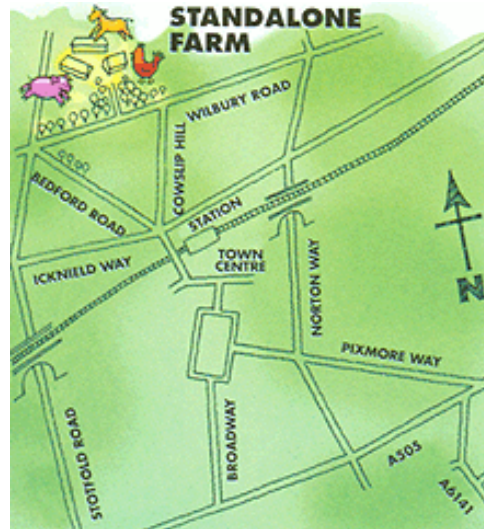
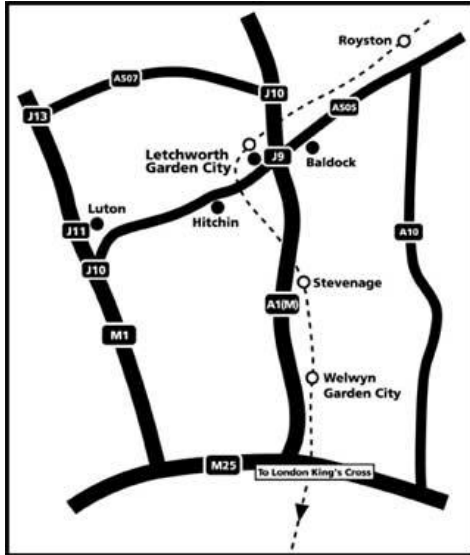


How to get to Standalone Farm:

By Car: Exit at junction 10 on A1(M) and take the exit towards Stotfold off the junction's roundabout. Go straight ahead at the next roundabout and then left at the following roundabout. You will pass the 'Fairfield' site and later come to the 'Two Chimneys' pub on your right hand side. The carpark is just before the pub on your left hand side.

Public transport: Letchworth Garden City is on the main Kings Cross to Cambridge train line. Bus route 97 stops directly outside Standalone Farm.



Standalone 10k 2010

Sunday October 3rd, 10:00 am

UKA License No 2010-100756)

Incorporating the Hertfordshire AAA Veterans County 10k Championships

Your Race Number

Dear Runner,

Thank you for entering the 2010 Standalone 10k. **You will need to bring this document along to the race with you and collect your race number and chip before 9:30 on race day.** There are no entries on race day. If the event is cancelled no money will be refunded; any surplus will go to charity.

Race HQ

Standalone Farm, Wilbury Road, Letchworth, SG6 4JN (see map)

Race Number and Chip

Please collect your race number and chip from the appropriate desks **before 9:30** on race date at Standalone Farm. You will need to bring along this document to certify your entry to the race. Numbers and chips can also be picked up on Saturday 2nd October between 2pm and 4pm.

Please wear your race number on the front of your running vest. The chip is to be attached to the shoe with the strips provided. The race organisers will not be held responsible for incorrect reporting of results if race number and/or chip are worn incorrectly.

Race Number Transfer

Entrants are permitted to transfer their race number to a replacement runner, provided the replacement runner completes an entry form and posts this together with a note to the Race Entry Secretary by Saturday 18th September – Standalone 10k, 19 Haselfoot, Letchworth Garden City, Hertfordshire, SG6 4DE. Any runner found to be wearing an 'illegal' race number will be disqualified.

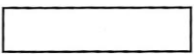
Car Parking

The car park will open from 8am. There is ample car parking available. The carpark entry is not through the farm entry but from Stotfold, near and opposite the Two Chimneys pub (see map). No vehicular access to the farm will be granted at any time. Please follow the signs and observe the instructions of the marshals. Approach roads to Standalone farm will close at 9am, access to the carpark will close at 9:30. Please ensure that you arrive in plenty of time **We encourage arriving at the farm by 8:30** for you to be able to pick up you race number and chip in time and to avoid disappointment.

The Standalone 10k 2010 is sponsored by:



NORTH HERTFORDSHIRE
DISTRICT COUNCIL



LETCHWORTH
GARDEN CITY
HERITAGE
FOUNDATION

LETCHWORTH GARDEN CITY'S
STANDALONE
FARM



The Comet



THE HEALTH CLUB



Facilities

Toilets and changing areas will be available but unfortunately there are no showering facilities. A baggage area will be provided.

Race Assembly, Start and Finish

Race entrants are requested to warm up within the farm area and assemble on the road leading outside the farm 10 minutes prior to start. The main road will be closed to traffic and the runners will be led by race marshals to the start area. Please assemble behind the board showing your approximate finishing time. **The race will start at 10:00 prompt.** The race finishes within the Standalone farm area.

Race Safety

Obey the instructions of the race marshals and police at all times. You must stay on the left hand side of the road and you must stay within the line of marshals on the by-pass. Failing to comply with these instructions will result in disqualification. Marshals have no powers to stop traffic outside the road closure area therefore all runners are responsible for their own safety. Please refrain from wearing MP3 players, iPods etc during the race. The race is not suitable for wheelchairs.

