



Under UKA Rules: Runbritain Licence Number: 2019-3762

Race limit: 100 participants

With Race Walking Association Permits (Category B)

With Certificates of Course Accuracy from the Association of Course Measurers

VETERANS ATHLETIC CLUB BATTERSEA PARK MASTERS RACE SERIES 2019

Masters Road Races & Race Walks in Battersea Park

1. Race Dates and Distances

The road races and race walks take place on the following Tuesday evenings at 7pm:

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| 16 April: | 5 mile road race and 5 mile race walk |
| 11 June: | 5 mile road race and 5 mile race walk
(Includes VAC members' Championships for 5M run and walk) |
| 9 July: | 5 km road race and 5 km race walk
(Includes VAC members' Championships for 5km run) |
| 6 August: | 5 mile road race and 5 mile race walk |
| 27 August: | 5 mile road race and 5 mile race walk |

2. Start Time

The races start together at 7pm, promptly.

3. Location

Registration and number collection is from 5.45pm outside the Millennium Arena, East Carriage Drive, Battersea Park, London SW11 4NJ. The races start nearby. Please allow at least 5 minutes to walk to the races' start area from the Arena. The finish points of the 5m and 5km races are close to the Millennium Arena.

4. Transport and Parking

The Millennium Arena is accessible by public transport. The nearest Rail Stations are Battersea Park (10 minutes' walk) and Queenstown Road (12 minutes' walk). The nearest tube station is Sloane Square (20 minutes' walk). Battersea Park is also served by many bus routes (check the Transport for London website for details). For travel by car, the Chelsea Gate and Rosery Gate car parks in Battersea Park are close to the Arena. They are "Pay and Display" during the day but are free after 5pm (please check before leaving your car).

5. Registration and Entry

The running races are open to all Masters athletes (men and women aged 35 and over on race-day). The race walks are open to all walkers (Junior, Senior and Masters).

There is online entry for Veterans AC members and members of the British Masters Athletics Federation (BMAF) and other area Masters Clubs through the OpenTrack Member Login on the [BMAF website](#). The charge for UKA-registered VAC and other BMAF area club members is £4 for each race (£6 if not UKA-registered). BMAF Open members are classed as guests and pay £5. Please collect your race number from the Registration Desk on race-day.

Entries are also taken on the day from VAC members, BMAF area club members and guests (subject to the race limit of 100 participants not being reached), but please **allow plenty of time for this**. VAC and BMAF area club members pay £4 (£6 if not UKA-registered) on the day. Masters guests (runners and race walkers) pay £5 (£7 if not UKA-registered). You will be asked to complete an entry form, which includes your UKA registration number if you have one.

6. Medical

Please ensure that you are well and fit enough to run or walk the race distance. If you feel unwell or suffer an injury during the race, stop, and if necessary ask for help from a marshal or fellow runner. The race has a dedicated First Aider, with comprehensive kit, who is available at the Finish Area, and can move around the course if necessary. The courses are compact and athletes are never very far from the Finish Area.

Please complete the medical information and emergency contact section on the back of your race number. The nearest Accident & Emergency facility is 1.1 miles away at the Chelsea & Westminster Hospital, 369 Fulham Road, London SW10 9NH (tel. 020 3315 8000). St Thomas' Hospital A&E, Westminster Bridge Road, SE1 7EH, is 2.4 miles away (tel. 020 7188 7188).

7. The Course

The runs and walks take place entirely on Battersea Park's traffic-free, flat, tarmac roads and paths. The 5 miles (approximately 3.5 laps) and 5km (approximately 2 laps) courses have been measured and have current Certificates of Course Accuracy.

Battersea Park is a busy recreational city park with lots of attractions. Please be considerate to other park users such as pedestrians, cyclists, roller-skaters and fitness groups. You do not have priority.

8. Facilities

The Millennium Arena offers toilets, showers, changing rooms and secure lockers for a charge of around £3. There are free public toilets on North Carriage Drive, South Carriage Drive and in the centre of the Park near to the bandstand. There will be water available during and after the races.

9. Terms and Conditions

The personal data of entrants is not shared with any third parties except as necessary for competition management (e.g. Power of Ten, Runbritain). Published results (e.g. on the VAC website) will include name, club affiliation, race time and age category.

By entering the races, competitors accept that they enter at their own risk and that the organisers are not liable for any injury, accident, loss or damage as a consequence of participating in the event.

10. Enquiries and Membership

For enquiries and further race information, please contact the Race Secretary (entries@vetsac.org.uk). Veterans AC welcomes new members. For more information about our club and how to join us, please visit our [website](http://www.vetsac.org.uk) (www.vetsac.org.uk).