



JURASSIC COAST 10K RUN

Saturday 27th July 2019

Risk Assessment & Emergency Plan

(This is a working document which may be subject to change as the planning of the event develops and the situation on the ground changes.)

July 2019

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1. General Statement of Intent

Jurassic Coast 10K intends to comply with all current Health and Safety Legislation. The aim being to ensure so far as is reasonably practicable the Health Safety and Welfare of those attending the run whether Running, Visitor, or Volunteering.

In the pursuit of this goal Jurassic Coast 10k intends to co-operate with all other organisations involved with the running of the event and seek the professional advice of such outside agencies as may be necessary.

A Risk Assessment will be carried out with policies and procedures being produced to cover major incidents. These where necessary will be designed to fit in with the policies and standing operational procedures of other organisations involved in the event. Where required training instruction and supervision will be provided to ensure that those assisting in the running of the event are fully conversant with the policies and procedures.

Signed On Behalf of Jurassic Coast 10k

Print Name:

Position:

Signature:

Date:

2. Risk Assessment Overview

One of the most significant safety aspects of an event of this nature is the ability to deal with the unforeseen. Prior planning for major issues such as a medical emergency, crowd control, welfare or major accident is essential, these are standard issues handled by experienced professionals. However as the event itself unfolds numerous issues will arise which will require action to be taken at the time. Runners partaking in the event will be required to supply certain information, such as their confidence that they are fit and competent to carry out such a run, and to follow certain procedures, e.g. wearing of appropriate clothing to ensure that they assist all organisations taking part in the administration of the event in complying with their responsibilities under current Health & Safety regulations. The minimum age to take 15 years old to take part.

It is the intention, to assist in tackling these challenges, by having a safety co-ordinator on the ground throughout the event from registration to “all runners completing the Event.” Their brief will be to observe practices of persons present so as their actions do not place any runners, spectators, volunteers at risk and that requirements of current legislation are being met.

This assessment is a draft-working document designed for discussion at the various meetings to take place prior and post to the events. It is expected that as arrangements for the events progress issues

may arise that constitute hazards; these will be assessed and controlled accordingly. For the purposes of this assessment the following assumptions are made:

- The management team involved in the organisation will use their experience and knowledge to ensure, that so far as is reasonably practicable, risks to the general public and others are minimised.
- The involvement of professional organisations in such areas as safety, Event and Medical, marshalling.
- The involvement at the planning stage of the medical professionals who will be in attendance throughout the event. Event and Medical is the organisation providing the medical cover at the Jurassic Coast 10k 2019.

References

- The Good Practice Safety Guide for small and sporting events taking place on the highway, road and public places (Home Office 2010)
- The Health & Safety at Work Etc act and all subsequent legislation
- Runbritain.com

During the course of this assessment, hazards and risk will be prioritised using the following risk rating system

HAZARDS: Are Categorised Using the Following Scale

A= Death, Major Injury, Major Damage Or Loss To Property Or Equipment.

B= An Injury Resulting In More Than Three Days Off Work, Or Damage To Property Or Equipment

C= Minor Injury, Minor Damage To Property Or Equipment

RISKS: Are Categorised Using The Following Scale:

1= Extremely Likely To Occur

2= Frequent, Or Quite Likely To Occur

3 = Slight Chance Of Occurring

	A	B	C
RISK			
1			
2			
3			
A1		UNACCEPTABLE: must receive immediate attention to remove or reduce risk	
A2/B1		URGENT: must receive attention as soon as possible to reduce hazard or risk	
A3/C1		Needs attention to verify if hazard (A) or risk (1) can be reduced. Check if satisfactory systems are in place	
B2		Should receive attention to check if hazard or risk can be reduced and that monitoring procedures are in place	
B3/C2		Low priority	
C3		Low priority	

3.Event Overview

This event is held on foot paths along the South West Coast Path and the River Otter, the runners will run through a cornered off car park at the start and small roads about half way around which are well marshalled. The race is organised by Jurassic Coast 10k, in aid of a local charity, the FORCE Cancer Charity. The event was first held in 2004. All runners are asked to pay an entry fee and run at their own risk.

