



Dear runner,

Welcome to the Sandy 10 2023 – our 40th anniversary event!

Here is your race information. Do please take the time to familiarise yourself with the peculiarities of our little ol' race – even seasoned runners may find that some things are slightly different to other events. Parking is a squeeze this year in particular!

Much of the information that follows is related to keeping you and your fellow runners safe and will help you to have a much smoother experience around the race.

Please note that our entry list is now finalised, and the window for transfers has closed.

There will not be a Sandy 10 in 2024 due to building works affecting our finish and HQ, so we are unable to offer deferrals if you are no longer being able to take part.

See you on Sunday!

Many thanks,

Stuart Goodwin

Race director, Sandy 10

www.sandy10.org.uk

[Route map \(click for full size\)](#)



Key points

- **EARLY NUMBER PICK-UP AVAILABLE IN SANDY ON SAT 1 APRIL, 2PM-4PM**
- **RACE STARTS AT 9.30AM SHARP – START LINE IS 1KM FROM RACE HQ**
- **RECOMMENDED LATEST TIME FOR ARRIVAL AT HQ: 8.30AM**
- **RACE HQ IS OUTDOORS THIS YEAR – read on for full details**
- **RACE LIMIT IS 2HR 15MIN – marshals will be withdrawn after this**
- **NO HEADPHONES OR HEADSETS – these are cause for disqualification**
- **TOILETS ARE AT RACE HQ ONLY – NOTE: THERE ARE NONE AT THE START!**
- **KEEP LEFT IN THE RACE UNLESS INSTRUCTED OTHERWISE BY MARSHALS**

Continues overleaf ...

THE SANDY 10 2023
Sunday 2 April, 9.30am start

Race HQ – from 7.45am

Address: [Sandy Sports Centre, rear car park](#) (what3words: [sporting.sentences.defenders](#))
Off Medusa Way, SG19 1BL

Please note that the HQ itself is outdoors this year – it is in the rear car park of the sports centre (our traditional finish area). Feel free to ask any Sandy 10 marshal for directions!

Parking (please read: this is crucial to how smoothly the day goes)

Due to a funfair taking place at last year's secondary parking site, we *strongly* encourage runners to car-share where possible this year. Bike storage is also available at the school.

On-site parking is *strictly first-come, first-served*.

[The sole off-road car park on site is at Sandy Secondary School](#)

(SG19 1BL – what3words: [bead.motivator.perfected](#))

(NB: [More information about what3words can be found here](#))

It is expected to fill up completely for the race – signs will be posted outside if it does.

Early arrivals may end up directed to the furthest points from the car park entrance – we have to fill from back to front to make the most efficient use of all available space. To be clear: all parking at the school is very close and convenient to Race HQ.

Please *do not park* on Medusa Way outside the school if the car park is full.

Other Sandy 10-approved parking options

On-street on the following ...

[Beamish Close](#) (w3w: [statement.surgical.craziest](#))

[Darlington Close](#) (w3w: [lyricism.incur.upcoming](#))

[Stockton End](#) (w3w: [polished.training.skyrocket](#))

Off-street at the following ...

[Sandy High Street car park](#) – 0.9 mile walk to HQ (w3w: [unfocused.ridiculed.witty](#))

[Sandy railway station car parks](#) – 1.15 mile walk to HQ (paid parking)

NB: cheaper of the two is off Stratford Road and uses the PayByPhone app (w3w: [strongman.breezy.feared](#))

The main Sandy railway station car park uses the Apcoa Connect app

Please do not park on any of the following roads

You will be adversely affecting the course if you do ...

Sunderland Road

Tyne Road

Blaydon Road

Gosforth Close

Note also: Sandy Village Hall car park is reserved for Sandy FC on the day

The rear Sports Centre car park is also out of bounds for runners' cars

Wherever you park, please be respectful of local residents and businesses, and be mindful of road markings and drive entries!

Continues overleaf ...

Race registration

No entries allowed on race day for the Sandy 10!

Early number pick-up is available on Saturday 1 April, 2pm-4pm

This is in [the rear Sandy Sports Centre car park](#) that will house Race HQ.

You may only pick up your own number unless we have prior notification from other runners that they give you permission to collect theirs.

Otherwise, pick up your number from 7.45am at HQ before the race.

Incredibly important, so please don't get caught out ...

[Race HQ is approx 1km from the race start](#)

We recommend arriving at HQ **no later than 8.30am** on race day to avoid stress!

On arrival, you will be asked to confirm your name in order to receive your race pack.

Please do not remove the foam strip on your race number – this is your timing chip.

You will not appear in the provisional results if you remove it.

Safety pins are available at registration. Numbers are to be worn on the front of your outfit, and must not be obscured during the race – please ensure backpack/hydration pack straps, additional layers of clothing etc aren't covering your number.

