



ARC 2016 Participants' Information Sheet – 10th July 2016

1 Introduction

Thank you for entering Adderbury Running Club's Three Spires Challenge.

RACE NUMBERS are available for collection from 7.45am on Sunday 10th July at the Lucy Plackett Playing Field, Adderbury.

Members of the ARC Committee will be at the Enquiries/Registration Desk to answer queries between 7.45am and 9.15am.

The ARC Half Marathon Walk sets off at 8.00am and the Junior Runs start promptly at 9.00am. The Half Marathon Run starts at 9.45am and the 10k Run and 5k Fun Run start at 10.00am.

2 Car Park

Please make your way to the start of the Milton Road coming from either Berry Hill Road or Horn Hill Road. At this point just before St Mary's Road on the left hand side, you will see a farm track leading to a field on the right hand side as you start along the Milton/Bloxham Road. See <https://mapsengine.google.com/map/edit?mid=zYXjtc-8cmD4.kxJxSYbUWQ2o> and enter post code OX17 3EU and zoom in. There will be a sign "PARKING" and there should be a marshal to assist. **Please note there is no parking available at the playing field.** Also please respect the privacy of the owners who have kindly agreed to allow their field to be used for parking and move your vehicle away by 3.00pm so that sheep can be brought back to the field.

3 Arrival & Registration

After parking, you need to make your way to the Lucy Plackett Playing Field which can be accessed from Dog Close (OX17 3LJ) or at the bend of Round Close Road (OX17 3EE) – see <https://mapsengine.google.com/map/edit?mid=zYXjtc-8cmD4.kxJxSYbUWQ2o> and zoom in.

Your running number needs to be collected prior to the start of the race. On the reverse of your running number you will need to write any required medical information and emergency contact details. You will then need to pin the number to the front of your vest or t-shirt.

The Enquiries/Registration Desk at Lucy Plackett Playing Field is the place to go if you have any problems. Posted nearby will be the routes for the various runs and the walk.

Male & Female Changing Areas will be located on the playing field. Toilets will also be available. While it will be possible to leave your kit in the Changing Areas, we cannot accept responsibility or liability for any loss or damage.

4 Runs & A Walk

The point of differentiation for the Adderbury Running Club is that most of our routes are cross-country with as little road running as possible. Consequently, some of the routes will require you to pass through kissing-gates and stiles and the ground may be slippery if it has rained recently. The **Half Marathon Run and Walk** will traverse farm tracks, footpaths and bridleways and some roads. The **10k Run** and **5k Fun Run** will cover similar ground. Watch weather forecasts so that you can prepare yourself for race conditions.

The Junior Runs will be around the playing field so that they should always be in sight of a parent or guardian. Juniors aged 11 to 14 take part in the 5k Fun Run.*

Half Marathon walkers must be at the start line at 7.55am. The first Junior Run entrants need to be at the start line by 8.55am for a 9.00am start. Runners in the Half Marathon need to assemble by 9.40am for a 9.45am start and runners in the 10k Run and 5K Fun Run need to assemble at 9.55am for a 10.00am start.

There are three water stations for the Half Marathon; two water stations for the 10k Run; and there is one for the 5k Fun Run. And for all runners and walkers there is a water station at the end.

There will be markers along the route: miles covered for the Half Marathon; and kilometres covered for the 10k Run and 5k Fun Run. The finish line is the same as the start line for all the runs.

On completion, all finishers will receive a medal and a goody bag. In addition, there will be a presentation for the first, second and third boy and girl in each of the three Junior Runs immediately after all the Junior Runs have finished, and for the first, second and third man and woman to finish in the Half Marathon Run and 10k Run.

5 Health & Safety

Onsite medic response unit phone numbers: 07769959194 (primary number) / 07825031299 (back-up number in case of signal failure)

All routes include cross-country sections. So expect to see rabbit and even badger holes. Please be alert to uneven ground and the possibility of rabbit or other holes whilst running and walking.

Please do not bring dogs along for any of the runs or for the walk.

UKA Rules for Competition will not allow the use of headsets in any road or multi-terrain race.

If you note that someone is in difficulty please alert a marshal at the next marshal point or water station. If you feel that you are experiencing difficulty, ask a fellow runner or walker to report this to closest marshal. An ambulance team will be on duty and marshals will make the necessary contact.

* Adderbury Running Club is affiliated to England Athletics and so we are obliged to follow their Competition Rules on minimum ages for entering our runs. For child growth reasons (physiological, especially bone development), the 5k Fun Run is not open to runners under 11.

6 Most Important

Follow us on Facebook and Twitter @ARCThreeSpires.

Enjoy the day! We welcome all constructive feedback. Thank you for your support.