TRACK GUIDANCE.

As the track is expected to very busy, especially on the first night, it is important that everyone reads these 'rules' and sticks to them to ensure everyone has a safe and enjoyable session.

MEASUREMENTS

1 lap of the track is 400m, 4 laps is generally classed as a mile (4laps and 9metres is officially a mile)
Check the table below for guidance on lap paces for various distances and times.

Garmins are rubbish on tracks so don't use them for pace info. If you run a mile on the track your Garmin will always bleep for a mile long before it should. Switch the satellite off and use it just as a stopwatch.

DIRECTION

Efforts are always ran in an anticlockwise direction around the track. If warming up or warming down on the track run round clockwise in the outer lanes so that you can always see any runners approaching you.

GROUPS

Where possible please run no more than 2 a breast. The track is going to be very busy and groups running across more than lane 1 make it difficult for runners to overtake each other. It's also worth remembering that for every lap you run in lane 2 you are adding 7metres to your rep, lane 3 14m etc. etc. In an ideal

world groups should run single file. As long as there is no gaps in the group the person at the front and the person at the back of the pack will still be running the same pace.

TRACK

If you hear someone shout TRACK move out of the way (ideally onto the infield). EVERYONE doing an effort is entitled to run in lane 1. A faster runner should NEVER shout track to another runner doing an effort. If a faster runner is approaching and wishes to overtake it is their responsibility to safely negotiate around the runner(s) and then cut back in at a safe distance. A warning of 'keep left' to indicate you are approaching maybe useful. If you are being overtaken, try to keep in as close as possible to the curb whilst the other runner(s) get past.

NEVER STAND OR WALK IN LANE 1 OR 2!!!

Lane 1 and 2 are for doing efforts ONLY. If the track is very busy you may be told to run in outer lanes to avoid congestion but in general all efforts will be done in lane 1 with lane 2 being used an overtaking lane. As soon as you finish an effort move out of lane 1 and 2 and recover in the outer lanes. Be careful that runners aren't approaching you from behind and if so, where safe, step onto the infield or stay in lane 1 until you have been passed. If

you warm up/down on the track please use lane 6 and jog in the opposite direction.

SHOES

Normally running shoes or lightweight racer/trainers are best for training on the track. Spikes can be used if you wish but make sure you don't have your XC spikes in. The maximum length spike allowed are 7mm. Wearing spikes on the track can cause tight calves for a few days after so please be cautious.

PACING

Whilst pacing is always important it is highlighted even more on the track. Do your first lap too fast and you will suffer big time on the rest. The idea is to keep every lap and every rep consistent. No-one likes a last rep Larry so don't save yourself to run your last rep of the session super-fast!

PACE TABLES

5k time (mm:ss)	Lap time (mm:ss)
16:00	01:17
16:30	01:19
17:00	01:21
17:30	01:24
18:00	01:26
18:30	01:28
19:00	01:31
19:30	01:33
20:00	01:36
20:30	01:38
21:00	01:40
21:30	01:43
22:00	01:45
22:30	01:48
23:00	01:50
23:30	01:52
24:00	01:55
24:30	01:57
25:00	02:00
25:30	02:02
26:00	02:04
26:30	02:07
27:00	02:09
27:30	02:12
28:00	02:14
28:30	02:16
29:00	02:19
29:30	02:21
30:00	02:24
30:30	02:26
31:00	02:28
31:30	02:31
32:00	02:33
32:30	02:36
33:00	02:38
33:30	02:40
34:00	02:43
34:30	02:45
35:00	02:48

10k time (mm:ss)	Lap time (mm:ss)
32:00	01:17
33:00	01:19
34:00	01:21
35:00	01:24
36:00	01:26
37:00	01:28
38:00	01:31
39:00	01:33
40:00	01:36
41:00	01:38
42:00	01:40
43:00	01:43
44:00	01:45
45:00	01:48
46:00	01:50
47:00	01:52
48:00	01:55
49:00	01:57
50:00	02:00
51:00	02:02
52:00	02:04
53:00	02:07
54:00	02:09
55:00	02:12
56:00	02:14
57:00	02:16
58:00	02:19
59:00	02:21
60:00	02:24

HM time (hh:mm:ss)	Lap time (mm:ss)
01:15	01:25
01:20	01:31
01:25	01:36
01:30	01:42
01:35	01:48
01:40	01:53
01:45	01:59
01:50	02:05
01:55	02:10
02:00	02:16
02:05	02:21
02:10	02:27
02:15	02:33