WARGRAVE Charity 10k 2011

PTR People, Training, Results

APEX SPORTS

bodyretreat MASSAGE

Castle Royle

BCA

2011 RACE INSTRUCTIONS

RACE

The race will start at **10:00am sharp** on Sunday, June 12th, 2010, at Wargrave Recreation Ground, off Victoria Road.

CHIP TIMING

Chips and numbers will not be posted out before the race. They must be collected on race day from the collection point which will be signposted and manned from 8:15am.

Results will be produced and prizes awarded according to Gun To Chip timing, but Chip to Chip times will also be published.

PARKING

Parking will be in the field adjoining the Recreation Ground on the eastern edge of the village (see map enclosed). From here it is a short, 100 metres or so, walk to the start of the race. **Please do not park in Victoria Road or Recreation Road or Recreation Ground Car Park** - these form part of the race route.

The entrance to the parking area is in Blakes Road and, in order to ease control on this narrow road, we would appreciate it if competitors could enter the village from the eastern end, along Tag Lane or Blakes Lane, from the A4 (follow arrows on enclosed map).

COURSE

The course is the same as in 2009; see the enclosed map for details. The start and finish are at Wargrave Recreation Ground and a 3/4 lap of the field is required on both the outward and homeward legs. A lap of Highfield Park is completed **on the outward leg only**. All **kilometre** points will be marked on the course.

PRIZES

Tee-shirts will be given to **each finisher**. In addition, the following prizes will be awarded:

1st, 2nd and 3rd Man and Lady
1st Boy and Girl 15 to 17
1st Male Vet(40+) and Lady Vet(40+)
1st Male Supervet(50+) and Lady Supervet(50+)
1st Male Master(60+) and Lady Master(60+) NB: This year there is no "One prize only" rule.

Team Prize for 1st Affiliated Male Team, 1st Affiliated Female Team and 1st Non-Affiliated Social Team.

BERKSHIRE CHAMPIONSHIP

Prizes in the Berkshire Championship (medals) will be in addition to those above. See the following website for full details of the Berkshire County Championship rules, races, entries and prizes: http://www.berkshireathletics.org.uk/rr.htm.

SAFETY

Note that we could not put on the event without the aid of our volunteer marshals - please keep to the left and obey their instructions **at all times**, even if it means a temporary stop to your running. Vehicular traffic will not be stopped on the roads so please exercise **extreme** caution. If you need to drop out contact the nearest marshal. ***Please note that the race course will only be fully marshalled for 1.5 hours from the start of the race and will be unmarshalled from that time***.

DRINK STATIONS

There will be three official drink stations, at approximately 2.5, 5.5 and 8.2 kms.

OTHER

- Ladies & Gents changing facilities and showers will be available at the Recreation Ground Pavilion
- Please complete the emergency contact and health details on the back of your number and pin numbers to the **front** of your clothing
- A sweep-up car will pick up runners who need transport back to the finish
- There will be refreshments at the Recreation Ground throughout and after the race
- Please note that **NO DOGS OR PUSHCHAIRS allowed in the race**
- **NO DOGS ALLOWED ON THE RECREATION GROUND**
- **Please ensure your chip has been removed and returned before leaving as we will be charged for chips not returned. Thank you.**
- Any enquiries to mandy.doward@ptr.co.uk or telephone 0118 9404977.