The course will be traffic free in parts, however the paths are shared with the general public. Race HQ is Lime Kiln Car Park, Budleigh Salterton, Toilet facilities are available within 200 m from Race HQ.

It is anticipated that up to 350 runners will take part.

The event is run on the 27th July 2019 at 11am. The course will be inspected during the week leading up to the event to ensure it is safe. If there are any possible issues such as foul weather conditions then a final assessment will be taken 1hr prior to the start. If it is deemed that the course is unsafe then the race will be postponed or cancelled.

A race briefing for all marshals and safety personnel will be held prior to the start.

A race briefing for all runners will be held prior to the start. Runners will be briefed that they must share the paths and be aware of the general public including dog walkers. Runners will also be asked to report back on any problems arising whilst running. For example: Damaged footpaths, potholes, poor visibility etc. See Runners Brief section 5 for full information.

Communications: The race organisers will use mobile phones to contact each other – the First Aid provider, Event and Medical, will be on radio with the Race Organiser. All race officials, marshals & volunteers to ensure that their phones are fully charged before the event.

Course: Directional Signs, arrows & Caution Runner signs will be used around the course to direct runners and warn the public the event is taking place. The course will be inspected the race day to ensure it is fit for purpose.

Advance Warning signs will also be erected around the course 1-2 weeks before the event, which will warn members of the public that the event is taking place.

First Aid Provision: This will be provided by Event and Medical. In the case of a serious incident the race organisers will call 999 to get extra assistance – the race will be abandoned.

There will be first aid available at the start and finish area. On the course the medical 4x4 will be based at the Water works between 5km and 6km and will access the course as required.

Accident Reporting: All accidents involving Runners, members of the public or Staff must be reported to the Race Director and such reports should be passed to the Health and Safety Officer who will enter them in the incident log book. This will be kept as a record of the event but also as a guide as to possible hazards for future events.

Accidents include any unplanned event leading to:

- Injury to persons whether staff or a member of the public.
- Damage to property.
- Incidents likely to cause either of the above.

Once the initial report has been filed, the Health and Safety Manager will carry out a preliminary investigation and take any appropriate action. In the course of this investigation the use of photography and witness statements may be used as necessary to record evidence.

R.I.D.D.O.R. – Jurassic Coast 10k have a statutory duty to report any serious injury caused to participants, spectators and volunteers (plus contractors and staff) resulting from negligence – e.g. a runner injured tripping over a barrier (but not a self-inflicted injury or illness). Event and Medical will assist by completing their relevant Patient Report Form (PRF) and provide a relevant report to Jurassic Coast 10k to enter on the Health & Safety Executive’s website.

Marshals: Marshals will be positioned at key points on the course to ensure the safety of the runners, helpers and general public. Marshals are to wear high-visibility bibs.

Marshal Plan – See Appendix’s for roles and responsibilities around the course

4.Course & Marshal Plan

Marshal Plan – See Appendix’s for roles and responsibilities around the course.

Contact Details:

Race Director / Safety Officer: Mrs Jane Newman - 07814009918

Race Admin: Sue Newman - 07740430169

Medical Services: Event and Medical. Martin Reggler Martin. Mobile: 0784 357 9290

Sweeper on Foot – Heather Taylor 07773 409453

Police, Clinton Devon, East Devon Council have all been informed of the race. Signs to put up at race HQ 2 weeks before the run to inform the public.

5.Runners Briefings

Pre Event:

An email will be sent to runners providing them with general details for the event and registration details. They will be directed to the Jurassic Coast website for full information.

Full event details are available from the race website.

All runner’s race numbers have a space on the reverse for them to fill in their personal details and race instructions, there will be tables and pens for them to do this when they collect their numbers.

There are public toilets on Budleigh Sea Front, within 200 m of Race HQ (the finish) on the way to the start – there is often a queue beforehand, so please use the facilities in good time so as not to miss the start. There are also toilets at the Budleigh Salterton Cricket Club which can be used by runners only not supporters.

The race will start promptly at 11.00am. Please note the start will be on the seafront at the south end of Lime Kiln car park. Clear directions will be provided from race HQ.

