



Yateley Summer 10k Series and Fun Run

Runners Notes 2010



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1 Welcome

Welcome to the 2010 Yateley Road Race Series, organised by Sandhurst Joggers and supported by Yateley Lions and 3rd Bramshill Scouts

The Yateley Road Races are organised by runners, for runners. We always welcome feedback so that we can continue to maintain the high standards of the event. Having listened to your comments, ChampionChip has returned again this year.

The course is basically unchanged from recent years. A combined start-finish is used to accommodate the chip timing mats as usual. Please take heed of the marshals around the course as they are there for YOUR safety. Keep to the left at all times unless told otherwise, especially along the Reading Road.

You will need to arrive in plenty of time to pick up your Race Pack which will include your number and ChampionChip. The Race HQ will be open from 6pm and remember the race starts promptly at **7.30pm**.

In addition to the 10K races and back by popular demand, we are pleased to present the Yateley 2K Fun Run! This will take place on the field, during the main race and you can enter for this race on the night - young and old are all welcome to join in!

We would like to thank our Sponsors, **Sweatshop** and **Redbull** for their help and donations in supporting this event.

On behalf of Sandhurst Joggers, we hope you have an enjoyable run and you achieve the times you are looking for.

Finally, keep up-to-date by visiting our website at www.yateley10kseries.info

Happy Running!

The Yateley Road Race Committee

2 Latest News

Please note that any changes or additions to these Runners' Notes will be announced on our web site at www.yateley10series.info. It will also be possible to download a copy of Runners' Notes and obtain additional or updated information prior to the event.

Results should be available on the Web site on the day following the event. Photographs will be available over the following week.



3 Safety

3.1 First Aid/Medical Care

Please specify any medical conditions on the reverse of your race number writing in a ball-point pen along with any special medical treatment, to assist medical staff should you encounter any difficulties. Medical care is available in the School grounds and a Red Cross ambulance is available if required. Should you experience any problems during the event, please contact any marshal or official who will be able to contact the medical staff. If you drop out for any reason, please hand your number and chip to any marshal or other official and tell them where you are going. If you are unwell or injured on the day, please do not run. There will be other races - there is only one of you!



Pre and Post Event Massage

£5:00 for 10/15 Minutes

Get a quick rub down on your Calves, Hamstrings or Quads

The following will be available in the Gazebo near to the start line

Hayley Shilson 01276 37589
Neil Shilson 077 373 909 57
Tracy Pallazo 077 344 612 87

3.2 Course Safety

The risk assessment for the course will be available in the hall on the evening of the three events. We have applied for road closures but, as yet, we have not been informed if our application has been successful. For further information on this, please see the website which will be updated regularly as the first race draws near. A Safety Car will lead runners, and marshals will be strategically placed to guide you around the course. Please keep to the left hand side of the road unless instructed by a marshal or official. This is for your own safety as on some roads traffic may be flowing against you. Runners must not be accompanied by dogs or followed by others on cycles, motorbikes or cars. The course is unsuitable for wheelchairs. Please note that failure to obey the instructions given by police and race marshals could place you in danger and could lead to your disqualification.

3.3 Dogs

Dogs are no longer welcome due to past incidents.



4 Directions and Facilities

4.1 Getting to the Course

The nearest railway stations are at Camberley, Sandhurst and Blackwater, several miles from the start. Only infrequent bus services operate. Competitors travelling by car will find Yateley easily accessible via Camberley and Basingstoke A30 or M3 (exit 4 or 4A). Follow signs to Yateley by taking the A30 from Camberley, the A327/B3272 from Reading, or the A3095 from Bracknell. The Yateley Centre is situated in School Lane, off Firgrove Road, Grid Ref. SU809605. Post code GU46 6NW. It is within the Yateley School grounds.

4.2 Car Parking

Car parking for 400 cars is available at Yateley Centre. Please follow the directions of the Parking Marshals. We ask that you please be considerate of local residents in your driving and parking. There will be additional car parks at Yateley Village Hall, St Swithun's Church and Yateley Town Council Offices so please use these for a quick getaway.

4.3 Changing

There is limited changing accommodation and showers at Yateley Centre, so runners are advised to arrive changed with outer clothing on.

4.4 Baggage and Valuables

A baggage area will be available in the Sports Hall and will be manned by officials at all times. You will need to use one of the labels provided and have your number on it. To collect your kit you will need your running number. Although the area will be manned we cannot take any responsibility for any damage or losses. If you do not agree with the terms please do not deposit your baggage

We strongly advise you not leave valuables in cars or the changing rooms. The baggage area provided is more secure

4.5 Toilets

Toilets are available in the changing rooms, upstairs in the Sports Centre and external Port-a-loos. Please do not water the boundary hedges & trees.

