



Presents the 38th
GULDEN SUTTON 10K
15TH SEPTEMBER 2019 11.00AM

Race HQ: Guilden Sutton Village Hall, Guilden Sutton, Chester CH3 7SW

Full UK Athletics License: UKA / 2019-36566 Course measurement Certificate No: 12/016

Entries

This year the 10k race will be **online entries only and entries close on Saturday 14th September 13:00**. The 1.5 mile Fun Run is entries on the day only at Race HQ. Under 9 year olds need to be accompanied by an adult in the fun run.

Parking

The car park will again be at [Tile Farm, Wicker Lane, Guilden Sutton, Chester CH3 7EL](#). An alternative exit from the parking area will be available onto the open section of Wicker lane beyond the road closure. **Please drive carefully and turn RIGHT on exit if the race is still in progress.**

There is **no parking available at the finish area / Race HQ**. Please **do not park on the course** as this will cause problems for runners, marshals and local residents. The fun run course is around Middlecroft so please do not park cars on there.

10K Race Numbers & Timing Chip Collection

All numbers must be collected from Race HQ at the Village Hall on race day. The chip will be attached to the number this year. Race HQ will be open from 9:30.

Enquiries / Number transfers

Race HQ (where number transfers can be arranged for free) will be located in the Village Hall. If you run in someone else's number without having it transferred, you will be disqualified from the race. There are NO entries on the day this year. **NOTE:** Minimum age 15 years on day of the race.

Changing

There are very limited changing facilities and no baggage storage at the Village Hall. We suggest that you arrive already changed. Toilets are in the Village Hall.

Refreshments

Food and drinks will be available at the Village Hall, provided by Guilden Sutton Cubs. All profits from sales go to their funds.

The Course

The 10K start is about 500 metres from the Village Hall (where the finish is). There is an overall drop from start to finish of about 5 metres. The first 4.2K undulates, passing twice under and once over the A55 bypass, the next bridge at 5.7K is flat. **Please note, the course uses the footpath alongside the A51, not the road itself.** There is a drinks station at approximately 6.8K where the footpath is wide; the footpath then takes you to the lowest point of the course at 8K. There are then a couple of rises to the finish.

A section of Wicker Lane (from the A51 junction) will be closed to traffic for the duration of the race.

During the Race

Obey marshals' instructions and keep to the left on open roads unless instructed otherwise.

Headphones are not permitted under UKA rules on open road races. Anyone wearing headphones will be disqualified from the race.

Bottled water will be provided at the finish. Medical cover will be provided by Saint John Ambulance.

Previous Results

The last 10 years of race results are listed [here](#).

Race Prizes

Prizes are awarded on the basis of 1st over a defined age, not by the classic age group bands e.g. MV40, LV40 etc. This allows for example a 52 year old man to win the 1st O/40 prize if he is faster than the fastest runner in the classic MV40 category.

Individuals - Only one individual prize per runner

Men: At least first 5 plus, 1st U/20, 1st O/40, 1st O/45, 1st O/50, 1st O/55, 1st O/60, 1st O/65

Women: At least first 3 plus, 1st U/20, 1st O/35, 1st O/40, 1st O/45, 1st O/50, 1st O/55

We're also offering 6 months free West Cheshire AC membership to the first local unattached man and first local unattached woman to finish. That's non-club runners who live in the CH postcode area.

Teams

UKA affiliated Club Teams: 1st male (4 to count) and 1st female (3 to count)

Presentation

The presentation will take place in the Village Hall as soon as possible after the race. Prizes will be awarded on the day only for the first 5 male finishers, first 3 female finishers and first male and female teams. All age category prizes will be sent out to the winners after the race.

Results

Results on the day will be emailed / texted to competitors soon after the race and also available afterwards at <https://wcac.niftyentries.com/Results>

Acknowledgements

We wish to thank all those who support us in staging this race. These include:

- Marshals and many others helping to stage the race predominantly but not exclusively from West Cheshire Athletic Club.
- Guilden Sutton Community Association for the use of the Village Hall.
- The Arden's of Tile Farm for the provision of the car park
- Guilden Sutton Cubs for providing the refreshments
- Guilden Sutton Scouts for operating the finish water station
- Dee Communications for the provision of radios
- Spark Medical for provision of medical cover on the course and at the finish
- Cheshire West and Chester Council Safety Advisory Group for their help with road closures
- Essar for their sponsorship of the race