

# YOUR GUIDE TO THE ESSEX 10K 2018



**INLAND  
WATERWAYS**  
ASSOCIATION

Dear Participant,

Thank you for signing up for the Essex 10k. We hope you're looking forward to your run - whether you're a seasoned athlete or a complete newbie, this pack contains everything you'll need to be ready for the day and hopefully you will be thinking about raising some money for a great cause as you run!

More detailed information and FAQs are also available at [www.waterways.org.uk/essex10k](http://www.waterways.org.uk/essex10k).

**Event Organiser:** Alex Melson

**Telephone:** 01494 783453 ext. 611 or 07715695374 (on the day only)

**Email:** alex.melson@waterways.org.uk

**Date:** Sunday 16<sup>th</sup> September 2018

**Location:** Chelmer and Blackwater Navigation, Hoe Mill Lock, The Causeway, Ulting, CM9 6RA

**Registration:** From 08:30 am – 10:00 am at the registration tent on site.

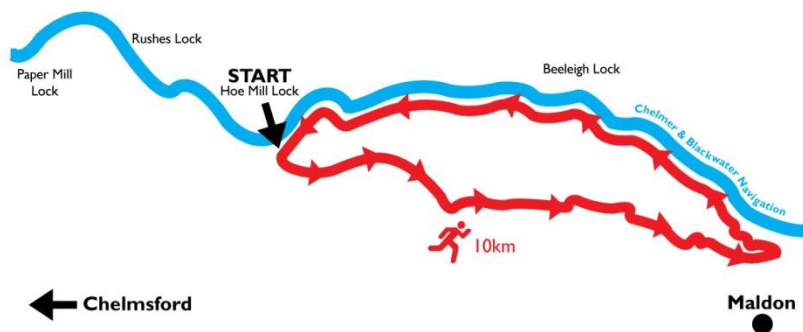
**Event Start:** 10:00am – 11:00am (Runners will start in waves, depending on their estimated times, more details to be emailed closer to the time)

## THE ROUTE

The route is almost entirely off road, on a mixture of terrains, including fields and country tracks. It is a very flat route, especially on the towpath so it is ideal if it is your first time doing this distance. The route will be fully marked on the day, but it is worth familiarising yourself with the layout as much as possible beforehand

**Route Details** - The run will take you south of Hoe Mill Lock, heading east along a country lane before joining a public footpath which leads across fields, past Beeleigh Abbey to Maldon. The route will join another footpath that goes up to the Chelmer & Blackwater Navigation towpath. Heading west along the towpath you will pass Beeleigh Lock and can sprint the remaining 3km to the finish line!

**Please note** - Although this is a circular route, the finish line is about 400m short of bringing you back to Hoe Mill Lock itself. The registration area will be a straight walk up the towpath and we would ask that spectators wait here as the towpath is narrow and could quickly become crowded – enjoy the cool down and you will be back to meet them in no time!



Marshalls will be present along all stretches of the course so if you get into any difficulty they will be able to assist. There will be one water station on the route, at approximately the half-way mark.

Please be aware for safety reasons there will be a cut-off time for all runners. If you have not completed the run by **12.45pm**, you will be asked to retire.

**Due to the fact that a lot of this route is alongside the water and there are some narrow stretches, we ask that all participants refrain from wearing headphones.**

## **CANCELLATIONS & REFUNDS**

Should you need to cancel your place we can offer a refund minus a 10% administration fee provided the request is made before 1st August 2018.

If a cancellation request is made after this date then a refund may not be given as we have to commit to costs in advance. It is recommended you contact the event organiser to discuss the cancellation.

You are welcome to transfer your place to somebody else at any time provided you notify us of the change.



## WHY NOT FUNDRAISE TO SUPPORT THE CHELMER & BLACKWATER?

When you're training hard and preparing for a sponsored challenge, it's always great motivation to know the money you'll raise is going to do some good.



So how much do you know about IWA?

The Inland Waterways Association is a registered charity, founded in 1946, that works to protect and restore the 6,500 miles of inland waterways of England, Scotland and Wales. The Chelmer and Blackwater, the site of the Essex 10k, has been managed by IWA's subsidiary, Essex Waterways since 2005. IWA took over management of this waterway to save it from falling into disrepair and it is now a thriving leisure facility used by 500 boaters and many more walkers, cyclists, anglers, paddle boarders and canoeists each year. Essex Waterways has been working hard to improve the towpath over recent years and we would appreciate any support you can give to help us continue this work.

### HOW YOUR FUNDS WOULD BE USED...

The Essex 10k aims to raise funds for vital towpath improvement work along the Chelmer and Blackwater navigation. The team at Essex Waterways work year round to maintain and repair the walk ways to allow visitors to enjoy everything the Chelmer and Blackwater has to offer. Without this work we would not be able to put on great events such as this run! However, there are still stretches which need extra work and the funds to do it. Lots of the labour will be provided by volunteers, and the money you raise will be used to provide food, lodging and equipment for the job!

**See where the money you raise could be going:**

**£10 = A hard hat and a hi-viz jacket to kit out a volunteer**

**£60 = Accomodation for 1 week for a volunteer**

**£40 = Fuel to keep our vans running**

With the Essex 10k this year we are aiming to raise at least **£2,000** to go towards towpath improvement. Do you think you could help us raise this money?

If so, there are a few ways you can help....

Via Facebook – [Set up a fundraising page on Facebook](#). Add your own information to encourage support and make sure you mention the Essex 10k.

Via VirginMoneyGiving – [Click on the Start Fundraising button](#).

### SOCIAL MEDIA

Share the Essex 10k Event Page on Facebook and Twitter to spread the word!