4.6 T-Shirts

These can be collected from the sports hall on production of your race number or identification. If you would like to buy one, but did not order one when you entered, please email jfgray1983@hotmail.com 2 weeks before the race. Other memorabilia will also be on sale in the sports hall. Refreshments will be on sale before, during and after the race. Sports kit will be available from the stand operated by Sweatshop.



4.7 Sports Massage

At all three events, **Sports Massages** will be available. If you haven't had one before they are thoroughly recommended for easing muscle ache and preventing injuries. The experienced Massage Practitioners will be available from 7pm on the day for Pre and Post-Race preventative/troubleshooting, as well as recovery treatments and advice. Pre-booking of post-event massages prior to the race is strongly advised to avoid queuing (payment on booking). Rates: £5 per 10min session to cover the cost of oils and towels.

N.B. A Pre-Race Massage should be used to complement with a warm-up and does not replace one!

Advertisement



raceahead are the UK's leading service provider to mass participation sports events, providing all your admin and race timing needs.

The idea is simple. We want to make participatory sports events more accessible for family and friends and a fulfilling experience for the participant.

So our services help race organisers reduce risk and administration, allowing you to concentrate on organising your event.

Whether competing in a serious marathon or fun-run in the park, every participant wants to know their true time. **raceahead** has been providing chip timing to events for the last five years. We've supported some of the UK's largest events including the Great North Run. We appreciate the complexities of these events and understand the importance of accuracy and reliability as well as flexibility in timing technology. We fully understand that we only get one chance to get things right.



5 Race Info

5.1 Countdown

6pm-7pm	Arrival of Runners and Spectators - Chip and Number Collection
7:00pm	Runner Kits to be placed in baggage tent
7:05pm	Runners should be on field
7:10pm	Aerobic Warm-up
7:20pm	First call for start
7:25pm	Assemble at the start (in realistic predicted finishing time order)
7:30pm	Race Start - Enjoy the race
7:40pm	2k Fun Run Race Start

5.2 Timing

All runners in the race will be allocated both gun and chip times. The results will reflect the gun time the difference is as follows:

- Gun time -the time from the starting 'gun' to crossing the finishing line. Your race time
- Chip time -the time from crossing the starting line to crossing the finishing line. Your actual time.

Prizes will be allocated according to 'gun' times as per IAAF Rule 165 (see below)

Rule 165.24e: The official time will be the time elapsed between the start gun and the athlete reaching the finish line (Gun Time). However, if an athlete crosses the start line after the start gun, his time elapsed between the start and finish line (Chip Time) can be made known to the athlete but will not be considered as official time. (Race prizes will be awarded using official time only)

5.3 ChampionChip

Please read the following instructions about ChampionChip carefully. All runners must wear the ChampionChip as directed in these instructions. The ChampionChip will be removed by an official after the finish line and placed in the designated receptacles. It is the responsibility of all participants to return their ChampionChip timing device as per the instructions in these Runners' Notes. Non-returned Chips will cost us £4.50 and thereby reduce the donations available to local beneficiaries.



5.4 ChampionChip Instructions

All entrants in the Yateley Road Race Series of events will be issued with a race pack on the race night.

In your race pack you will receive your RACE NUMBER and a special ENVELOPE which contains your CHIP. ChampionChip is a small timing device which is worn on your shoe. RaceAhead are providing the results service to our event which means that we are able to offer fast and accurate results with individual start times even when participants are at the back of the pack. The cost of the chip is included in the entry fee but entrants must return their chip to the organisers at the Finish line. Bins and helpers will be provided. If you drop out for any reason, please hand your number and chip to any marshal or other official and tell them where you are going.

Instructions on the use of your chip will be included with your Race Number and Runner Information.

Attaching your strap and ChampionChip

- 1) Loosen the laces of your running shoe.
- 2) Thread the strap under your laces.
- 3) Now thread the strap through both arms of your ChampionChip.
- 4) Insert the fastener through the desired hole and click the popper in place.
- 5) Ensure the popper and fastener has clicked together and is secure.

Warning: Once fastened the popper cannot be reopened!

The ChampionChip will accurately measure your time from the moment you cross the special mat at the Start Line to the moment you cross the mat at the Finish Line.

IF, FOR ANY REASON, YOU ARE UNABLE TO RUN OR FAIL TO CROSS THE FINISH LINE- PLEASE RETURN YOUR CHAMPIONCHIP, AS THIS WILL AVOID A FINANCIAL PENALTY TO US.

5.5 Drinks Station

Water will be available at around the 5K point and finish and a sponge station will be at the 7K point. If the weather is particularly hot there will also be water available at the 7K point.



