

2017 Yateley 10k Runners Notes

May 2017

Welcome from the Race Director

Welcome to the 2017 Yateley Road Race Series.

The Race starts promptly at 7:30pm from the school field, so you will need to arrive in plenty of time to pick up your race pack. Race HQ and information area will be open from 6pm.

Please take notice of the safety instructions in this document.

Please be aware that this is a strict NO HEADPHONE RACE. If you do wear headphones it will result in disqualification.

If you have exchanged/ swapped your number with someone then you need to ensure you have completed the number exchange before 8pm the night before the race. This ensures that the results are registered in your name and more importantly if you are taken ill we know who you are and who to contact.

Number exchange details can be found on the website and Facebook.

The course remains unchanged from recent years. However due to events outside our control Race 2 is now on the 2nd Wednesday of July (12th July).

For your Safety please take heed of the marshals around the course, keep to the left at all times unless told otherwise, and please ensure you run in single file along the Reading Road.

The Yateley 2K Fun Run will take place on the field at 7:40 and you can enter for this race on the night - young and old are all welcome to join in!

Here's hoping you have an enjoyable run and achieve the times and experience you are looking for.

Yours in Sport



Jenny Robinson

Race Director

Thanks



We would like to thank Sandhurst joggers for their ongoing support with organising this year's race series as well as Yateley Lions, 3rd Bramshill Scouts and Yateley Football Club.

We would like to extend our thanks to our sponsors Alton sports.

Latest News



Please note that any changes or additions to these Runners' Notes will be announced on our web site at www.yateley10kseries.info.

It will also be possible to download a copy of Runners' Notes and obtain additional or updated information prior to the event.

Results should be available on the Web site on the day following the event and sent to runners' mobiles on the night of the races.



Safety

First Aid/Medical Care

To assist Medical Staff Please specify any medical conditions on the reverse of your race number writing in a ball-point pen along with any special medical treatment. Medical care is available in the School grounds and a Red Cross ambulance is available if required.

If you are unwell or injured on the day, please do not run - *there will be other races and there is only one you.*

Should you experience any problems during the event; please contact any marshal or official who will be able to alert the medical team. If you drop out for any reason, please hand your number and chip to any marshal and tell them where you are going.

Course Safety

The risk assessment and Road closure order can be found on the website and will also be available in the hall on the evening of the three events. The road closures for Cricket Hill Lane will be in force for a short time as runners pass through at the start of the race.

A Safety Car will precede the lead runners, and marshals will be strategically placed to guide and assist you around the course. As you will be running with and against traffic you must use the left hand side of the road unless instructed by a marshal or official. Runners cannot be followed by others on cycles, motorbikes or cars. Unfortunately the course is unsuitable for wheelchairs.

Please note that failure to obey the instructions given by police and race marshals could place you in danger and could lead to your disqualification.

Dogs

Dogs cannot accompany their owners running the course for safety reasons.

Headphones

We have a license from UK athletics. One of the conditions of this license is that runners must not compete with headphones on. If we fail to enforce this rule then our license will be removed and we will no longer be able to run the race. We will have spotters on the course looking out for headphones and disqualifying any runners who do not follow the rules.

Directions and Facilities

Getting to the Course

The nearest railway stations are at Camberley, Sandhurst and Blackwater, which are several miles from the start. Only infrequent bus services operate in this area.

Competitors travelling by car will find Yateley easily accessible via Camberley and Basingstoke A30 or M3 (exit 4 or 4A). Follow signs to Yateley by taking the A30 from Camberley, the A327/B3272 from Reading, or the A3095 from Bracknell. The Yateley Centre is situated in School Lane, off Firgrove Road, Grid Ref. SU809605. Post code GU46 6NW. It is within the Yateley School grounds.

