

Alresford 10k and Fun Runs

Sunday 20th June 2021



About the Alresford 10k

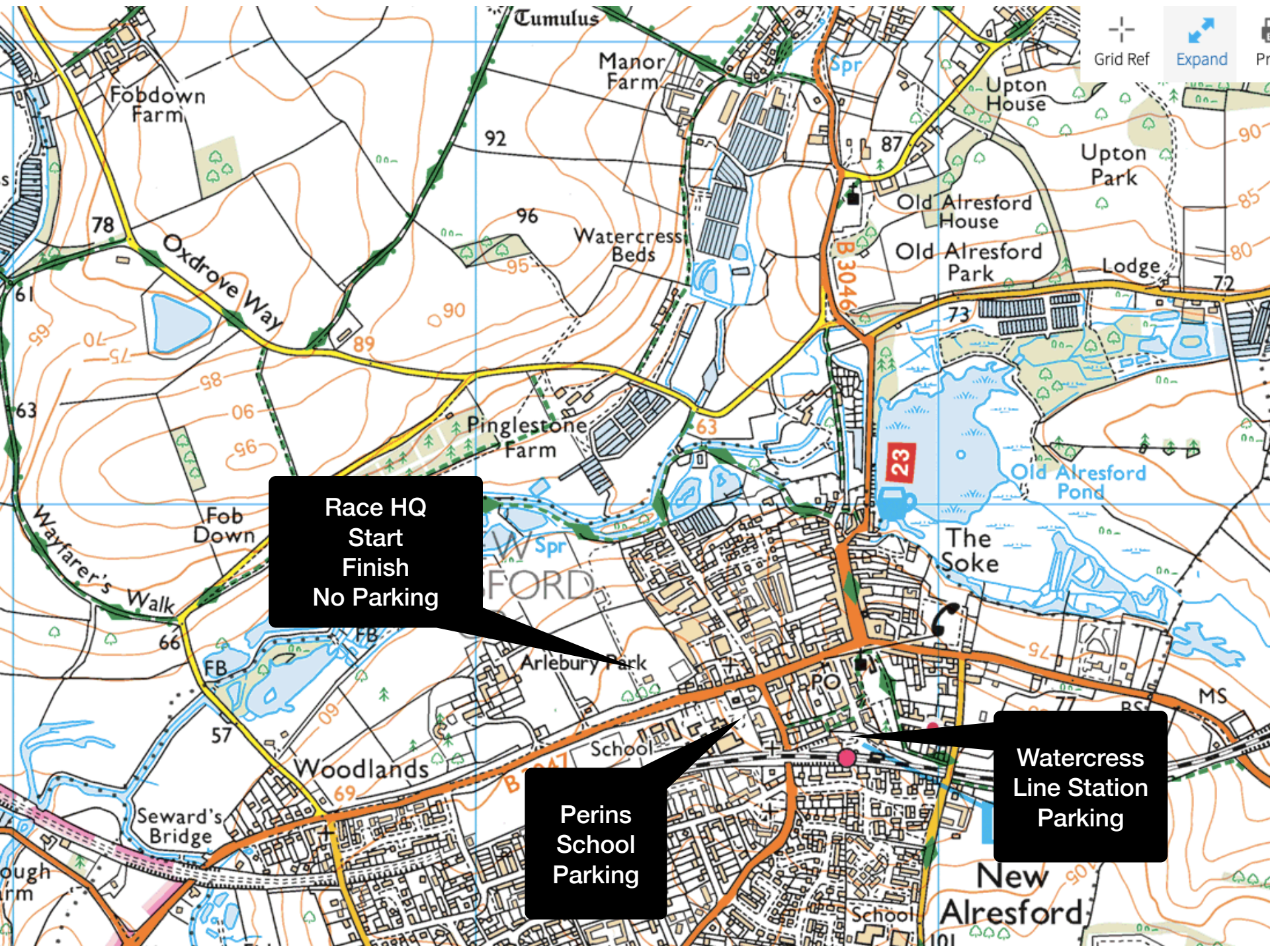
- Started in 2007 by Alresford Rotary as a community running event
- All the organisers & marshals are volunteers
- Steady increase in runners to 500
- Selected for the Hampshire Road Race League 2019
- 2020 race postponed because of Covid
- 2021 race is not a HRRL race
- The 2022 race will be a HRRL race
- 400 runners expected
- All profits go to charity

Arrival

- Please aim to arrive in time to collect your number - you will need a mask (not provided) and hand sanitiser (provided)
- The 10k starts at 1000
- Please see the notes about parking

Parking

- Parking in Alresford is tight
- Park at Perins School, the Station or on-street parking
- Please car share if you can do so safely
- Allow time to park and walk to race HQ



