

26TH ELMBRIDGE ROAD RUNNERS

JULIE BUTTON MEMORIAL 10K

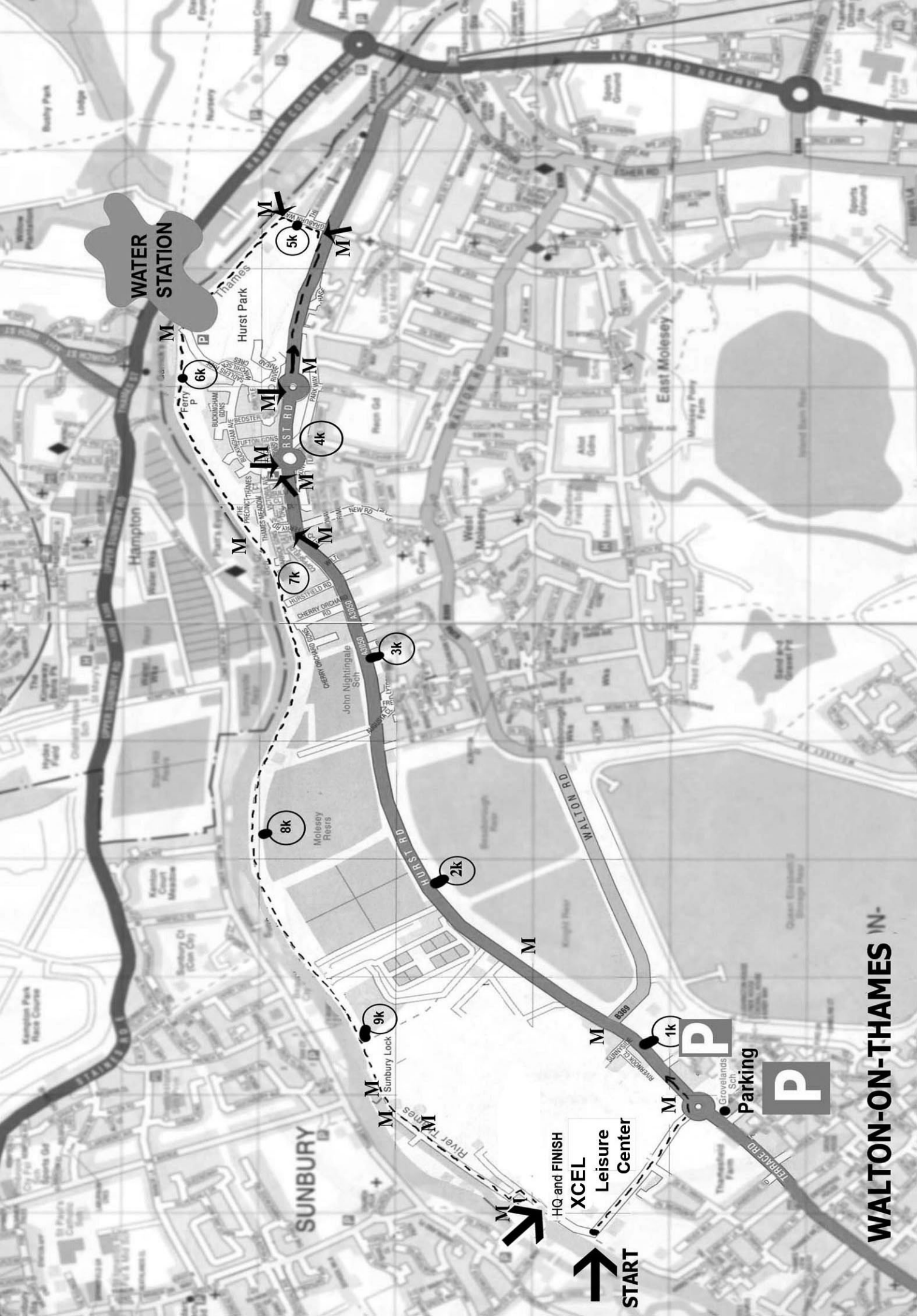


Sunday 26th July 2009 Start Time: 9:00 a.m.

- Numbers** This year we have a new chip system . You collect your number and chip on race day at The rear of the Xcel Liesure Center. Please allow plenty of time before the race After the race PLEASE RETURN YOUR CHIP to the helpers.
(failure to do so will incur a cost of £1.80)
- Venue** Xcel Leisure Centre, Waterside Drive, Walton-on-Thames, Surrey, KT12 2JG
- Parking** Parking will be available at Grovelands School and nearby. Please follow any instructions given by the marshals. Details of parking areas are shown on the map.
- Travel** The nearest train station is at Walton-on-Thames.
- Changing** Changing and showers are available in the Leisure Centre. Please use the rear ent
- Start** The race will start at 9:00 am sharp. It is essential that the road is not blocked prior to the start. Please follow any instructions given by the marshals.
- Course** The course is marked on the map. There is a drinks station approximately half way and at the finish. Each kilometre is marked. It can be very warm on race day, so please ensure you take on water before and during the race.
- Awards** Awards are as per entry form and will be presented in the Leisure Center or outside at about 11
- Results** Will be posted on our website. Should you wish to receive them by post please leave an SAE.
- First Aid** Ambulance Service will be in attendance

Elmbridge Road Runners meet on Tuesdays and Thursdays at 7 pm.
www.elmbridgeroadrunners.co.uk

thank you for entering the ERR 10K - we hope that you enjoy the event and have a good run



WATER STATION

5k

6k

4k

7k

3k

8k

2k

9k

1k

HQ and FINISH
XCEL Leisure Center

START

P
Grovelands Sch
Parking

P

WALTON-ON-THAMES IN-