



Sunday 3rd July

10K start 10:45

5K start: 10:50

www.toadhall10k.com

Dear Runner, this note should answer any last questions you may have with regards to the event; if not please feel free to contact us.

Directions and Parking

The start and finish are at the village green in Whitchurch Hill. We have a dedicated car park for the event which we ask all those coming by car to use to avoid blocking the race route and disrupting local residents. The car park is conveniently located opposite the green, at the Technology Centre just off the B471 between Crays Pond and Pangbourne. For those with SatNav the Centre's postcode is RG8 7QR. The car park entrance will be sign posted and marshalled. PLEASE DO NOT PARK ALONG THE ROAD ADJACENT TO THE GREEN as this is part of the course.

Number Collection

Numbers will be available for collection between 8.30 and 10.30 from Registration, on the green. Please don't leave it until the last minute as we won't be able to cope with 400 people arriving at 10.20 and you'll miss the start. On arrival, find your name and note your number on the lists posted on boards in front of Registration. Go to the Registration desk for your number to collect it. Please **remember to bring 4 safety pins** to pin your number on the front of your race top.

On the Day Entries

If you wish to enter on the day, please go to the entries desk at Registration between 8.30 and 10.30am.

Toilets

There will be portaloos on the green as well as toilets in the village hall, which is located just over the B471 – Please take care when crossing the road. Gentlemen, please use the facilities provided rather than the surrounding hedge rows and especially not the car park area as we have been very fortunate to be granted the use of this private site!

Bag Storage

Bags can be left in the registration tent, however this is not a secure facility and all items are left at the owner's risk.

The Start

The race starts in the lane along the side of the green. We have no official road closures and therefore runners should warm up and stay on the green until called to line up by the starter, 2 minutes before the start. There will be a PA system on the green and we will notify you with 10 minutes to go, 5 minutes and then the call to line up.

The Races

For the 10K, we've set out a fantastic course, making the most of the local area, but this means it has several ups and downs, both on and off-road. To make sure everyone has a safe and enjoyable race please take note of the following:

- Don't run if you're not feeling up to it on the day
- Watch your footing when off-road – especially on the descents
- There are two water stations at approx. 4km and 7km and one at the finish
- The 5K will start exactly 5 mins after the 10K. The only water station is at the finish.
- Please carry your own water bottle if you feel you'll need additional re-hydration
- Run on the left hand side of the road and near the verge
- Only cross roads when instructed to by a marshal

- Please obey marshals' instructions – they are all volunteers

Emergency

If you have any emergency please contact the nearest marshal who will be able to assist you. Please help other competitors by informing marshals if anyone is in any kind of trouble.

The Finish

The race finishes on the green. When you have crossed the line please stay in order through the finish, collect your medal and have some water before enjoying what's on offer on the green.

Sports Massage

Pre and post massage will be available on the green by Vanessa Munday's qualified team so you'll be able to get out of bed Monday morning.

Prizegiving

The prizegiving for both races will be at 12.15 pm with trophies awarded for the 10K for:

- 1st, 2nd 3rd Overall
- 1st, 2nd Lady
- 1st Male and Female 40-49 (outside the above)
- 1st Male and Female 50+ (outside the above)
- 1st Junior

and for the 5K:

- 1st Male
- 1st Female
- 1st Male Junior
- 1st Female Junior

In addition to the wonderful trophies we've ordered, the winners will also receive some extra goodies from one of our sponsors, Moti – the new running, fitness and triathlon store in Reading – www.mymoti.com. They will have a stand on the green for any last minute needs etc as well as providing isotonic drinks at the stations.

Supporters, Spectators, Families & Children

One of the things (apart from the great route) that we hope will make you tell all your friends about the Toad Hall 10K will be the fun on the green. We know you appreciate having spectators, families and supporters to cheer you over the line and so to tempt them along we'll have;

- Children's mini races
- BBQ
- Tea, coffee, cakes, ice creams etc
- Bar with Real Ale, soft drinks etc

Make sure you pack the travel rug and relax after the race in the sun we've ordered on the green – you'll have earned it!

Results

Results will be posted up on the website, www.toadhall10k.com as soon as possible - hopefully the same evening if Phil, who's done an amazing job on the website, isn't on his hols.

Looking forward to seeing you all on the day,

The Toad Hall 10K Team