JC10k HQ will be at the north end of the Lime Kiln Car Park, adjacent to the childrens' playground and in front of Budleigh Salterton Cricket Club. This is also where the race ends.

All finishers will receive a medal. Water will be available at Race Headquarters (unlimited water) at 5km (350x300ml water bottles/cups of water – one for each runner) plus water at Clammer bridge marshal point (150 300ml bottles/ cups of water).

Directions and parking

Budleigh Salterton is found on the coast of East Devon, 10 miles from Junction 30 of the M5. Lime Kiln Car Park (Race Headquarters) can be found at the eastern end of Budleigh's 2km beach, famous for its large smooth pebbles (an integral feature of the World Heritage Coastline!).

Lime Kiln car park is at the end of Granary Lane, postcode EX9 6JD.

There are 422 parking spaces in the car park, but please arrive in good time as this is a popular area. Alternative car parks in Budleigh are available at Rolle Mews Car Park on the main street and at Lower Station Road Car Park behind the library. Please see the map on the route page for more details.

Race Headquarters

At race HQ you will find further information about the race, kit store (kit stored at own risk), first aid and an information desk. First Aid will be provided on the day by Event and Medical at

the start/end of the race. and on the course. Marshals will be along the route.

If you are unable to take part please inform Race organiser by emailing jane@peakpkhysio.com or telephone 07814009918. Numbers can be transferred until the race closes on the 22nd of July. After this date runners can not transfer their number to another person to run.

Runners are not allowed to wear headphones or such like as these prevent you being aware of what is going on around you.

Race Number Collection

Check-in on the day is at Run HQ. You will be able to check in from 9.00 a.m. on the day. Check in will close at 10:30 am so we can run the children's event.

Your race number will be available to collect from the desk corresponding to the first letter of your surname.

In the event of wet weather please collect your race number from the Budleigh Salterton Cricket club, which can be found within 100m of race HQ.

The Start

The Start line is situated on the seafront, approximately 300m from race HQ. There will be clear directions.

The race will start promptly at 11.00am. Please listen to the pre race announcements, they will be important and provide valuable information regarding the race. Your race number must be worn on the front of your person, not cut down or otherwise defaced.

The Course

The route takes you across a range of terrains including public footpaths, quiet rural roads and coast paths. All public footpaths are open to the general public so please take care and run

responsibly.

You commence on the seafront and join the footpath heading north along the mouth of River Otter. After 1.5 kilometres you will cross the River Otter and join a rural path heading east until you reach the coast path at Crab ledge where you turn south. The undulating Coast Path is followed for a further 3 kilometres. Here the coast path heads north enabling you to re-cross the River Otter. From White Bridge you follow the footpath south retracing the first stage of the run back to Lime Kiln Car Park.

Marshals will be in place to give clear directions. Please show respect when running on public footpaths as other people will be using them.

The Finish

The race will finish next to race HQ in the field at the end of Lime Kiln Car park. Stay in the same order as you go down the finish funnel (or the results will be inaccurate).

If you have left belongings in the kit store, this can be collected from HQ. It has become a bit of a tradition to take a post-race dip in the sea after the run, but this is entirely voluntary!

We hope to have the results available and commence the awards ceremony at approximately 12.30pm. Please join us for these, soak up the atmosphere and enjoy a few moments relaxation as well as enjoy bananas and water.

Provisional results will be available on the evening of the run, but these are subject to a review process.

No headphones or Dogs are allowed on the run

Runners have been notified in the entry email, website and race briefing.

Accommodation and Public Transport

There is an extensive range of accommodation possibilities in the East Devon area, ranging from City centre hotels in Exeter to farmhouse B & Bs. To obtain further details please contact the Budleigh Salterton Tourist Information Centre on 01395 445275 or look at their website.

Budleigh Salterton has a regular bus service to Exmouth and Sidmouth. An integral part of this is the Coast Hopper service, which gives visitors access to other parts of the Jurassic Coast , by linking up with the Coastline X53 . This is a summer service which connects Exeter, Sidford, Beer, Seaton, Lyme Regis, Charmouth, Bridport, Abbotsbury, Weymouth, Pool, Wareham and Poole. Click here for more details about the service.

