

Edmonton Running Club

Run The River 10k

Sunday 10th October 2021

Frequently Asked Questions (Last Updated 6/7)

Where does the run start?

The run starts and finishes at the Lee Valley Athletics Centre, 61 Meridian Way, Edmonton, London N9 0AR.

How do I enter?

Enter via the Run Britain website [Run The River 10k - Adult Main Event - Adult Main Event - runbritain](#)

Don't delay, the race fills up quickly!

Are there any age restrictions?

You must be 16 and over to participate in Run the River.

How much does it cost to enter?

The cost is £18.50 for un-affiliated runners and £16.50 for England Athletics affiliated runners.

Will my race number be posted to me?

No, race numbers are to be collected on the day of the event from the registration desk in the Athletics Centre. Please note the reception desk at the main entrance is for the Athletics Centre, not Run the River. Registration for Run the River takes place in the room to the right hand side of the main entrance and will be clearly signposted. Please bring your confirmation email with you to help speed up the process.

In the event that Covid-19 social distancing restrictions are still in place, we will consider alternative arrangements for distributing race numbers.

Can I enter on the day?

No we will not accept entries on the day.

The race is full. Can I go on a waiting list?

Yes, email us on rtr10k@edmontonrc.co.uk and we will add you to the list. If spaces become available, we will let you know.

How do I get to the Athletics Centre?

By bus: the nearest bus stop is on the Athletics Centre complex. Catch bus No W8 from Edmonton Green Station.

By train: the nearest train stations are Ponders End (a mile away) and Edmonton Green (W8 bus) both via a direct link to Liverpool Street (although please check for engineering works)

By tube: the nearest tube station is Tottenham Hale on the Victoria Line.

By bike: Sustrans Route 1, A1055 Cycle Path and Lee Valley Pathway

By car: leave the M25 at junction 25 and follow the A10 to the traffic lights. Turn left and follow straight ahead for approximately 6 miles along the A1055 (Meridian Way). The complex is on the left hand side which comprises the Lee Valley Campsite, Lee Valley Athletics Centre and the Odeon Cinema. If you're coming from the A406 (North Circular Road) make sure you take the exit slip road at the Kenning Hall Interchange onto A1055 to Brimsdown.

Where can I park?

There is ample free parking right outside the Athletics Centre.

Is there somewhere I can leave my bag?

Yes, there will be a baggage storage area which will be open from 8:30am and supervised by volunteers at all times. You do however leave your baggage at your own risk.

What is the course like?

A varied and flat course that is great for beginners and experienced runners alike. The course is an out and back route starting at the Lee Valley Athletics Centre. After following a short stretch of quiet public roads it crosses the River Lee and follows the tow path southbound. There is then a short loop around the Lee Valley park before the course returns to the tow path and heads back northbound towards Pickets Lock and the Athletics Centre. The course finishes with a loop of the outdoor running track. The course is a mixture of terrain – road, tow path, a small section of grass and running track. It's flat and has the potential to be a fast course. A course map is available by following the link https://gb.mapometer.com/running/route_3929862.html

Is the course suitable for participants of all abilities?

The course is suitable for guided runners with a visual impairment. There are however sections along the River Lee tow path which may not be suitable for wheelchair athletes due to the uneven surface. Members of the Run the River team would be delighted to talk to you beforehand if you would like to check suitability.

How many people run the event?

Our licence allows 275 runners as in previous years, however we are currently limiting entrants to 180. The lower number will enable the organisers flexibility to switch to staggered start times if needed to meet Covid-

19 guidelines for social gatherings. The entrant cap at 180 will be reviewed closer to race day, and if deemed safe and compliant, we will expand entries up to the 275 licence limit.

What time does Run the River start?

10:30am *

* As uncertainty remains around what (if any) Covid-19 restrictions will be in place in October. Currently we plan for a mass start at 10:30am. However, in the event that this is not permitted our current back-up plan is to run to staggered start times with sub-50 minutes 10km runners commencing in a wave start from 9:30am, and race over 50 minute runners starting at a wave 10:45am. A final decision and communication will be made on this near race day.

Is the race chip timed?

Yes, you will be issued a bib number and chip timer when you register on the morning of the race. The race is professionally timed by Race Radar Timing.

Is the race licenced?

Yes, the race is fully licenced by British Athletics (Licence ID: 2020-39524) and results will appear on RunBritain rankings.

What type of running shoes should I wear?

Check the weather and assess conditions on the day. Typically, road shoes should be fine, although puddles and mud can accumulate on the tow path if there is heavy rain.