Car Parking

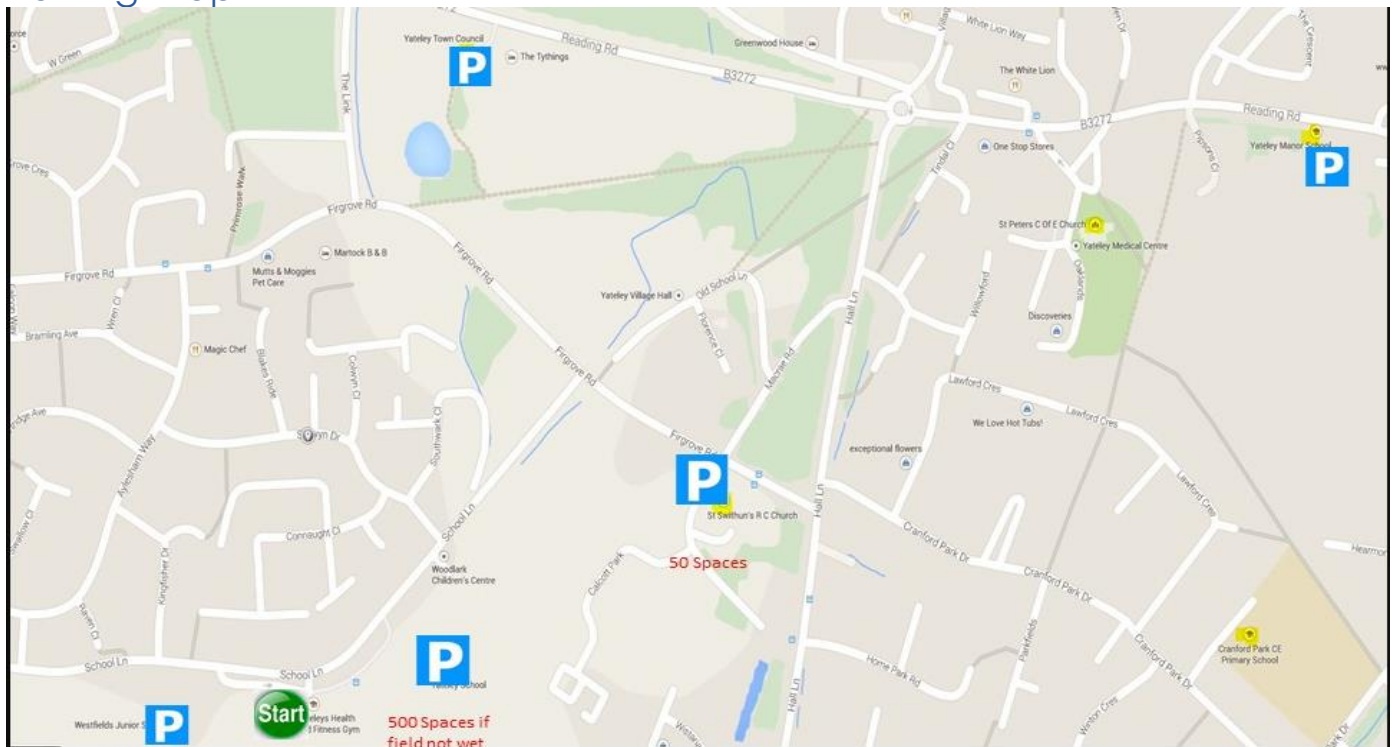
Please follow marshal instructions and signage showing the closest car parks on the night. (full map can be found on the website)

The main car park is Yateley School - Yateley School, School Lane, Yateley, Hampshire, GU46 6NW

Alternative car parks are:

- Yateley Village Hall - 5 minutes walk - Old School Lane, Yateley, Hampshire GU46 6NG
- Yateley Manor School - 15 Minute Walk - 51 Reading Road, Yateley GU46 7UQ
- Westfields School - 5 minute - Westfields Junior School School Lane, Yateley, Hampshire, GU46 6NN
- St Switherns -2 Minutes Walk- Firgrove Road, Yateley GU46 6NH
- Sonardyne - 15minutes - Ocean House, Blackbushe Business Park, Saxony way, Yateley. GU46 6GD

Parking Map



Baggage and Valuables

A baggage area will be available in the Sports Hall and will be manned by officials at all times. You will need to use one of the labels provided and have your number on it. To collect your kit you will need your running number. Although the area will be manned we cannot take any responsibility for any damage or losses. If you do not agree with the terms please do not deposit your baggage.

We strongly advise you not to leave valuables in cars or the changing rooms.

Changing

There is limited changing facilities and showers at Yateley Centre, so runners are advised to arrive changed with outer clothing on.

Toilets

Toilets are available in the changing rooms and external Port-a-loos. Please do not water the boundary hedges & trees!

