



2008 SIP 5km Race



The race will take place on Tuesday 5th August at 6:45am at the University of Warwick. The race will start and finish at the Sports Pavilion on the southwest side of Campus (55 on the campus map). Unfortunately we will not have access to changing facilities here so you may consider it best to change in your own rooms. Spare clothes, bags etc can be left with officials at the start/finish area.

Each runner will be issued with a race number and safety pins – please attach this number to your chest so that we can easily record your finish time.

Water and snacks will be available at the finish, including confectionary kindly donated by Mars incorporated. The faster runners may also have the possibility of grabbing a quick breakfast before the 8am sessions start.

An aerial photograph of the route is shown on the accompanying sheet, in summary:

The race will start at 6:45am at the sports pavilion

The route initially heads off down a track between playing fields, turning right at a ditch

There is then a short section up a grassy bank before rejoining a track

This track leads to a minor road which must be crossed

Turning left the route then follows a path running parallel to the road and around some apartments

Once past the apartments the route turns right back to a bridge over the lake

Upon crossing the lake a left turn is taken along another path before turning right onto a public footpath

This footpath leads back to the minor road crossed some 2km earlier

At this point you must resist the temptation to head straight to the finish

Instead you must turn right and run the 2km loop again

Only when the top route has been run twice can you cross the road back to the finish by the pavilion

There will be signs around the course indicating where the course goes and how far you have run.

In case of injury or other problems there will be a trained first aider always present at the start/finish area as well as several others on the course itself. We do not anticipate that there will be much, if any, traffic on the minor road, however you must obey any instructions given to you by the road-crossing marshals.

Prizes will be awarded at the Barbeque on the Tuesday evening to the top three (for both men and women) in each of the following classes: walkers, under 35, 35-44 and over 45

MARS
incorporated

COCOA SUSTAINABILITY
a commitment to the future

Route for 2008 SIP 5k Race