Can I wear headphones?

There is a very short section of the course run on quiet public roads which will be open to traffic. This stretch will be carefully marshalled, however for the sake of your safety and other runners around you we request that you do not wear headphones. The race is run under UKA regulations which excludes the use of headphones (except Bone Conducting headphones). If you do decide to run wearing headphones, it is at your own risk as our licence and event insurance will not cover you in the event of an accident.

Will there be water on the course?

This is currently under review. In previous years a water station has been provided after the 5km marker. However due to Covid-19 restrictions this is currently being assessed. If you think you will need water whilst running, we suggest you carry your own bottle. Water will be available at the end of the race.

I can't run – can I have a refund or defer until next year?

No. However, you can transfer your number to another runner up until 24th September 2021 by emailing us on rtr10k@edmontonrc.co.uk. We are unable to transfer numbers after this date as the timing company require a final starters list to set-up the chip timing.

Is there a time cut off?

No! Our amazing marshals will cheer everyone right until the end and we won't clear up until everyone has finished!

Can my friends and family come and support?

This is currently under review due to Covid-19 restrictions. Check back nearer race day for clarification on this point.

Is there anywhere I can get food and drink before and after the race?

Yes, there is a small café at the Athletics Centre serving hot drinks and snacks.

Are there toilets, showers and changing facilities?

Yes, there are toilets and changing facilities at the Athletics Centre.

Will there be First Aid provision?

Yes, there will be trained first aiders stationed on the course and at the start/finish area.

What precautions are you taking due to Covid-19?

We are constantly reviewing the guidelines and will adapt our event accordingly to ensure it is safe and compliant. A full Covid-19 risk assessment has been undertaken to secure our landlord permissions. This will be updated in the weeks leading up to race day. Additional sanitary measures will be taken. Reduced numbers of participants and staggered start times are also under consideration in the event that a mass start is not possible. The way in which we handle the distribution of race numbers, goody bags (if at all), medals, water and prize giving are all subject to review.

We ask for your support and flexibility as we may have to make changes at short notice to ensure the event can proceed in a safe manner. There will be a full briefing on Covid-19 protocols to participants alongside the final event instructions which will be issued in late September.

What happens in the event of cancellation due to Covid-19?

If organisers need to cancel or postpone Run the River 10k due to changes in Covid-19 guidelines, entrants will be offered the opportunity to either:

- (i) Defer entry to the 2022 event.
- (ii) Run the event virtually (receiving the T-Shirt and Medal in the post).

- (iii) Request a full refund.

As Run the River 10k requires significant upfront outlay which is not recoverable in the event of cancellation, Edmonton Running Club would kindly ask entrants to consider either a deferral to 2022 or to participate in the event virtually.

Are there awards for first finishers?

There will be trophies for the overall men's and women's winner. There will also be trophies for age category winners MV40, MV50, MV60, MV70, FV40, FV50, FV60 and FV70.

It is our intention to make a presentation of awards at 12:00, however this is currently under review due to Covid-19 restrictions and we will confirm nearer race day.

What do finishers get?

A medal, technical T-shirt and goody bag (water and snacks). We also look forward to working with running lifestyle brand Runr to offer spot prizes to participants and a discount code.

Will there be a children's Fun Run?

This is under review currently and we will make an announcement closer to race day. Our ability to stage the Fun Run is dependent on Covid-19 guidelines and whether we can go ahead with a mass start.

I'm thinking about joining Edmonton Running Club; is it for me?

If you can Run the River, you can run with Edmonton Running Club!

Our Club was formed in 1981 and is now a thriving mixture of male and female runners with varied experiences and aspirations from a range of different backgrounds. We all share a passion for running be it for the fitness or camaraderie aspect. We are serious but always have fun, whether it be a gruelling hill rep session, or drinks in the club bar afterwards. Many of our new members come to us having found a route into running through parkrun or 'couch to 5k' programmes – joining a running club is a logical next step to continue your running journey.

Our home is Hazelwood Sports Club in Winchmore Hill, Enfield, where we meet twice weekly (Tuesday's and Thursday's at 7:00pm for a 7:15pm start) and sometimes for social events. We run in groups on the streets and trails in the surrounding area, following a number of well-established routes, which vary throughout the year. On the weekends we venture further afield, either running around Whitewebbs Park, and trails north of London, or at various races and events.

We'd love to see you come and join us for a run at one of our Club nights and to see if membership might be for you. Find out more at www.edmontonrc.co.uk