T-Shirts

These can be collected from the sports hall on production of your race number or identification.

Sports Massage

At all three events, **Sports Massages** will be available by the Body Reset Clinic. If you haven't had one before, they are thoroughly recommended for easing muscle ache and preventing injuries. The experienced Massage Practitioner will be available from 7pm on the day for Pre *and* Post-Race preventative/troubleshooting. Rates: £5 per 10min session to cover the cost of oils and towels.

N.B. A Pre-Race Massage should be used to complement a warm-up and does not replace one!

Advertisement



<http://thebodyresetclinic.co.uk/>

The Body Reset Clinic is a private practice specialising in professional injury treatment, sports massage, and injury rehabilitation.

At The Body Reset Clinic we are dedicated to the diagnosis, treatment, rehabilitation and prevention of all injuries. Whether you are simply looking for a sports massage to ease tense muscles, or suffering from specific pain or injury then The Body Reset Clinic is the right place for you.

Race Info

Countdown

| | |
|---------|---|
| 6pm-7pm | Arrival of Runners and Spectators - Chip and Number Collection |
| 7:00pm | Runners Kit to be placed in baggage area |
| 7:05pm | Runners should be on field |
| 7:10pm | Aerobic Warm-up by Purple Freeshia |
| 7:20pm | First call for start |
| 7:25pm | Assemble at the start (in realistic predicted finishing time order) |
| 7:30pm | Race Start - Enjoy the race |
| 7:40pm | 2k Fun Run Race Start |

Timing

All runners in the race will be allocated both gun and chip times. This year the chip will be attached to your number rather than a separate chip on your leg.

The results will reflect the gun time the difference is as follows:

- Gun time - the time from the starting 'gun' to crossing the finishing line. Your race time.
- Chip time - the time from crossing the starting line to crossing the finishing line. Your actual time.

Prizes will be allocated according to 'gun' times as per IAAF Rule 165 (see below)

Rule 165.24e: The official time will be the time elapsed between the start gun and the athlete reaching the finish line (Gun Time). However, if an athlete crosses the start line after the start gun, his time elapsed between the start and finish line (Chip Time) can be made known to the athlete but will not be considered as official time. (Race prizes will be awarded using official time only)



We are a sports event management company who specialise in mass participation events and for the past decade we have worked on some of the most innovative, best known and complex events in the UK.

Our passion is events which deliver an exceptional participant experience. We can manage the full lifecycle of an event from conception through to delivery or just a component such as chip timing or retailing event merchandise.

We pride ourselves on the people we employ. As well as being experts in their field we are also lovers of sport, events and a challenge. That means we share your objectives, goals and passions.

