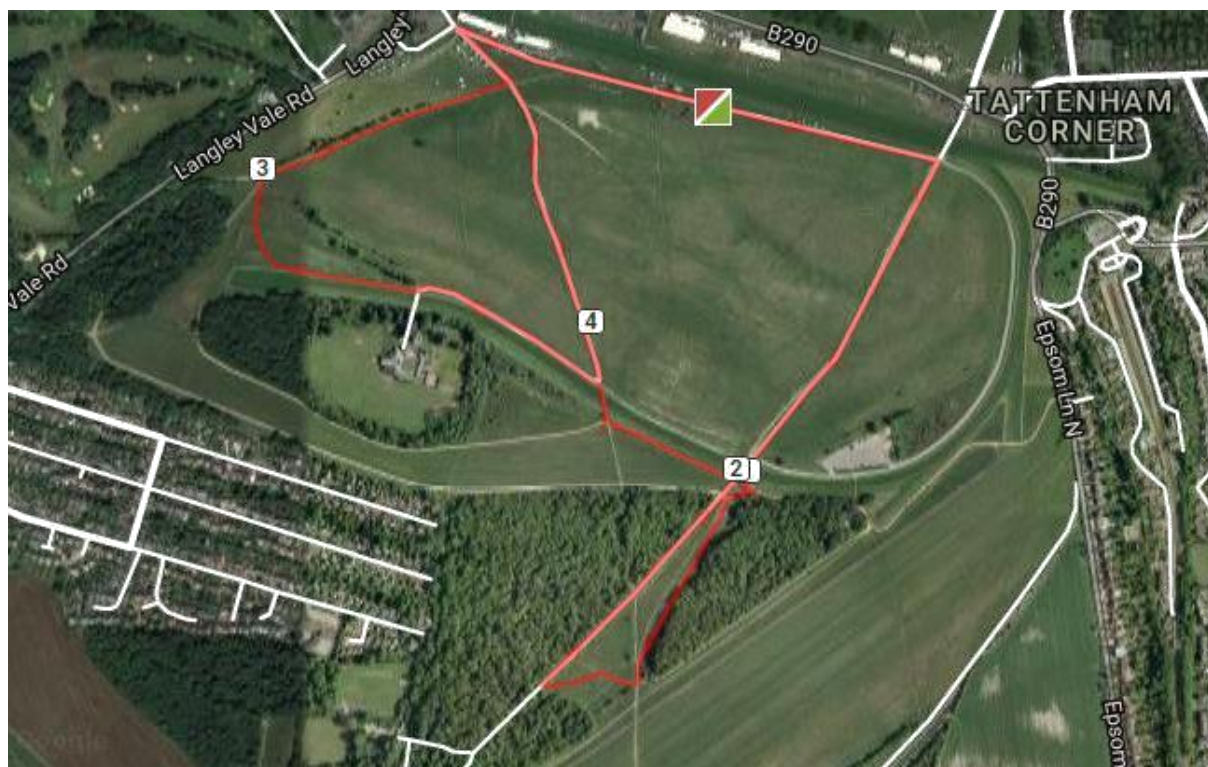
Once you have parked, make your way over towards the grandstand seating and look for a marquee and flags on the grass. The race will start and finish directly opposite the home straight of the racecourse.

Registration:

No race packs will be sent out prior to race day. All race numbers and timing chips will be collected from the registration desk. Registration is marked below as are parking areas and toilets.



Course:



The course is shown above, the easiest way to get to know the route is to look at the Strava segment [here](#). It shows elevation and the route, giving you a good insight into what to expect on the day.

Timing will be chip timed by First Stride Events.

Prizes will be awarded at the presentation on the day. This will be at roughly midday. Prizes for 1st, 2nd, 3rd Male and Female in 10k and 1st Male and Female in 5k. Also, age group prizes.

The course is traffic free so we are happy for you to wear headphones, however, please note that you must be able to hear marshal instructions at all times as well as other competitors and members of the public. This is for your own safety and to ensure everybody has an enjoyable event.

The easiest way to keep up to date with our current and future events is to like our Facebook page - <https://www.facebook.com/1ststrideevents>

There are still places available, so if you have friends who are unsure get them to sign up and come along with you. Race places will be available on the day

Medals: All competitors will receive a medal as a recognition of the effort they have put in.

Timing: The timing will be carried out by our team on the day and you will receive a chip time.

Refreshments: There will be water stations on the course, plus a few snacks at the finish for you to build your sugar levels back up.

Results: All results will be posted online shortly after the event. An email containing a link will be sent out following the event and the link will also be posted on Facebook and Twitter.

NOTE: All timings may be subject to change. Any changes to the programme will be highlighted at registration, please register in good time.
