

3rd January 2019

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STUBBINGTON 10K

BEFORE THE RACE

Ensure you collect your race number with integrated timing chip and your race memento (sizes on a first come first served basis) from our race helpers at the Scout Hut adjacent to Crofton Community Centre (see map) on Saturday 12th January from 09:30 - 15:00 or on the morning of the race between 08:00 - 09:30

ON THE DAY

- Limited Parking available in Crofton Secondary School; Crofton Anne Dale Junior School and Baycroft School (see Parking)
- Aim to arrive early to collect your race number with timing chip (if you haven't already done so) from the Scout Hut adjacent from the hall (see map).
- Baggage can be left in the main hall as last year.
- 09:30 - Titchfield Road Closures
- 09:30 - Number and Chip collection closed
- 09:35 - Runners will be led from Stubbington Square to the race start by wave colour
- 10:00 - Race starts
- 12:00 ish - Prize giving; grab a shower and meet us for a cup of tea at Crofton Community Centre.

LOCAL SUPPORT

We are known as the friendliest race on the South Coast this can be attributed to the support and backing of our local community.

Local business **A.H.Freemantle Ltd** has given very generously, enabling us to give a race memento to every runner.

Alton Sports was founded in 1999 with the simple objective of making sure people are fitted in the correct footwear. This has seen them develop into one of the south of England's most well respected specialists in running gear and footwear fitting. Being a family owned and run business has helped them maintain our core values offering the customer great value purchases and service that is second to none. Come and see them in the main hall.

1st Stubbington Scout Group will be supporting runners on the day.

CHARITY DONATIONS

Last year we donated £8000 to Charlie's Beach Huts and Portsmouth Downs Syndrome Association. This year we have two charities who will benefit, and they are Abby's Heroes – <https://abbys-heroes.org> – a small charity supporting children and their families under the care of the Piam Brown and T.Y.A wards at Southampton General Hospital and Solent Diabetes – www.solentdiabetes.org.uk – a charity focussing on all aspects of diabetes for people in the Portsmouth and South East Hampshire area. Details of both charities can be found on their respective websites .

ROAD CLOSURES

A total of 8KM of road closures will be in place for competitor safety. 2KM of the route is open to traffic and marshals and signs en-route will advise runners to keep on the left hand side of the road to minimise the impact on all other road users. Please ensure you adhere to the marshals requests to keep left.

The final road closure at Stubbington Lane, will give you a traffic-free sprint to the finish line.

Road closures will be phased as follows:

- Stubbington Square, 08:30 - 13:00
- B3334 Titchfield Road, 09:30 - 10:30
- Bridge Street / Coach Hill, 09:45 - 10:40
- Posbrook Lane, 09:50 - 11:15
- Meon Road / Posbrook, 10:00 - 11:30
- Stubbington Lane, 09:30 - 11:30

FUN RUN

Entry for the fun run will take place on the day. Places are limited to 100 and entry costs £1. Every participant will receive a medal and goody bag.

RACE HEADQUARTERS

Crofton Community Centre on Stubbington Lane, PO14 2PP, will once again be our Race HQ. At the Scout Hall adjacent to the Race HQ you will be able to collect your number with integrated timing chip. At the Race HQ you can pick up your baggage labels, store your bag, enjoy tasty refreshments and access toilets and showers. Alton Sports will have a pop-up shop offering a great selection of apparel and running advice.

NUMBER & CHIP COLLECTION

With 1,950 competitors taking part this year, aim to collect your race number with timing chip on Saturday from the Scout Hut adjacent to Crofton Community Centre – see map for location. Expect large queues if you collect on the day .

Collection opening hours:

- Saturday 12th January 09:30 - 15:00
- Sunday 13th January 08:00 - 09:30

Please bring your email to confirm your entry when you pick up your number.

Please note if you entered more than one entry on the same email you will only get one email.

Anybody discovered running with a number not in their name will be disqualified

START LINE SQUEEZE

For safety reasons, competitors will need to meet in Stubbington Square in order to be escorted to the start line.

At 09:30 Titchfield Road will be closed, marshals will confirm that traffic has been stopped.

At 09:35 competitors will be directed to walk towards the start line based on their allocated wave colour – Yellow , White, Green and then Red

For your safety please locate your wave and remain there. Remember your race time only starts from the moment you cross the start line.

PARKING

Parking is limited so, please consider car sharing where possible. If you are local why not jog to the start as a part of your warm up?

Parking is available free of charge from:

- Crofton Secondary School, Marks Road, Stubbington, PO14 2AT - 10 minute walk
- Baycroft School, Gosport Road, Stubbington, PO14 2AE - 10 minute walk
- Crofton Anne Dale Junior School, Cuckoo Lane, Stubbington, PO14 3PH - 1 minute walk.
- If you park in the streets of Stubbington please ensure that you are considerate to the residents and don't block exits – we need to ensure we continue to get the support of the local residents

RULES IS RULES IS RULES

UK Athletics Rules apply during this race. Normal headphones are not allowed during the race as you will need to hear marshal's instructions.

However in line with UKA rules bone conducting open ear devices will be allowed.

RESULTS

Preliminary results will be posted in the main hall at Race HQ as they become available.

Please check www.fullonsport.co.uk for your results straight after the race. If you have any queries about the results then please contact fullonsport.

PRIZES

We like prizes, who doesn't?! We have prizes for a wide range of categories.

Prizes for the first 3 male and female finishers will be handed out shortly after the winners cross the line. Other prizes and trophies will handed out in the main sports hall at Crofton Community Centre when the results have been compiled and verified.

Prizes for:

Overall Winner, M/F Junior 15-17, F Vet 35, M/F Vet 40, M/F Vet 45, M/F Vet 50, M/F Vet 55, M/F Vet 60, M/F Vet 65, M/F Vet 70+, M/F Team (4xM, 3xF), M/F Vet Team (4xM, 3xF) and a special prize if a new course record is set.

PHOTOGRAPHY

Photography will be provided by Solent Sports Photography. Competitively priced photographs will be available for purchase following the race at

www.solentsportsphotography.co.uk