The Course

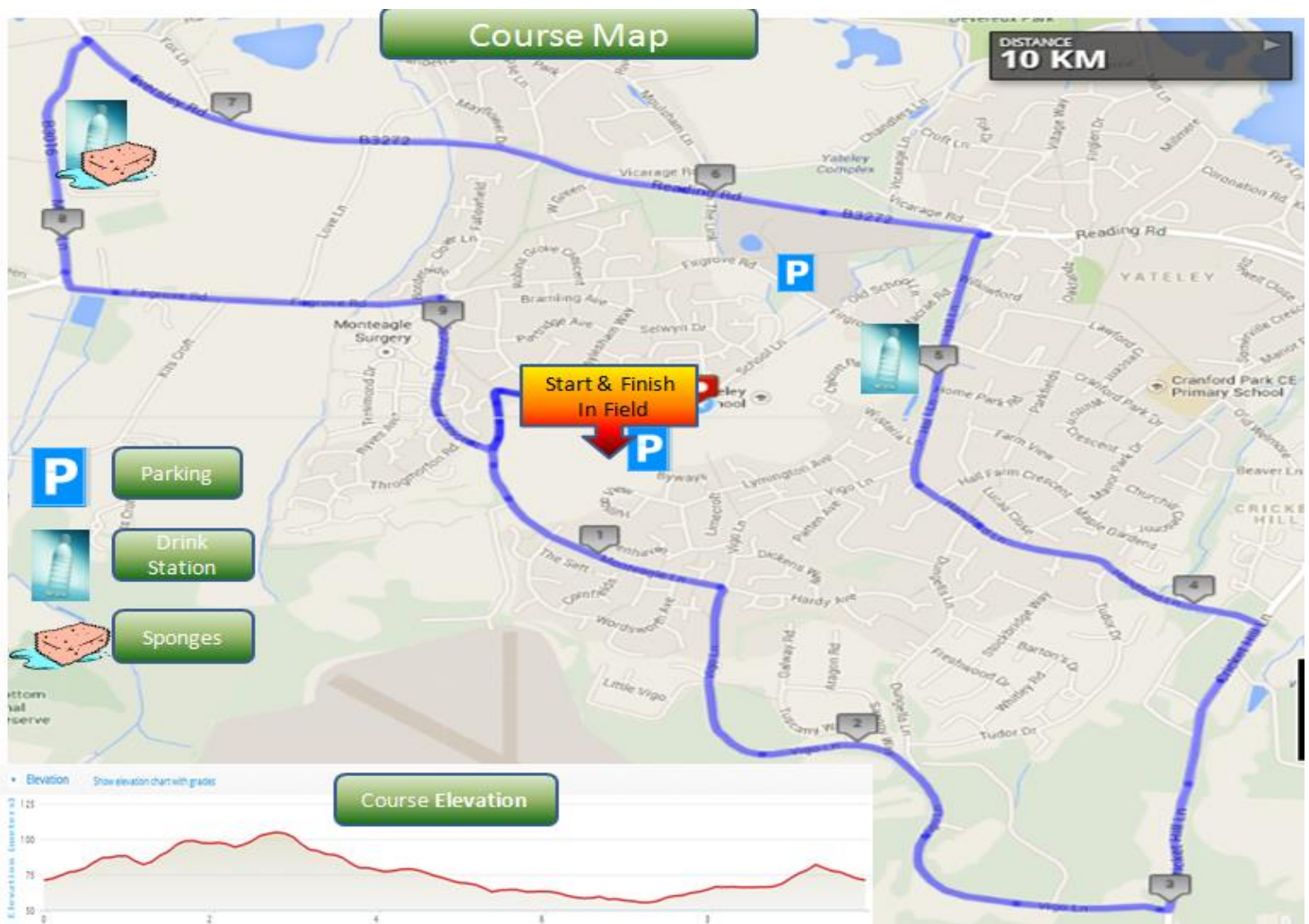
The 2017 race will be run over the same course as previous years.

- The race starts in the Yateley Centre fields & heads out onto School Lane turning left towards The Highwayman.
- At the roundabout turn left onto Monteagle Lane & then at the next roundabout turn right onto Vigo Lane, following Vigo Lane up & turning left into Cricket Hill Lane.
- Follow Cricket Hill until reaching Handford Lane & turn left. Follow Handford Lane & then Hall Lane (Water Stop) until the roundabout with the Reading Road & turn left.
- KEEP LEFT & along Reading Road heading & turn left into Marsh Lane (Sponge Stop).
- Turn left into Firgrove Road & at the roundabout turn right up to The Highwayman.

Drinks Station

Water will be available at around the **5K point** and finish and a sponge station will be at the **7.5K** point. If the weather is particularly hot there will also be water available at the **7.5K** point.

Course and Drink Station Map



Post Race

Results

Results will be displayed as soon as available and also posted on the Web site www.yateley10kseries.info. No printed results will be available. If you have provided a mobile number then you may receive your result via text for free.

Trophies and Medals

Medals will be presented to all finishers in the finish area. There will be trophies awarded to series winners. **Presentation of trophies/prizes will be at approximately 8:40pm on Wednesday 8th August.** There is a **£250 bonus** for setting a new course record during the series (Records are: Men - 29:47, Women - 34:21).

| <i>Category</i> | <i>Event Prizes</i> | <i>Series Prizes</i> |
|------------------|---|---|
| Senior Male | 1 st , 2 nd 3 rd | 1 st , 2 nd 3 rd |
| Vet Male(50) | 1 st , 2 nd 3 rd | 1 st , 2 nd 3 rd |
| Vet Male(60) | 1 st , 2 nd 3 rd | 1 st , 2 nd 3 rd |
| Vet Male(70+) | 1 st | 1 st |
| | | |
| Senior Female | 1 st , 2 nd 3 rd | 1 st , 2 nd 3 rd |
| Vet Female(35) | 1 st , 2 nd 3 rd | 1 st , 2 nd 3 rd |
| Vet Female (45) | 1 st , 2 nd 3 rd | 1 st , 2 nd 3 rd |
| Vet Female (55+) | 1 st | 1 st |

Your race category will be determined from age on the day of the **first** race of the series. The overall series places will be decided on a points system based on finishing positions in each race. In the event of a tie, total times will be taken into consideration.