Nearby railway stations include Honiton [12 miles] and Exmouth [5 miles] which give access to the Waterloo to Exeter and Paddington to Penzance lines respectively. There are trains every half hour to Exmouth from Exeter.

On The Day:

This will be given verbally on the start line immediately before the start of the race.

1. Thank you for coming
2. Warning: Please be aware you have to share the paths with the general public, we do not have exclusive right of way. It is a multi terrain event with sections that are steep stony paths, steps , narrow paths, running alongside the cliff on the south west coast path, the cliff is always on your right. Please enjoy but do take care.
3. Please do not wear headphones – so you are able to hear marshals instructions and other runners that are behind you and may wish to pass. No dogs are allowed to accompany you on the run.
3. If you see a runner in trouble please stop and help them and ask another runner to warn a marshal ASAP.
4. Runners will also be asked to report back on any problems arising whilst running to the nearest marshal.
5. Where the route takes you along a country road please take care. There are marshals on these sections to warn any traffic
5. Have a good safe race.

Children's Fun Run

The JC children's run will start at 10:30am at Budliegh Salterton Cricket Club, just 100 m on a footpath behind Race HQ. Entry in advance via the website or on the day, £5 a runner which will go to the Force Cancer charity. Last entry 10am on the 27th of July subject to availability.

Event and Medical will cover the First aid at the Children's run. Each child needs to have a parent/guardian with them at the children's run who will take full responsibility for their care.

400 M loop of the perimeter of the cricket club pitch. Every child that finishes will receive a medal. Prize giving for winners of each age category will be awarded at the main JC prize giving at 12:30.

Age categories

3 and under 50 m

5 and under 400 m

7 and under 400m

10 and under 400 m

14 and under 400 m

Marshals for the Children's Run will be allocated from the Adults start of the race. Donations will be accepted on the day. Children will be asked for their names, DOB and next of kin at the point of registration. Prize giving will take place with the 10k race at approximately 12:30. All children will receive a medal support if required and water at race HQ.

6. Medical Risk Assessment

'Run Britain' Road Race Handbook 2010.

The key issues to be considered are:

- Number, profile (350, Range from experienced club runners to novices – over 15 years of

age)

- Course distance and configuration (10km. 1 loop)
- Vehicular access for treatment and transportation of casualties – on-course based at SW Water Treatment Works (between 5-6km see map) and at the finish area
- Proximity to local NHS Accident and Emergency hospital (20 mins, Exeter). Who will be informed the run is taking place.
- Past incident data (1 in 2015 – cut eye)
- Availability of communications (Radio's to communicate with Event and Medical, mobile phones to communicate with marshals)
- Time of year, anticipated weather conditions (July – warm dry/wet)
- Provision of drinking water, (drinking water at race HQ, 5km, clamour bridge (just before 8km) and the finish). Baggage storage at Race HQ. Shelter at the Budleigh Salterton Cricket Club.
- Sweeper – to walk/run behind the last runner. Sweeper to notify each marshal he passes that the last runner has passed. Marshals, please take back to race HQ the markers and any race material in their area and any they pass on their way back to race HQ. The Sweeper will stay behind the last runner, if he passes any injured runner he must inform the race organiser of the runner's number and the problem who will inform Event and Medical to attend the scene, he will phone the nearest marshal to stay with the runner until Event and Medical has arrived. The Sweeper will stay with the injured runner until the marshal arrives. The sweeper will phone 999 if it is an emergency and then phone marshals to come to site to stay with injured runner until medical personal arrives to the scene. Unless an incident has arisen for the run course to be stopped the sweeper will continue along the course until the finish. He will then inform the race organiser the course is clear of runners or any issues and any runners numbers who he has come across that have dropped out of the run.

See route map overleaf with marshal positions. All marshals to phone race organiser – Jane – 07814009918 if any incident. Jane to action e.g Event and Medical, 999, provisions.

Medical post at race HQ/finish and at 5.5km – South West Water Treatment works . 2 Qualified first aider registered medical professional at each post.

