

Mortimer race instructions

Date and Place **Sunday 30TH September 2018 at Mortimer Fairground, RG7 3SW**
Start times **Under 16 junior run 10:15; Walk at 10:20; 10K run 11:00**

All three events start and finish on Mortimer Fairground. This is approximately 5 miles south of the M4 J11 and 3½ miles west of the A33. [Map](#).

Race numbers & chips

You need to pick up your race number and chip at the event so please arrive in plenty of time.

Pre-registered race numbers can be collected from the Community Hall, which is at the race HQ. Entry on the day will be located on the field as in previous years.

The 10K and junior races will be chip timed by FR Systems using a chip that you must attach to your ankle with its Velcro strap. If you wish to know your time and for it to appear in the results you **must** wear your chip **around your ankle**. Wearing it anywhere else will not work.

Please ensure that you return your chip to a collection bin at the end of the race.

Please ensure that your race number is securely attached to your front at chest height.

Parents/guardians

Please note that the junior race is run mostly on quiet roads but they are still open to traffic. **Children under 7 years old must be accompanied by an adult throughout the race.**

Please make sure that younger runners have securely attached their timing chip to their **ankle**.

Adults helping juniors with attaching their chips need to be careful to ensure each junior wears their allocated chip. Don't take the chip out of its envelope until you're ready to attach it to the runner's ankle: once out of the envelope it isn't possible to tell which chip belongs with which run number.

Safety

All competitors must adhere to marshals' instructions and keep to the left unless directed otherwise by a marshal. The route will be well marked.

First aid will be provided by Beyond First Aid, who will be at the start/finish and out on the course.

Car parking

Ample free parking is available at Mortimer Fairground adjacent to the start. The entrance to the car park is on Hammond Heath and will be well signposted. Please use this car park and do not park on the surrounding roads or at the church.

Please arrive at the car park well before 10.00 as it will be difficult to access once the races have started. Please note that the car park closes and will be locked at 14:00.

General

Music players. UK Athletics bans the use of earphones during races on unclosed roads. You are running on open roads: you must be able to hear and abide by the directions of the marshals and be continually aware of the traffic situation. If you are seen wearing earphones, you will be disqualified.

Water Stations. Water will be available at about 6k for the 10k runners and walkers. There will also be water at the finish for juniors' races as well as for the 10k and for all the walkers.

Toilets. There are toilets available at the fairground.

Changing Facilities. Please arrive in your running kit as there are **NO** changing facilities.

Baggage. Baggage may be left in the Community Hall, which is adjacent to race HQ. Baggage is left entirely at your own risk and we urge you not to leave valuables in the hall. If you've arrived by car, please leave your valuables in it – the car park is immediately adjacent to the start & finish.

Trophies will be awarded as follows:

10K: First three men, first three ladies, first man & lady in each of the V40, 50, 60, 70, 80 categories

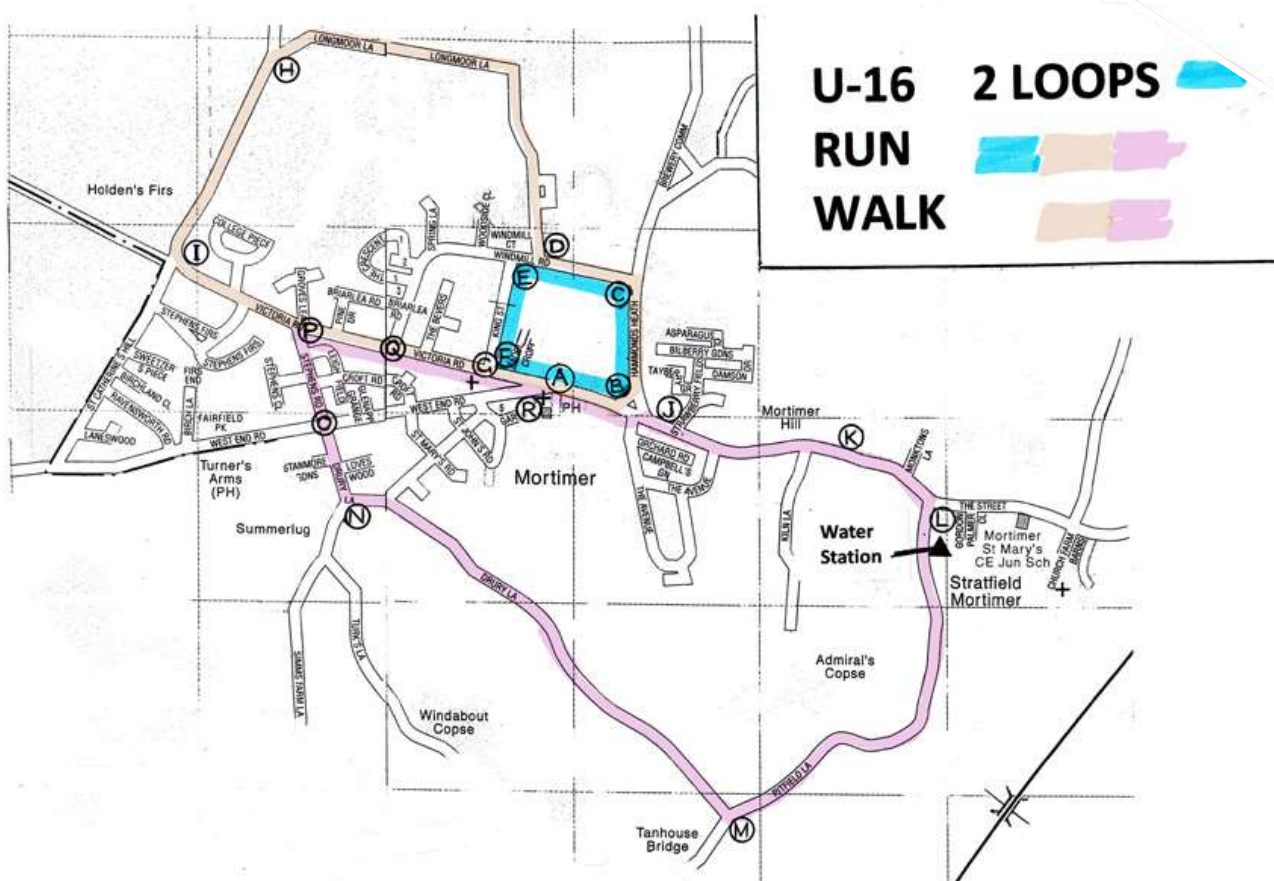
Juniors: First three boys & girls; first boy & girl in each of the U8, U10, U12, U14 & U16 categories.

No more than one trophy will be awarded to any runner.

The Course

The course will be well marshalled to ensure that nobody gets lost and that the race is run safely. The roads will remain open so you need to be aware of the traffic situation and follow the marshals' instructions and stay safe. Expect a few potholes in the road, particularly in Longmoor Lane.

Distance markers for the 10K will be placed at each kilometer.



Note that the 3K race requires **two laps** of the roads around the fairground.

Results

The results will be posted to FR Systems' results website, <http://results.sporhive.com/for/frsystems> as soon as they become available after the races.