



## Alresford 10k and Fun Runs – Sunday 19th June 2016

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 – SO24 9BS - (opposite Arlebury Park) and at the Watercress Line car park SO24 9JG. Limited parking is also available in the town – please don't block any drives or entrances. Allow plenty of time to park and walk to Arlebury Park.

### Timings:

0830	Car Park open
0830	Registration/Baggage Room open
0915	Registration closes
<b>0930</b>	<b>500m dash</b>
<b>0940</b>	<b>1000m run</b>
0955	Call 10k competitors to start line
<b>1000</b>	<b>10k start</b>
1015	Call fun runners to start
<b>1020</b>	<b>Fun run start</b>
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.

### Loos

There are 4 portaloos outside and 2 loos in each of the changing rooms. The changing room loos are temperamental so **please make sure they flush properly** otherwise they will get blocked!

### 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. Please don't hassle the results people as it slows everything down.

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

**T-Shirts** – because of cost, we cannot give T-shirts to everyone. Numbers are allocated in strict order of registration date. 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  
Sousa Richards Solicitors  
Charters Estate Agents  
Servicepoint  
Fitique  
The Watercress Line

## Runners Safety Notes

Follow the marshals' instructions at all times.

The roads are **not** completely 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. **Under UK Athletics rules headphones are not permitted on the course.**

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.

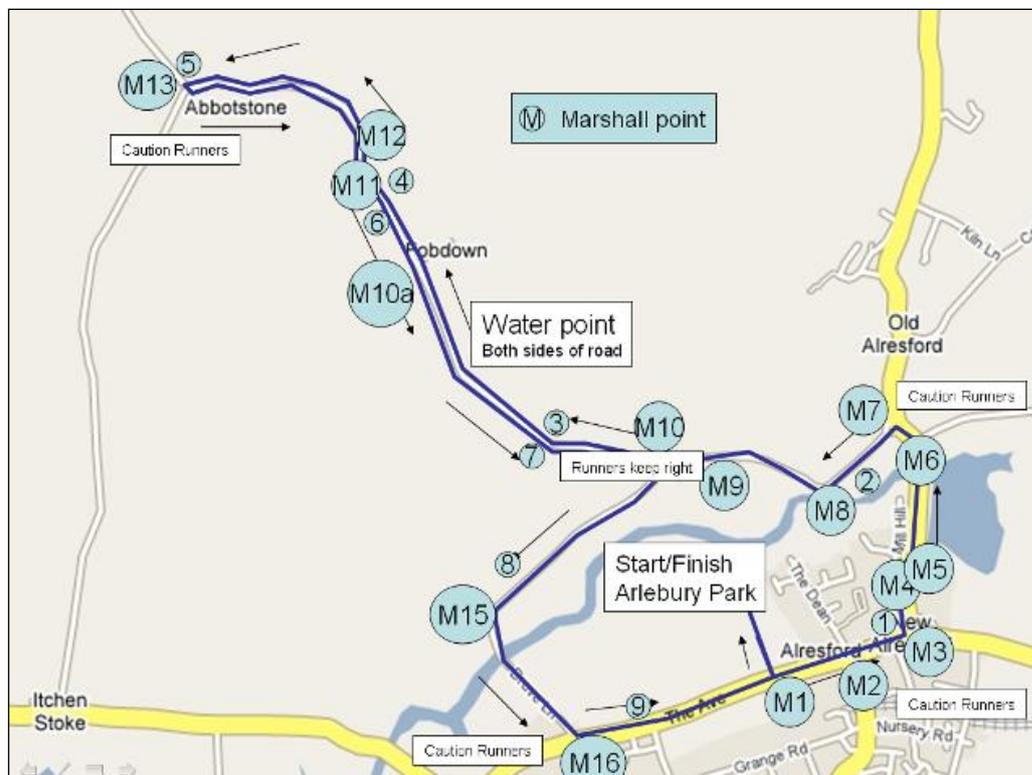
## Water

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 – you may encounter fun runners as you run along the last section of the course.**