

2k run & a Combined Handicap 5mile run & 3mile walk Thursday 29th December

NOTE : Both events are only open to members of the Green Stars RFC and Port Talbot Harriers plus invited guests (friends of club members). Both are classed as club training runs and not advertised as races open to the public

Green Stars 2K Run start 1:30pm

Entry fee for members of the Green Stars will be mainly via sponsorship forms. Other runners such as PTH and invited

guests are welcome and a donation (of say £2) towards the event would be appreciated.

Registration cut off time 1:10pm – to allow sufficient time to walk to start at beach ramp by pier (400m)

Course : along beach and around bollard and back to finish in the field via the small prom and river path.

PT Harriers combined Handicap 5 mile run & Handicap 3 mile walk – start 2:30

Entry fee £3:50 - All proceeds to PTH Welsh Castles Relays in June 2012

A handicap event has a staggered start with the slowest competitor setting off first and the fastest runner setting off last. The start time of each individual will depend on their current level of fitness and speed such that every single competitor will have an equal chance of winning. Both runners and walkers are competing against each other in the same event, but results will be recorded as 2 separate categories for the prize presentation afterwards.

A mass finish with all competitors finishing within a few minutes of each other irrespective of their ability is only possible if an accurate predicted time for every single individual is evaluated in advance.

5mile Race Registration for Non-PTH Runners. Deadline 22nd December, no later (1 week prior to race). Runners in this group for which running stats are not available will need to provide their best 5K, 5m & 10K times over the past year if known (also where they occurred to enable them to be checked out) or as much detail as possible about their fitness/ running performance to enable an accurate predicted 5mile time to ensure a true handicap event.

Runners unable to do this will not be allocated a handicap that will not give them any benefit or advantage and it will be in every competitor's best interests to provide as much detail as possible. **Not possible to cater for running guests simply turning up on the day without any prior notice.**

NOTE: Walkers and PTH runners can register on the day but advance notice would be much appreciated.

REGISTRATION CUT OFF TIME on Race Day – Strict cut off time of 2:00pm, no later to allow time to calculate the handicaps, which will be dependent on the slowest walker or runner that has registered by that time.

CHANGING ROOM / SHOWER FACILITIES – Separate Male & Female facilities after the event but competitors are asked to come ready changed to enable the facilities to be used by runners in the earlier 2K event.

After Race Presentation & Social Gathering etc.

Venue – Main room in Green Stars Clubhouse (very much a family occasion – all welcome)

Presentation – Runners and walkers awarded prizes as separate categories.

After Race refreshment – Hot Soup and some chips. Lovely !

Entertainment – Hope to arrange some sort of live music – but not definite yet .

Race DVDs on big screen (last year's actual handicap race, maybe this year's as well ?)

CONTACTS:

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Port Talbot Harriers – Colin Anthony 774056 dcanthony13@ntlworld.com

(22nd December Registration Deadline - for non-PTH members in 5 mile Handicap Run)