



Alresford 10k and Fun Runs – Sunday 21st June 2015

The course has been designed to keep clear of the main roads and to cause as little disruption to traffic as possible. Having an 'out and back' section allows us to use fewer marshals and to have a single water point.

Just as we did last year, we've had a huge amount of support from other clubs and organisations. Special thanks must go to our race officials for their input and assistance. We also thank New Alresford Town Council for letting us use Arlebury Park free of charge. But, of course, an event like this needs a small army of

helpers and we are enormously grateful to everyone who has helped us, especially our sponsors without whom we simply could not have staged the event at all.

I hope you enjoy the day and will come back again next year. If you have feedback on the organisation or any other aspect of the day, do please pass it on; it's the only way we'll get better.

Parking

Parking will be available at Perins School (opposite Arlebury Park) and at the Watercress Line car park.

Timings:

0830	Car Park open
0830	Registration/Baggage Room open
0920	Fun Run registration closes
0930	500m dash
0940	1000m run
0945	10k registration closes
0955	Call 10k competitors to start line
1000	10k start
1015	Call fun runners to start
1020	Fun run start
1030	First 10k runners expected
1115	Prize giving

Safety

Your safety is our primary concern. If at any stage you feel unwell or want to stop running contact the nearest marshal and they will arrange for assistance.

Changing Rooms

There are changing rooms at Arlebury Park if required.

Website

Please check the website for any last minute updates.

<http://alresford10k.co.uk/>

Results

We still use manual timing (because we're a charity race). The results will be posted on the website as soon as possible after the race.

Baggage - there will be a secure area for leaving bags at Arlebury Park.

T-Shirts - If your race number is less than 260, please collect your T-shirt at Arlebury Park.

Sponsors

We would like to thank the following sponsors for their support:

The Watercress Company
Alresford Salads
The Naked Grape
Fyffes bananas
Prospect Fencing
Charters Estate Agents
Servicepoint
Hair Art
The Bell
The Co-op
Caracoli
Itchen Valley Brewery
Fitique
Pizza Express

Runners Safety Notes

Please follow the marshals' instructions at all times.

The roads are **not** closed to traffic and although the marshals will warn cars that there are runners in the road you must be aware of the traffic hazard at all times.

For the first part of the course please run on the left hand side of the road.

On the out and back section of the course please run on the right hand side of the road and avoid obstructing runners coming the other way!

On the final section of the course along the Avenue back to Arlebury Park please run on the pavement and **not** on the road.

Water

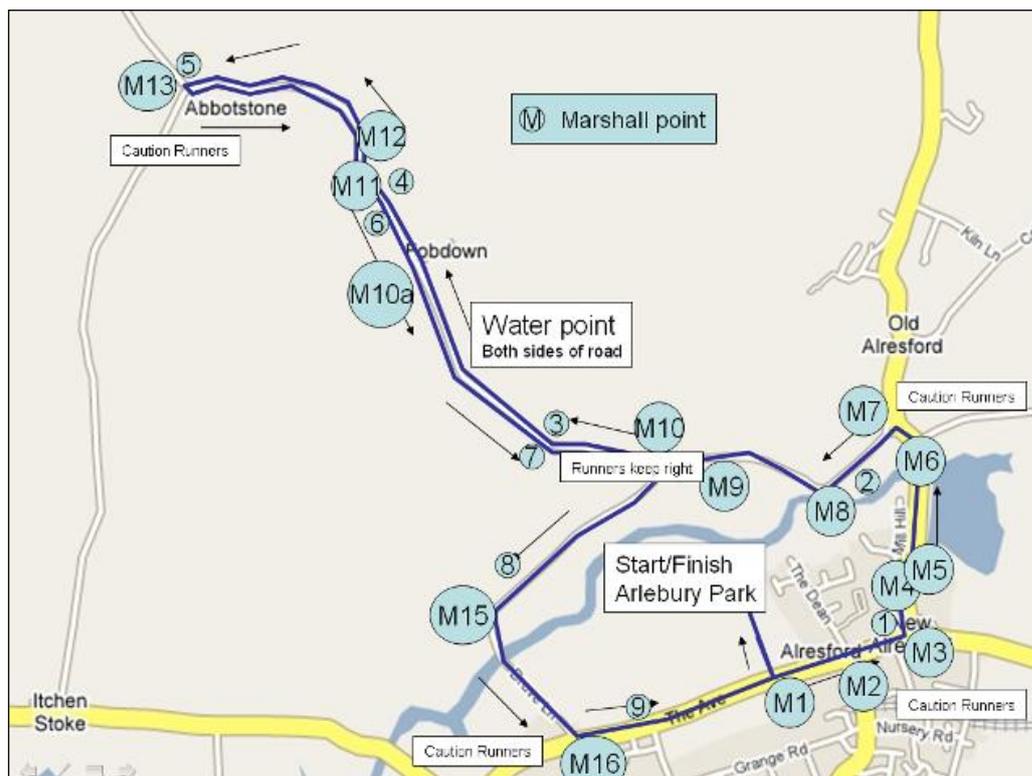
Bottled water (donated by The Naked Grape) will be provided at the water points and at Arlebury Park. Please do not throw your bottles at the side of the road, try and return them to the water point on your way back or carry them back to Arlebury Park. This will help us enormously with local residents and with the overall clearing up effort.

At the finish line look out for the signs!

10k runners keep left and go down the funnel so we can record your time and position

Fun Runners keep right and collect your medal.

Refreshments will be available at the Arlebury Recreation Centre



A course map showing the 10k route, distance markers, marshal and sign locations. The Fun Run route uses the loop but not the out and back section (it's about 5k).