Entertainment and Refreshments

Standalone is a working farm and is open to the public on race day. A farm shop is located on the premises where you can purchase refreshments, toys and gifts. There will also be a sports stall provided by ARO Sports.

Water Station

There will be a water station just after the half way point of the race (see map).

Medical Assistance

St. John Ambulance will be in attendance on the Farm and on the course. If you have any medical conditions, please mark your race number with a cross in the left hand corner and write details of your condition and an emergency contact number on the back.

Results

Race results will be displayed on the windows of the conservatory on the farm yard as soon as they are available. Results will be published on the Standalone web site: www.standalone10k.org.uk and will be printed in *The Comet*. Hard copies can be mailed to runners providing a SAE including a £1 fee. Please place SAE into the box provided at the info desk.

Race T-Shirt

All finishers will receive a technical t-shirt after the race.

Prizes and Trophies

We will present the trophies at 12:00. The following prizes and trophies will be awarded: £100 cash to 1st man/lady, further prizes to 2nd and 3rd man/lady, Prizes to 1st FU20, F35, F45, F55, F65, MU20 M40, M50, M60, M70; £50 for new M course record (Neilson Hall, 30:38, NHRR, 2009); £150 for new F course record (Sharon Morris, 35:34, Garden City Runners, 2004; roll-over from Standalone 2008 and 2009); Team prizes, 1st overall mens and ladies team (4 to score), 1st unattached team (e.g. work, gym, etc) mens, ladies or mixed (4 to score); Prize for best local male and female (SG4, 5, 6, 7); Prize for best unattached male and female. Please note: runners are eligible for one individual prize only.

Hertfordshire 10k Veterans County Championships will also be awarded: F35, F45, F55, F65, M40, M50, M60, M70 (qualify by birth or residency), F (3 to count) and M Vets team (4 to count)

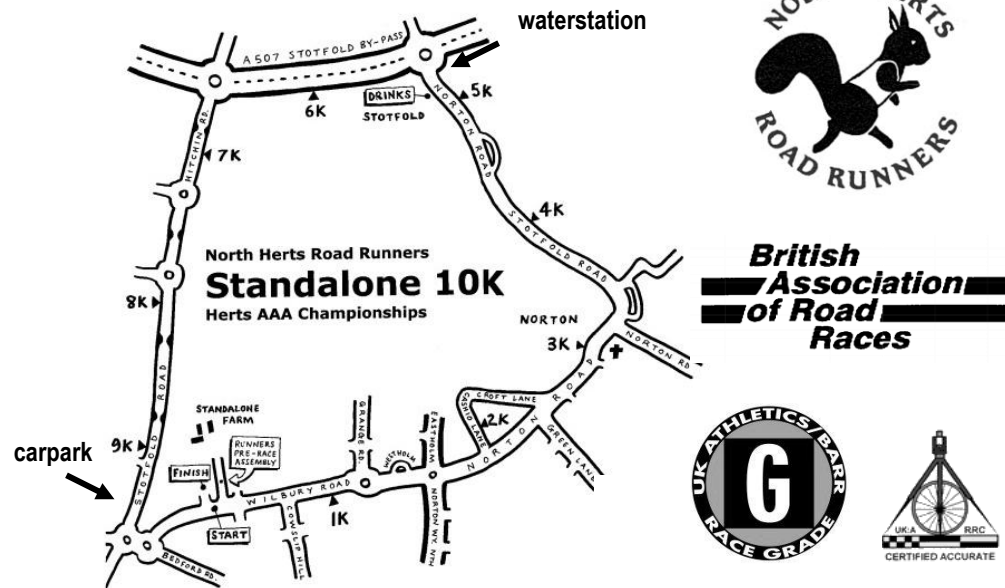
Free Kids' Fun Run

For the children of competitors in the main race there will be a 2k fun run at approx. 11:30. Registration is not required. Please follow the signs and listen for announcements. This year the start will be staggered in 3 groups: 10 yrs and older, 6-9 yrs, 5 years and younger + prams. NOTE: due to the race passing the car park entry, children wanting to take part in the fun run have to be in the farm for the start of the main race.

We hope you have a successful race and enjoy the Standalone 10k 2010

Race Director: Roger Bamberough, tel. 01462 438718 Email: info@standalone10k.org.uk

Standalone Race Course



Course Description

The race STARTS downhill on Wilbury Road. After a short sharp climb the course flattens as runners head towards the Grange Rd roundabout at 1K. A gradual incline takes runners past Norton Common up to the Norton Roundabout, then it's flat through to the 3K mark at Norton Village. Runners head out into the country, downhill from the Church, and then over 1 small rise to the DRINKS STATION at 5K. Turning left onto the A507 By-Pass at Stotfold, runners pass 6K before a small incline leads up onto Hitchin Road. At 7K it's flat at first past two roundabouts. Between 8K & 9K two more undulations bring runners to the left turn at the top of Wilbury Road. The last Km is flat, then fast downhill, before runners turn left into the Farm to FINISH.

Course Profile

