

**Registration at: Stockbridge Primary School, Old London Rd, Stockbridge Hampshire SO20 6EJ  
stockbridge10k@hotmail.co.uk**

## **Runners Instructions**

Sunday 10<sup>th</sup> September 2017

### Getting there

- ⤴ Race HQ is Stockbridge Primary School – see Route / Start Tab of website.

### Facilities and Number Collection

- ⤴ Collect your number from registration at least 30 minutes before start of race. Registration will be open from 09:00.
- ⤴ Toilets are available on site.
- ⤴ No changing or showers are available.
- ⤴ There is a bag storage area - items will be left at your own risk.

### Parking

- ⤴ Parking is at the north end of London Road, directly off the A30. This will be signposted from all approaches. Please follow the instructions of marshals.

**N.B. Please do not use the High Street to park if you are competing in the Race, as space is very limited.**

### 10K race

- ⤴ The route is basically one lap over rural roads and byways with two short loops near the Start.
- ⤴ See Map at race website below.
- ⤴ All runners must keep **Right** on the roads and give way to traffic. Follow the instructions of the marshals at all times.
- ⤴ Each KM will be marked. The route will be fully marshalled with a lead bike and a sweep up car (where access allows) or sweep bike behind. A medical back up team is available.
- ⤴ **Start time is 10:30am.**
- ⤴ One water station will be available on route at about half way at the top of Cow Drove hill, and water will be available at the finish.
- ⤴ Prizes for 1,2,3, Male/Female prizes, over 40/50/60 Male prizes, over 35/45/55 Female prizes. Medals for all.
- ⤴ Prize presentation at 1200 at Stockbridge school.

### 2K fun run

- ⤴ The race is a mixture of quiet rural roads and trails
- ⤴ Runners under the age of 18 have to obtain approval of a parent or guardian.
- ⤴ Children aged under 9 must be accompanied by an adult.
- ⤴ Start time is 10:40 prompt.
- ⤴ Follow instructions of marshals at all times.
- ⤴ Results posted on the internet with 10k results.

### Results

- ⤴ Available at: [www.shoot4goal.com](http://www.shoot4goal.com)

### Disability Discrimination Statement

The Stockbridge 10K is an open event and no competitor is excluded. However as some of the route is along off road trails it may not be suitable for wheelchair athletes.

Athletes with disabilities will be welcome but must advise the promoters of the competition of any special needs. They should give ample notice so that the necessary arrangements can be made; if this is practical.