Bag drop

This is also in race HQ – it is outdoors with makeshift cover this year. To use it:

1 Pick up a luggage tag

2 Write your race number on it and tie it securely to your bag

3 Drop your bag within the bag drop area or hand it to a volunteer

4 To collect your bag, you **must** show the race number which matches the bag's tag

Please note that the race organisers accept no responsibility for any loss or damage to property left in the bag drop – we absolutely recommend leaving no more than what you need here, and to avoid leaving valuables and breakables.

We will do our best to keep bags dry during the race but cannot guarantee this.

Securely-fastened bags only please! Do not leave loose, unbagged items or garments.

Toilets and changing

No changing facilities are available on site – please arrive dressed to race.

There are portable toilets and urinals at Race HQ.

Arrive in good time if you expect to need them.

IMPORTANT: there are no toilets at the race start itself (approx 1km from HQ).

Please factor this into your arrival time and race preparations.

Do not try and use the school or gym's bathroom facilities – these are not available.

Continues overleaf ...

Warm-up/cool-down

Biggleswade AC's home venue, Sandy Track, is available before and after the race. During the race, a fun run will be taking place ([more info here](#)).

Please note: though on-lead dogs are more than welcome at Race HQ with any supporters who are joining you, they are not allowed through the gates to the track. This is a school rule (through the gates is school property) and out of our control.

Only Sandy 10 and fun run entrants are allowed on the track itself. When on it, please move in an anticlockwise direction to avoid mishaps and be mindful of others around you.

We do not have permission to use the wider school grounds on race day so please just make use of the track and the path leading to and from it.

If you wish to warm up accompanied by friends and family, Sunderland Road Recreation Ground is on the right as you exit Race HQ, but do note that a busy programme of football is taking place on the park on race day, so stay off any marked-out pitches.

Continues overleaf ...

THE START

This is clearly signed and marshals will be in attendance to help you find it from Race HQ – it is on Gosforth Close ([SG19 1RD](#)/what3words: [whisk.woven.tiger](#))

Please note: it is an approx 1km (0.63mile) walk between the two. Allow enough time to get there for 9.30am – the race will start at that time whether you're there or not!

With apologies to anyone who finds the following unpleasant, I'm afraid due to complaints in previous years, it needs saying ...

Please confine any toilet time to the facilities specifically provided at Race HQ!

Do not, under any circumstances, relieve yourselves in and around Gosforth Close, which is part of a busy industrial estate.

Anybody spotted doing this will be disqualified, with complaints made to their club where applicable – please respect local businesses and those who work for them.

A short briefing will take place prior to the start.

We recommend getting to the start area in good time to ensure you hear this.

Anyone who has forgotten to remove headphones by this point will have one final opportunity to drop them off in a bag where they must write a label with their race number on – the race director will have these at Race HQ after the race. If any runner wearing headphones refuses to remove them, we reserve the right to refuse to let them race – this is not just for the safety of the runner in question, but for that of all those around them.

Race rules and etiquette

No runners under 17. No dogs. No pantomime horses or cows!

For those running in fancy dress, please ensure your senses remain unaffected by your costume, and that it doesn't make you so wide that you cannot be overtaken safely!

Run on the left-hand side of the road unless otherwise directed by the course marshals. Please remember roads are open. Some of these have a 60mph speed limit.

No headphones, **including bone conduction headsets**.

We reserve the right to disqualify any runner spotted by officials and marshals, or in any photos post-race, wearing any of these items.

There is a 2hr 15min time limit for the Sandy 10, which is approximately 13min 30sec per mile pace. Marshals, signage and the finish area will be withdrawn and taken down after this time, as well as along the course as the elapsed time based on this pace passes – this is due to agreements we have with local authorities to minimise disruption in the area and to honour prior warnings given to residents and businesses.

Nobody finishing outside 2hr 15min will be eligible for any Sandy 10 awards.

Continues overleaf ...

The course

[Route map here](#)

[Video showing roads the course takes in](#) (*credit and thanks to Marcus Davey*)

It's 10 miles, not 10km, as some poor souls have discovered *during* the race in the past! Stay as left as you can at all times unless directed otherwise by marshals.

There are no road closures for the race – please do not put yourself and others in danger by running wide into the road. Remember: the instruction is to stay left, NOT to stay left of the white markings in the middle of the road!

The course starts flattish, before a brief climb on Sunderland Road. After the turn on to Northcroft, by the traffic lights, the big incline of the race is around the corner, starting on Cambridge Road and rising towards the Sand Hills. Once over the railway bridge, the incline then escalates *sharply* for a spell.

Once you have cracked that section, you have beaten the stiffest climb of the race. There then follows a nice downhill before another gradual uphill taking you on to Everton Road. After that, the course remains flattish as you venture into Everton and then loop around to come back the way you came. There are drinks stations (water in cups) in miles 3 and 7, and the flat terrain continues until after you complete 8 miles, after which those initial uphill become downhills and vice versa.