Race HQ
Start
Finish
No Parking

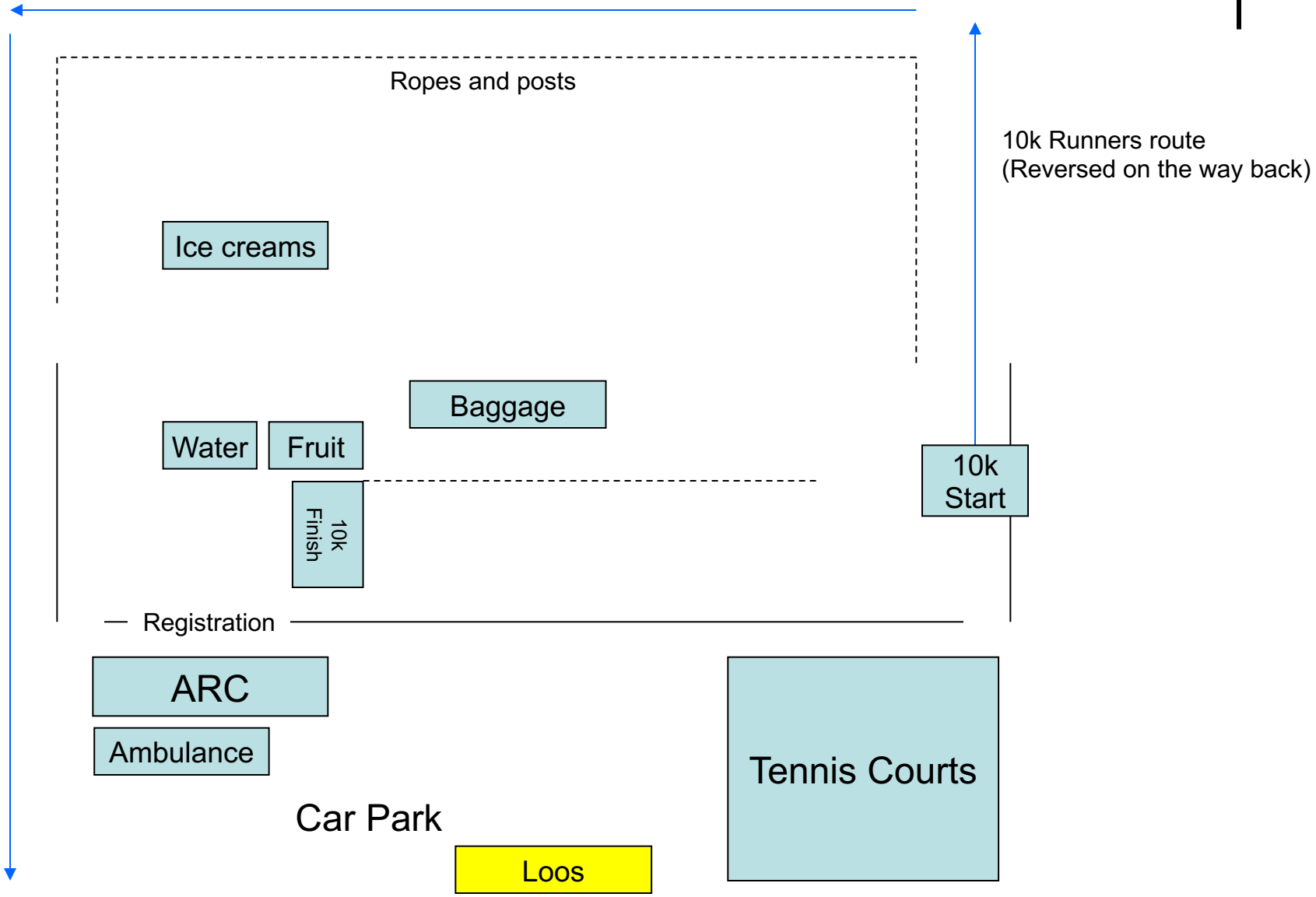
Perins
School
Parking

Watercress
Line Station
Parking

Timings

- 0830 Number collection opens
- 0900 Marshal safety brief
- 0950 10k runners line up ready for start
 - Socially distanced
 - In finish time order - fastest first
- 1000 10k starts
- 1035 First finishers expected

Arlebury Park Top Field Layout – not to scale



Registration/Number Collection

- There is no registration/entry on the day
- Collect your number from the tables on the field
- Please:
 - Wear a mask
 - Sanitise your hands
 - Collect your envelope
 - Sanitise again

Goodies

No T-shirts or medals this year

It's simply too risky for us as a charity to order them when the risk of cancellation is high

The Arlebury Cafe are baking special cookies for everyone!

There will be hampers of local goodies for the age group winners

Spot prizes donated by local businesses

Alton Sports vouchers



Baggage

- We have a gazebo in the open air available as a baggage area
- It will be supervised, but we can't guarantee security
- Put your race number on a label and attach it to your bag
- Put your down bag in the baggage area - we don't want to handle your bags (sorry)
- Please be patient...

The Course

- The roads through the town are **not** completely closed to traffic
- You must follow the marshals' directions
- Stay on the left hand side of the road until you reach the out and back section
- Stay on the right hand side of the road throughout the out and back section
- Use the footpath along the Avenue back to Arlebury Park



Water

- There will be sealed water bottles available at Arlebury Park
- There will **not** be a water point on the route - to minimise contact
- Do take a bottle from Arlebury Park if you need one
- Please DO NOT throw your bottle down on the route

In an emergency...

- If you don't feel well, stop at the nearest marshal
- Tell them the problem
- They will contact race HQ for help
- If someone else is in trouble, tell a marshal
- If we have to get an ambulance or medical car on to the route, get out of its way...

At the finish

- Please clear away from the finish line quickly to avoid a pile up
- Water, bananas, ice cream etc are available at the finish
- Please don't hang around once you've finished... we need to avoid groups of hot, sweaty, heavily breathing people

Prizes

- We're a charity race, so the prizes aren't huge...
- We'll do the race winners and the first man and woman in each 5 year age category
- If you think you've won your age group, come and find me (Race Director)
- If you win a prize and don't claim it on the day, we'll let you know and work out how to get it to you
- There will **not** be a formal prize giving ceremony

Thank You For...

- Coming along and enjoying the run
- Helping us raise money
- Helping us keep you safe