Only runners competing in all three races will be eligible for the series prizes.

Course Records

| <i>Gender</i> | <i>Name</i> | <i>Time</i> | <i>Year</i> |
|---------------|--------------|-------------|-------------|
| Male | Sam Haughian | 29:47 | 2003 |
| Female | Louise Small | 34:16 | 2016 |

The Fun Run

Start: 7.40pm from the field

Distance: Only 2 Kilometres

Fun Run Entry Fee: (Limited to 200 Entrants)

£2.50 before the race (closing date is the Friday before the race)

£3.00 on the day

You will be able to pick up pre-ordered number in the evening.

Fun Run Prizes and Age Categories:

Medals for all finishers and Trophies for the 1st in each category

Age is taken from the 1st Yateley fun run on the 1st June 2017 and prizes are given to 1st place in each of the following categories

| <i>Boys</i> | <i>Girls</i> | <i>Age Details</i> |
|-------------|--------------|---|
| <i>U7</i> | <i>U7</i> | <i>Year 2 and under on the 7th June</i> |
| <i>U9</i> | <i>U9</i> | <i>Year 3 & 4 on the 7th June</i> |
| <i>U11</i> | <i>U11</i> | <i>Year 5 & 6 on the 7th June</i> |
| <i>U13</i> | <i>U13</i> | <i>Year 7 & 8 on the 7th June</i> |
| <i>U16</i> | <i>U16</i> | <i>Year 9 and up on the 7th June</i> |

Advertisement

**Denis Chapman
Photography**

Sports Event photography by Denis Chapman Photography (www.denischapman.co.uk).

We have extensive experience of photographing running events including 5K, 10K, 10 Mile, Half and Full Marathons since 2005. We have also photographed at Cycling, Rowing and Triathlon events. To date we have covered over 100 events- 138 by the end of 2014 and counting.

We are based in Berkshire in the South of England but are mobile and can travel anywhere that is required. If you are organising a sporting event and are interested in photographic coverage then please get in contact with us using the contact form above.

Thank You

The organisers would like to thank the sponsors Alton Sports and RaceAhead (Bath).

We would like to thank Sandhurst joggers who provide registration, late entries, run admin and marshals as well as treats at the end of the race.

We would also like to say a big thank you and well done to all our generous helpers and their organisations without which these events could not take place: RAYNET, Red Cross, Yateley Lions, Local Scouts groups, Yateley Football Club, all volunteer marshals and drink station organisers.

Most of all we'd like to thank **you** the runners, without whom the race would not go ahead. Without you, we would not raise thousands of pounds for local beneficiaries.

In order that the Yateley 10k Committee can maintain the highest possible standards for future races we welcome any comments. Please send them to: YRR-director@sandhurstjoggers.org.uk.

If you've enjoyed the Yateley Road Race Series, please tell your friends. If you haven't, please tell us.



Purple Freesia is owned by Lynne Snook, a specialist in helping your body recover from the stresses and strains of everyday life. She offers a range of services that help you physically, mentally, spiritually and emotionally.

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Phone: 07784 147955
Website: purplefreesia.co.uk
Email: lynne@purplefreesia.co.uk

Sandhurst Joggers



The club now has well in excess of 350 members, which means you'll always find some friendly soul who will be running at a pace that suits you.

The club welcomes and encourages new members of all abilities. Whether you are interested in running to get fit and keep fit, getting covered in mud and having a laugh or taking part in races up to and beyond marathons, you are welcome to join us and will find like-minded companions for your training.

Club year runs from 1st April to 31st March. £25 per year (£15 without EA Membership). For more info please look at the website www.sandhurstjoggers.org.uk or contact Janice on 01344 772748 or membership@sandhurstjoggers.org.uk