Procedure the medical personnel will take to get to casualty

Start to race HQ – vehicle access

Race HQ to White Bridge – on foot

White bridge – 5km – 4x4 access via the coast foot path, via pynes farm.

5km to SW Water plant – by foot no vehicle access.

SW Water Plant to 7km – vehicle access

7km – Clamour Bridge – On Foot

River otter to White Bridge – On Foot/Air ambulance

Vehicular access is poor along many sections of the run. Event and Medical has been made aware. The nearest Emergency Department is the Royal Devon & Exeter Hospital, Barrack Road, Exeter. The approximate distance would mean around 20 minutes drive time under normal conditions. The location of the course presents no black spots for mobile phone use. Weather conditions appear to be suitable for this level of competition. Provisions for fluids are available at the start / finish and at 5km and clammer bridge, just before 8km.

With this information at hand there will be a vehicle equipped to deal with minor injuries and the provision for immediate response to a serious medical condition E.g. Cardiac arrest would seem suitable for this level of event. In the event of a serious incident, the contingency plan should be to abandon / stop the event as the response unit would be unable to divert to another major incident. Any minor injuries would then be triaged after dealing with the major incident.

This assessment has been compiled with previous data, the Run Britain Guidelines, the medical provider Event and Medical and Jurassic Coast 10k.

June 2019

Hazard	Persons or Items at Risk	Risk Evaluation	Control Strategy		
Fatigue. Cramp. Dehydrated.	Runners	C3	First Aid provision at the finish line equipped to deal with the provision of the condition.		
Serious Medical Condition: E.G; Cardiac Arrest, Stroke etc.	Runners or Spectators	A3	Marshal to contact Race Organiser who would inform Event and Medical and call 999. Event and Medical to attend with relevant equipment available. 999 called for extra assistance. The race will be abandoned. All marshals will be phoned and told to inform runners due to a serious medical condition the race has had to be stopped. Runners must walk or run back at their own risk. The Sweeper will continue to sweep the course in direction of the run and finish marshal will sweep in alternate direction. Marshals to stay in position until sweeper passes to help direct and ask questions		
Slips Trips and Falls: With 300 Runners expected Potential causes of this problem could include: Poor lighting and uneven ground generally.	Runners or Spectators	C1 / B3	With runners and spectators of this capacity it should be assumed that at some stage of the day an incident may occur. The control strategy should therefore be two fold, firstly prevent or reduce the likelihood of an incident & secondly a plan of action in case of an incident occurring.		

<p>Potential injuries will in the main be minor (Cuts, Grazes Etc) with a slight chance of more serious injuries (Fractures).</p>			<ul style="list-style-type: none"> • Routes will be walked prior to event to ensure the route is clearly marked and major hazards are highlighted by a sign to the runner • During the set up phase of the event safety co-ordinator(s) will monitor sites to ensure that trip hazards are controlled / highlighted this will be done with the use of hazard tape, or signs. • Throughout the event safety co-ordinator(s) will monitor conditions and where necessary implement controls. • First aid cover for the event is being supplied through Event and Medical Supported by marshals. All agencies will be in communication to ensure casualties get prompt attention. 		
<p>Lost Runner</p>	<p>Runner</p>	<p>A3</p>	<p>Sweeper Runner in place to monitor runners dropping out. In the case of a runner dropping out communication back to the finish must be implemented. All runner numbers to be checked in and out to identify any missing runners. If identified Race Organiser to phone contact number on entry form – if not found to sweep course in both directions, if still missing to inform the police.</p>		
<p>Fire: The risk of fire breaking out is very minimal. On this land this will be controlled by the local Fire Brigade.</p>	<p>Everybody</p>	<p>A3</p>	<p>Communication to the Race Direction is essential. The race to be abandoned on safety grounds. Emergency services to be contacted on 999 by the nearest marshal and race director.</p>		
<p>Cold/Icy Weather: Not relevant for this race.</p>	<p>Everybody</p>	<p>A3</p>	<p>Check weather forecast in lead up to event, inspect course prior to the event, grit/salt sections if necessary. Ultimately if course is unsafe to run</p>		

			due to ice/heavy fog or very foul weather then we will postpone the event. Runners will be phoned to inform race is cancelled and race organisers will be race HQ to inform any runners who did not get the message for any reason. Marshals and all event staff team will be informed		
Rubbish Disposal: In previous years there has not been a challenge with this.	Runners / General Public / organisers / volunteers / staff.	B2	On completion of event, Marshals & Staff to check and clear site.		