5.6 The Course

The 2010 race will be run over the same course as in 2009 and previous years. You'll start the race in the Yateley Centre fields and head out onto School Lane turning left towards the Monteagle Arms. At the roundabout turn left onto Monteagle Lane and then at the next roundabout turn right onto Vigo Lane, following Vigo Lane up the slight incline and turning left into Cricket Hill Lane. Follow Cricket Hill until reaching Handford Lane and turn left. Follow Handford Lane and then Hall Lane (Water Stop) until the roundabout with the Reading Road and turn left. KEEP LEFT and follow Reading Road heading out of Yateley and then turn left into Marsh Lane (Sponge Stop). Turn left into Firgrove Road and at the roundabout turn right up the slight incline to the Monteagle Arms. At the roundabout turn left into School Lane and on reaching the School turn right to finish





6 Post Race

6.1 Results

Results will be displayed as soon as available and also posted on the Web site - www.yateley10kseries.info. No printed results will be available. If you have provided a mobile number then you may receive your result via text for free.

6.2 Trophies and Medals

Medals will be presented to all finishers in the finish area. There will be trophies awarded to series winners. **Presentation of trophies/prizes will be at approximately 8:40pm on Wednesday 4th August.** There is a **£250 bonus** for setting a new course record during the series (Records are: Men – 29:47, Women - 34:21).

Category	Event Prizes	Series Prizes
Senior Male	1 st , 2 nd 3 rd	1 st , 2 nd 3 rd
Vet Male(40)	1 st , 2 nd 3 rd	1 st , 2 nd 3 rd
Vet Male(50)	1 st , 2 nd 3 rd	1 st , 2 nd 3 rd
Vet Male(60)	1 st , 2 nd 3 rd	1 st , 2 nd 3 rd
Vet Male(70+)	1 st	1 st
Senior Female	1 st , 2 nd 3 rd	1 st , 2 nd 3 rd
Vet Female(35)	1 st , 2 nd 3 rd	1 st , 2 nd 3 rd
Vet Female (45)	1 st , 2 nd 3 rd	1 st , 2 nd 3 rd
Vet Female (55+)	1 st	1 st

Your race category will be determined from age on the day of the **first** race of the series. The overall series places will be decided on a points system based on finishing positions in each race. In the event of a tie, total times will be taken into consideration.

Only runners competing in all three races will be eligible for the series prizes.

6.3 2009 Series Winners

Senior Male	Tim Doran	AFD
Vet Male (40-49)	Julian Mann	Farnham Runners
Vet Male (50-59)	Tony Cousins	
Vet Male (60+)	Keith Hull	Windle Valley Runners
Senior Female	Rachael Elliot	Team Kennet
Vet Female (35-44)	Sarah Gee	Reading Road Runners
Vet Female (45-54)	Lesley Whiley	Reading Road Runners
Vet Female (55+)	Jane Georgiou	Farnham Runners



6.4 Course Records

Gender	Name	Time	Year
Male	Sam Haughian	29:47	2003
Female	Sarah Bradbury	34:21	2000

7 The Fun Run

Start: 7.40pm from the field

Distance: *Only 2 Kilometres*

Prizes: Certificates for all finishers

A trophy will be awarded for the first U11 girl and boy, U13 girl and boy and U15 girl and boy.

Price: Entry on the day £2.00/ Entry in Advance £1.50



8 Thank You

The organisers would like to thank all sponsors; Sweatshop (Reading / Woking) Massage Therapists: Tracy Palazzo and Hayley & Neil Shilson, RaceAhead (Bath) Redbull and Waitrose

We would like to thank all our helpers and their organisations without which these events could not take place: RAYNET Red Cross, Yateley Lions, Local Scouts groups, all volunteer marshals and drink station organisers and the dedicated members of Sandhurst Joggers.

Most of all we'd like to thank **you** the runners, without whom the race would not go ahead. Without you, we would not raise thousands of pounds for local beneficiaries.

In order that Sandhurst Joggers can maintain the highest possible standards for future races we welcome any comments. Please send them to: chairman@sandhurstjoggers.org.uk. If you've enjoyed the Yateley Road Race Series, please tell your friends. If you haven't, please tell us.

9 Sandhurst Joggers



The club now has well in excess of 300 members, which means you'll always find some friendly soul who will be running at a pace that suits you.

The club welcomes and encourages new members of all abilities. Whether you are interested in running to get fit and keep fit, getting covered in mud and having a laugh or taking part in races up to and beyond marathons, you are welcome to join us and will find like-minded companions for your training.

£15 per year/ £7.50 after October 1st. For more info: www.sandhurstjoggers.org.uk or contact Janice tel 01344 772748 or membership@sandhurstjoggers.org.uk