

# ISLE OF WIGHT STEAM RAILWAY

## Full Steam Ahead! 5K Run

## Half Steam Ahead 2.5K Run

## Let off Steam! 1km Run For Children (U16)

Welcome to our first ever running event at the Isle of Wight Steam Railway. The Isle of Wight Steam railway is an Educational Registered Charity and profits from this event will go towards our present appeal which is the "Chatham Carriage Appeal"

### Race Information

**Registration:** from 10.15am

**Entry Fee:** £12 (accompanied by a signed Entry Form)

**Safety Briefing:** This will be at 10.50 just before the run starts at 11am.

**The Route:** The route is mainly flat and mixed terrain - road, grass, ballast and footpath. Marshalls will be around the site to point out any hazards.

**Route Hazards:** Part of the race will involve running through the car park. This will be marshalled but runners are responsible for their own safety.

**Water Station:** This will be located at the 2.5K mark.

**Safety:** All runners are responsible for their own safety and welfare before, during, and after the event. They should follow the advice given in the safety briefing and follow the instructions of the marshals on the route.

**First Aid:** There will be First Aiders on site and a First Aid point. If you need help or wish to withdraw from the event please see a marshal who will assist you.

**Preparation:** Wear footwear suitable for off-road running. If it's hot and sunny - slap on the sunscreen! If it rains - it could be muddy! In which case, please remember a towel and a change of clothes!

**Race Numbers:** Race numbers should be worn on the front and attached with 4 safety pins. MEDICAL INFO to be filled in ON THE BACK OF YOUR RACE NUMBER.

**Parking:** There is plenty of Free parking at Havenstreet Station. You are advised NOT to leave valuables in your car. The Isle of Wight Steam Railway cannot be held responsible for any loss or damage.