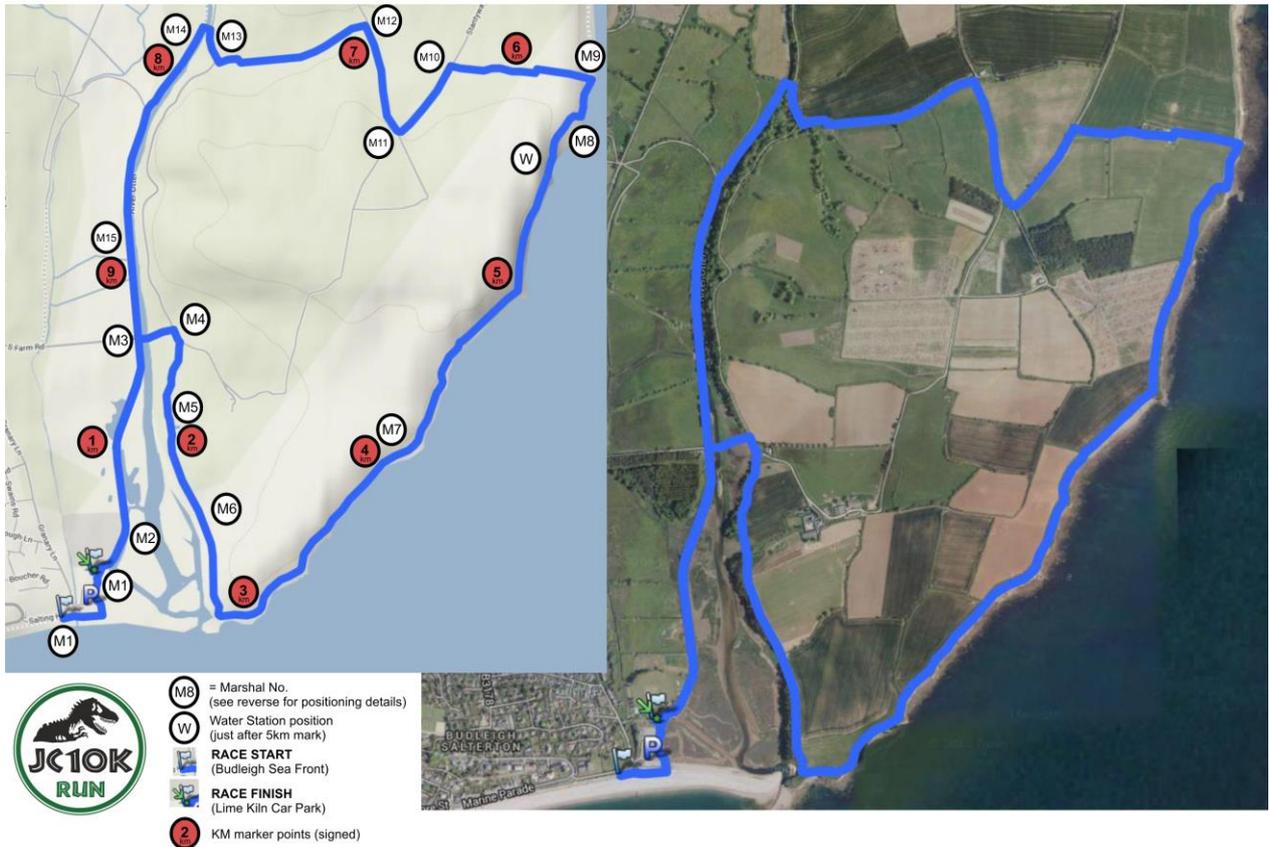
7.Race & Route Risk Assessment

Hazard	Persons or Items at Risk	Risk Evaluation	Control Strategy
Pedestrians, Public & Dogs along the whole route	Runners Colliding	Medium	Advance Warning sign, Course Signage, Race Marshals Runners Briefing
Bollards / barriers / gates/hedges	Runners Tripping/colliding with barriers/bollards	Low	Runners Briefing, Marshals Warning Signs
Runners colliding with cyclists on cycle paths	Runners/Cyclists	Low	Advance warning signs to be put in place, marshal to advise of the issue.
Cars – White Bridge to start of SW coast path, clammer bridge, South West Water treatment to Cullivers Cross.	Runners	High	Cone at each end of road with marshal to warn drivers and ask to wait until end of run or take alternative route. Very rare for a car to use this section of rd
Personal Music Players	Runners not being able to hear Marshals, Pedestrians, Public & Dogs	high	Runners are asked not to wear them.
Steep stony paths, steps down to bridge	Runners to be aware possible trips	Medium	Marshals to warn runners to take care

8. Emergency Plan

1. All marshals to have mobiles and provided with key contacts on the day – signal coverage is good across the course, each marshal point has been checked for reception. They will be briefed to call the appropriate contact in the case of an issue and then wait to be advised of what to do.
2. All marshals will be briefed prior to the race.
3. 1 First Aid Teams on course with 4x4, based at Sewage works and 1 at Race HQ. Well briefed on quickest way to access all areas of the course

