



Under UKA Rules

Runbritain Licence Number: 2016-23807

Race limit: 100 participants

With Certificates of Course Accuracy from the Association of Course Measurers

VETERANS ATHLETIC CLUB BATTERSEA PARK MASTERS RACE SERIES 2016

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:

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| 12 April: | 5 mile road race and 5 mile race walk |
| 10 May: | 5 mile road race and 5 mile race walk |
| 14 June: | 5 mile road race and 5 mile race walk
(Includes VAC members' Championships for 5M run and walk) |
| 12 July: | 5 km road race and 5 mile race walk
(Includes VAC members' Championships for 5km run) |
| 16 August: | 5 mile road race and 5 mile race walk |

2. Start Time

The races start together at 7pm, promptly.

3. Location of Races

Registration and number collection is from 6pm 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.

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 Rosary Gate car parks in Battersea Park are close to the Arena. They are "Pay and Display" during the day but are free after 6pm (please check before leaving your car).

5. Registration and Entry

The races are open to all Masters athletes. These are men and women aged 35 and over on race-day.

The Registration Desk is outside the Millennium Arena in East Carriage Drive, Battersea Park.

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 BMAF members is £4 for each race (£6 if not UKA-registered). Please collect your race number from the Registration Desk on race-day.

Entries on the day are taken (subject to the race limit of 100 participants not being reached), but please allow plenty of time for this. Masters guests (runners and race walkers) are welcome to enter on the day (£5 for UKA registered, £7 for non-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. If you see a runner with a problem, please stop to assist them and get help as soon as possible. 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 perimeter roads. The 5 miles (approximately three laps) and 5km (approximately two laps) courses have been measured and have current Certificates of Course Accuracy. The racing line is on the road so please do not run or walk on the pavements or cut the corners by going onto the pavements.

Battersea Park is a busy recreational London park. Please be considerate to other park users such as cyclists and roller-skaters. You do not have priority.

8. Facilities

The Millennium Arena offers toilets, showers, changing rooms and secure lockers for a charge of £2.90. There are free public toilets near to the race start on North Carriage Drive, and also in the centre of the Park near to the bandstand. There will be water available during and after the races.

9. 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).