

— SATURDAY 22 SEPTEMBER 2018 —

ALICE HOLT RACES

— FINAL RACE DAY INSTRUCTIONS —

Car Parking	Parking is provided and marshalled by Farnham Runners, a payment of £1 will be required on entrance. Please vacate the race car park before 16:00, as gates will be locked at 16:00.
Changing and Kit storage	There are no changing facilities, but bags can be stored in a supervised marquee where baggage labels will be available. All valuables will be stored at your own risk.
Race No. & Champion Chip	Race No. & Timing Chip's for all races must be collected on the day no later than 30 mins before race start! Please attach your race number with at least two safety pins. Ensure your timing chip is attached as instructed to your ankle or shoe. Numbers are not transferable and if you don't attach your chip correctly you may not get a finish time.
Race Rules	The race is run under UK Athletics and BARR rules and code of conduct. Competitors numbers must be displayed on the front of the running vest before the start of the race and must be clearly visible to the finish line marshals to verify your final time and position. Numbers are not transferable. It is against UK Athletics rules for wheelchairs, buggies, cyclists or accompanying runner/pacers to accompany competitors. Parents must not run with their children.
Toilets	Toilets will be available close to the start area in the toilet block. Please do not use the forest.
Assembly and start	Please be warmed up and assembled at the start area for the necessary safety announcements by 10:45am. The race will get underway at 11:00am prompt after the safety announcements. Please line up by predicted finish time, faster runners at the front and slower runners further back. Timing starts when you cross the start line so there is no need for most people to start at the front.
Drink Station	For the 10k race there will be water at approximately 3km & 7km. For the 5k race there will be water at approximately 3km. For all races there will be water and drinks at the finish.
Refreshments	There is a café near the start area that will be serving hot food, sandwiches, hot & cold drinks, ice creams and snacks.
Timings	10:45- All runners in a place for 10k and 5k races. Final instructions and safety briefing 11:00- 10k and 5k races 12:30- Prize ceremony for 10k and 5k races 12:45- 3k race 13:15 for 1k race 13:45- prize ceremony for 3k and 1k races
Prizes	10k prizes: 1st, 2nd, 3rd Male senior 16-39 Years and male V40 1st, 2nd, 3rd female senior 16-34 years and female v35 1st each of male V50 & V60 and female V45 & V55 1st male V70 & 1st female V65 Team Prize: 1st male and female teams (first 4 to count) 5k Prizes: 1st, 2nd male and female senior (16+) 1st, 2nd male and female junior (13-15 years)
Results	A link to the results will be available on the Farnham runners' website www.farnham-runners.org.uk
First Aid	First aid will be provided by Collingwood Medical Services Ltd. in a tent at the start/finish area/ A mobile first aid service is available on request of any course marshal.
Further Information	If you have any questions on the day, please ask at the race HQ or speak to the race director who will be wearing a bright yellow jacket.

Catch
Resource Management



— www.farnham-runners.org.uk —