

Bramley 20/10 Road Races

Race Information
Sunday 11 February 2024
Race starts at 10.30am

Race HQ: Bramley Church of England Primary School, Bramley Lane, Bramley,
Hampshire RG26 5AH

THERE IS NO PARKING AT THE SCHOOL

TIMINGS

- 8.30am Car Parking facilities open.
Refreshments open in the school.
Baggage Tents and Changing Rooms open.
Information Desk open.
Number Collection available (for those who entered after 27.1.2024).
- 10.10am All runners to have placed baggage in baggage tents (using baggage label included with race number).
- 10.20am Runners to assemble at the start.
- 10.30am **START.**
- 12.30pm All 20 mile runners to have started their second lap.
- 2.30pm Course Closes.
- 3.30pm School closes and car parks locked.

NUMBER COLLECTION

If you entered after 26.1.24 race number collection will be in the entrance to the school just through the double doors. All other race numbers will have been posted out.

INFORMATION DESK

The information desk is located to the left as you enter the school reception and will be open for the duration of the race for any queries and lost property.

REFRESHMENTS

Hot drinks and refreshments will be available to purchase in the school hall both before and after the race. Cash and card payments accepted.

CAR PARKING

Please put your registration number on the reverse of your race number.

Car parking will be signposted.

Main car park is a 10 minute walk to the start
RG26 5DT is the nearest postcode.

<https://what3words.com/marsh.afternoon.disarmed>

This car park will be locked between 10.30am and 11.30am.

Overflow car park is a 15/20 minute walk to the start
RG26 5EG is the nearest postcode.

<https://what3words.com/beaters.structure.decoding>

Car parking is £3 in CASH PLEASE BRING EXACT MONEY on the day.

Please follow the marshals' instructions.

CHANGING/BAGGAGE TENT

There will be changing facilities in the school and kit bags should be stored in the relevant baggage tent by 10.10am. There are no showers available. Please do not leave money or valuables with your baggage.

TOILETS

Toilets will be available in the school grounds. Please use these and **DO NOT** urinate in the school grounds or neighbouring residential areas.

RUNNING NUMBERS AND CHIPS

There are no entries on the day. Please fasten your race number to your front with four safety pins. Do not cover your number. Please do not give your number to another runner. Ensure you complete

the emergency details and car registration if using a car park at the event are on the back.

There are two sets of race numbers:

10 mile race numbers have a yellow background and **20 miles** have a blue background.

Your timing chip is on the back of your race number. The Race distances are separate events. If you decide after one lap to not continue for the second lap please ensure you tell a finish marshal - you can still collect a medal but you will not get a finish time as you did not complete the race you entered.

COURSE SAFETY

Please keep to the left hand side of the road unless instructed otherwise by marshals or police. There are certain crossings where the marshals will direct you across the line of traffic. Follow their instructions.

We have a strict **no headphone rule**, the course is open to traffic and you need to hear instructions. If you are seen wearing headphones you will be disqualified.

RACE TIME LIMIT

The course has a strict four hour cut off. If you have entered the 20 mile race and have not completed the first lap in 2 hrs you will not be allowed to continue for the second lap.

DRINK STATIONS

Water will be available at stations on the route around miles 3, 5, 8, 10, 13, 15, 18 and at the finish. There will also be High5 at miles 5, 10 and 15.

DROPPING OUT

If you feel unwell or want to retire at any point please report to the nearest marshal point and arrangements will be made to bring you back to the race HQ.

FINISH

Once you have passed the finish line you will be directed back into the school grounds to collect your medal and then head to the baggage area. Refreshments will be available to purchase in the

school. Massages are also available for an extra charge provided by ISRM Massage.

REFEREE

The race will be run under UKA rules.

The official referee and race adjudicator is Richard Whybrow. There will be mile markers on the course for both races and the time will be displayed on a digital clock on the lead car and at the finish.

RESULTS

Results will be available here

<https://frsys.uk/bramley24>

PHOTOS from the fabulous Daryl

Copleston-Jobling: will be available here

<https://www.flickr.com/photos/152573842@N07/albums/72177720314195972/>

PRIZE CATEGORIES

Categories for each distance:

First 3 men, plus MV40, MV50, MV60

First 3 women, plus FV40, FV50, FV60

First male team of 3 club runners

First female team of 3 club runners

MEDICAL FACILITIES

Elite Medical Services including paramedics will be available on the course and at the finish, two ambulances will be strategically positioned out on the course. All marshals and drinks stations will be able to call for first aid assistance.

SPECTATORS

Although the course is not closed to traffic we ask that spectators do not support by driving around the course as it may present a hazard to runners. There are some good points to watch the race - at the crossroads where the runners will pass twice on each circuit and the start/finish straight at the school.

MEDICAL CONDITIONS

If you have a medical condition please ensure the details are on the reverse of your race number. Runners with known health problems **MUST** take suitable precautions and mark your race number with a cross on the front.

MERCHANDISE

Race tshirts and hoodies will be available for purchase with a list of runners' names on the back from www.sportingprint.co.uk

Hoodies £28.95 Technical t shirt £17.75 including postage.

TERMS & CONDITIONS OF ENTRY

All runners must be medically fit to compete and enter at their own risk. The organisers will in no way be held responsible for any injury, accident, loss or damage that may arise before, during or after the event as a consequence of runners' participation in this race. We do not offer refunds or deferrals under any circumstances. No dogs or pushchairs are allowed.

IN THE INTEREST OF SAFETY

The race director and the emergency services reserve the right to cancel or stop the race at any time if deemed necessary. This would be due to exceptional circumstances beyond our control and no refunds would be given. If the weather is particularly bad during the week leading up to the event, please check Facebook or the entry website for updates.

LOST PROPERTY

This should be handed to the Information Desk, this will then be retained for one month before being disposed of. If you think you have lost anything please email bramley@readingroadrunners.org

BARR Questionnaire

BARR invite a sample of participants in every approved road race to provide feedback to allow race standards to be monitored and to identify any area for improvement. If you receive one of these, please help us by completing it.

THANK YOU

As ever to our volunteer Bramley 20/10 Race Committee:

Adele Graham, Daniel Rickett, Gill Gillard, Gill Manton, Hilary Rennie, Martin Douglas, Stuart Lunn, Toni McQueen and Zoë Brown

All of our volunteers over the weekend and our volunteer marshals

Sporting Print

Fyffes

ISRM - massage

Daryl Copleston-Jobling

Richard Whybrow

Pete Morris

Bramley Scout Group

Slough Ghana Pathfinder Club

1st Shinfield Guide

Bramley Guides