JURASSIC COAST RUN COURSE MAP



UK ATHLETICS

ROAD RACE / MULTI TERRAIN LICENCE



**UNITED
KINGDOM
ATHLETICS**

Licence number:	2019-38252	Licence Status:	Full Licence	Race		Entry Limit	Date
				Single Race - Jurassic Coast 10k		350	Jul 27 2019 11:00 AM

This is to certify that the above race has been approved as a Race that will be held under UK Athletics Rules for Competition and in accordance with the Licence Requirements.

Event: **Jurassic Coast 10k**

Race: **Jurassic Coast 10k**

Signed:

A handwritten signature in black ink, appearing to be 'Gavin Taylor'.

(For and on behalf of UK Athletics)

This licence, in conjunction with your governing body affiliation, includes Third Party Liability Insurance cover (Limit of Liability £50,000,000 any one accident or occurrence). For further details please contact UKA, Athletics House, Alexander Stadium, Walsall Road, Perry Barr, Birmingham, B42 2BE. Telephone 0121 713 8400

THE LICENCE NUMBER MUST BE QUOTED ON ALL RACE ADVERTISING AND CORRESPONDENCE

Id:

Entry No:

JURASSIC COAST 10K RUN

Saturday 27th July 2019 @ 11:00AM

Race start: Budleigh Salterton

Held under UKA Rules: UKA licence applied

2019 10k Entry Form

Name:

DoB:

Gender:

Age on Race Day:

Affiliated club:

UKA Registration No:

Best time for distance:

How did you hear of this run?

Home Address:

Post code:

Contact No:

Email:

Years entered JC10k (please circle):

05 | 06 | 07 | 09 | 10 | 12 | 13 | 15 | 16 | 17

The Jurassic Coast 10k is run entirely by volunteers and all money raised after costs goes to the FORCE Cancer Charity in Exeter.