The final mile is FAST! It begins at the top of the initial big uphill, which in the other direction is a madcap downhill section where you'll be nearing top speed whether you intend to or not!

Things level off as you head back towards Sunderland Road, and then the race finishes on the bridleway next to Race HQ.

Water, finish-line fuel, other refreshments

There are water stations (with cups) during the race in miles 3 and 7.

Please only dispose of cups at the drop bags provided roadside, or hand to a marshal. At the finish you will receive a bottle of water and a nutrition bar. Vegan and gluten-free nutrition options are available on request.

[Deja Brew Coffee Box](#) will have hot drinks and additional refreshments available for purchase at Race HQ. Contactless payments are accepted and encouraged.

First aid

Our medical provider Hearts Services are on standby in the event of any problems during the race or at the finish. The considerable list of equipment they will have on hand includes four defibrillators, oxygen and a stretcher.

Continues overleaf ...

Race souvenirs

Our ever-popular race T-shirts, this year sponsored by [Castles In Space](#), will be handed out to all finishers. Your race number features a sticker corresponding to the size and fit you requested at the time of registration. Do not attempt to take a difference size please – this could mean we're unable to fulfil the request specified by one of your fellow athletes.

Every finisher also receives a Sandy 10 gym sack.

We do not hand medals out, but will be glad to provide free hi-resolution artwork, incorporating your name and finish time, for you to make your own using one of the many companies online who offer personalised medals – email sandy10bac@gmail.com.

Timing and results

The event is chip-timed – the foam attached to your race number is your chip, so please don't remove it! This is an RFID-type chip which will only be read as you cross the finish.

The intention is for results to be uploaded online as runners finish the race. Look out for a QR code in Race HQ that will take you to the results page – we will also update [our race website](#) with the link.

If your result does not appear instantly, do please be patient while the race is taking place as the timing team need to keep close tabs on the live action.

Do please consult the race website for information about results before emailing – we will keep this fully updated with any news on and around race day.

Trophies

A prize-giving presentation will take place at 11.45pm at Race HQ.

On the men's side the first three across the line will all receive prizes, and there are also age-group prizes for the top finisher in each of the following: MV40, MV45, MV50, MV55, MV60, MV65 and MV70 (age 70 and over).

On the women's side, again the top three win trophies, and there are age-group awards for FV35, FV40, FV45, FV50, FV55, FV60 and FV65 (age 65 and over).

NB: These are our only award age groups this year – the criteria for deciding this is a minimum of three entries in an age group a month out from the race. Although we do have older runners on the start list, no other age groups as a whole met the three-entrant threshold.

In addition, prizes go to:

1st men's team (first four from one club)

1st women's team (first three from one club)

The Erlensee Cup, to the club with the most finishers.

First local man and first local woman (resident in SG18 & SG19 postcodes only) – each will receive a crate of fresh produce courtesy of [Manor Farm Shop, Everton](#).

Please note, there will be only one individual award per athlete – for example if the first woman finishing the race is in the FV35 category, they will win the overall women's trophy and the second FV35 home will receive the age-group prize.

Continues overleaf ...

Licensing and certification

The race is licensed by UK Athletics – licence no 2023-45597

Our course was last measured in December 2019 – licence 19/599

These documents, along with a map of the course, will be on display at Race HQ.

Many runners wear GPS watches – please do not be concerned if your watch tells you that you ran over or under 10 miles. The course has been measured with painstaking accuracy by experts in their field – the course measurement follows the quickest racing line, which you may have deviated from without realising during your run. Note also that long stretches of the course are under tree cover, which can affect GPS accuracy, as can a variety of weather conditions including cloud.

Photographs and footage

High-quality photographs and video footage gathered in relation to the race will be uploaded and shared online for free in due course. Do please tag yourself and others where relevant, and to encourage friends and family capturing such things on the day to share their work with us! Keep an eye on [Biggleswade AC's Facebook page!](#)

Benefitting charity

[Sue Ryder, St John's](#) in nearby Moggerhanger are our main designated charity.

Once all bills have been fulfilled for this year's race, a donation from our surplus race funds will be made.

Fun run

There is a track-based fun run this year while the 10-mile race is taking place. Start time is 9.45am at Sandy Track – arrive well ahead of this time to get registered!

Please note: no dogs are allowed at the track.

This is organised separately to the Sandy 10 – [see here for information](#). Fun run entries are available on the day by the track. [Email Mandie Trudgill](#) for details.

See you on Sunday!

The Sandy 10 2023 race committee

www.sandy10.org.uk

twitter.com/thesandyten

facebook.com/biggleswadeac

Got a query that is not addressed in this information pack?

Email us at sandy10bac@gmail.com