Please continue over the page to complete the application .../

 **JURASSICCOAST10K.CO.UK**



Please complete ↓

ENTRY FEE	£ <input type="text"/>	ENTRY FEE Early Bird £15-00 Discounted Entry fee for UKA Licensed Competitors £13-00 (number must be entered on first page) After 7 th March prices will be £17/£15
DONATION	<input type="text"/>	SUGGESTED DONATION £10-00 All money raised goes to FORCE, Cancer Charity, Exeter. If you would like to donate please indicate in the box your amount and add to the total to pay.
GIFT AID	<input type="checkbox"/>	If you want your DONATION to be treated by the FORCE Cancer Charity as a Gift Aid donation please tick the box to the left. It won't cost you anything extra and means that FORCE Cancer Charity will get more money <small>If I have ticked the box headed <Gift Aid> I confirm that I am a UK Income and/or Capital Gains taxpayer. I have read this statement and want FORCE Cancer Charity to reclaim tax on the donation detailed, given on the date shown. I understand that I must pay an amount of Income Tax and/or Capital Gains Tax in the tax year at least equal to the amount of tax that all the charities and CASCs I donate to, will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I have given. If you pay tax at the higher or additional rate and want to receive additional tax relief due to you, you must include all your gift aid donations on your Self-Assessment tax return or ask HMRC to adjust your tax code</small>
TOTAL ENCLOSED	<input type="text"/>	PLEASE COMPLETE For example £15-00 entry fee + £10 Donation = 25-00
PAYMENT METHOD	<input type="checkbox"/>	CHEQUE Send enclosed cheque made out to 'Jurassic Coast 10k'
	<input type="checkbox"/>	BACS Account number 31625330. Sort Code: 40 02 16.

SEND YOUR ENTRY TO: HoneyHouse, 13 Monmouth Ave., Topsham, Exeter, EX3 0AF

COLLECT YOUR RACE NUMBER ON THE DAY FROM RACE HQ

CLOSING DATE FOR RECEIPT OF POSTAL APPLICATIONS: 19th July 2019

If you have a medical condition that you wish to advise the race organisers of, tick here [] and list overleaf or on a separate sheet.

There are no running tees to collect this year, so come in what you want, and if you have one, wear an old JC10K tee! There will be a uniquely designed 2019 tee available to order – Details on the website.

DECLARATION: A signed entry form will be considered as an acceptance of governing body rules and a declaration that you will compete on foot and run entirely at your own risk. N.B. No accompanying dogs or following cycles allowed. Competitors must be 15 or over on Race Day.

SIGNED:

DATED:

PRINTED:

(Parent/Guardian signature if under 16)

**SATURDAY
27TH
JULY**



**START LINE
BUDLEIGH
SEA FRONT**

CHARITY RUN HERE

**SATURDAY 27TH JULY
FROM 11AM - 12.30**

**PLEASE BE AWARE 350 RUNNERS
WILL BE USING THIS ROUTE BETWEEN 11-12.30!**

FOR FULL DETAILS OF THE EVENT AND COURSE ROUTE

JURASSICCOAST10K.CO.UK RACE ORGANISER: JANE NEWMAN 07814 009918

RUNNER REGISTRATION & FINISH LINE: LIME KILN CAR PARK



force

main sponsor





England Athletics Licence Number: 2019-38252 Run according to UKA rules

Thank you so much for entering this year's Jurassic Coast Run 2019
We are pleased to say you have a place and look forward to seeing you on July 27th

Charity Run

Many thanks for your kind donation to the FORCE Cancer Charity.

T shirts

JC T-shirts are available to buy. Please see website for t-shirt design, sizes and ordering information. <http://jurassiccoast10k.co.uk/2019-entry/>

Race Number Collection

Please come to race HQ which is located at the northern end of Lime Kiln Car Park, Budleigh Salterton between 9am and 10:30 am on the 27th to collect your race number.

Your race number will be available to collect from the desk corresponding to the first letter of your surname.

In the event of extreme weather please collect your race number from the Budleigh Salterton Cricket club, which can be found within 100m of race HQ

Please do not run if you feel unwell on the day. Please ensure you complete the reverse of your running number with your details prior to the start of the run. Numbers need to be pinned to the front of your running top. Headphones are not allowed

There are no changing facilities at race HQ. There are public cubical toilets on Budleigh Sea Front

Parking

You can park in Lime Kiln car park, but it is pay and display and it does get busy. Full details can be found on our website www.jurassiccoast10k.co.uk.

Children's run

A children's fun run will be held at 10.30am, £5 entry on the day. Last entry 10am on the 27th of July.

Sponsor

Peak Physio www.peakphysio.com.

Peak Physio will offer 20% off a treatment of your choice for taking part in this year's Jurassic Coast run. Please quote JC2019 to claim your discount.

See you on Saturday July 27th

*Finally thank you from all at Team JC.
This event is very important to us and the charity we raise money for.*