

# CHERITON TRAIL RACE – FINAL RACE INSTRUCTIONS

I am delighted to welcome you to the Cheriton Trail Race, which has been set up jointly by Stubbington Green Runners and the Cheriton Village Hall Campaign. Please read through these instructions prior to arrival at Cheriton Village on race day.

The race is staffed entirely by volunteer helpers and has also received generous sponsorship from; **Knight Frank, Alton Sports and On Running.**

All net proceeds from the race and BBQ event will go to our charities:

Breast Cancer Haven

Rowans Hospice

The Cheriton Village Hall Campaign

## LOCATION

The village of Cheriton is located approximately 6 miles to the East of Winchester and 3 miles south of Alresford. Free race parking is located at the village and is accessed via Hill Houses Lane, (see location map below). **PLEASE DO NOT PARK ANYWHERE ELSE.**

Race Registration is in the village hall which is a short walk from the parking accessed via a footpath past the church.

## TIMETABLE of EVENTS

Registration (Village Hall)	8:45 to 10:00
<b>Compulsory Race Briefing</b> (Village Green)	<b>10:15</b>
<b>Main Race Start</b>	<b>10:30</b>
Junior run registration (Recreation Ground)	9:30 to 10:45
Junior runs start	From 11:00
Trail Race first finishers (anticipated)	From 11:35
Presentation of prizes (anticipated)	14:00
BBQ (Recreation Ground)	From 12:00

## REGISTRATION

Registration opens at 8:45 in the village hall, (closes at 10:00)

ENTRIES ON THE DAY, (subject to availability).

**Please arrive in plenty of time to pick up your race bib with attached timing chip at registration**

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## BAG DROP

There will be a place to leave bags at the village hall, (any valuables left will be entirely at the owner's risk).

## COMPULSORY RACE BRIEFING AT 10:15

There will be a compulsory race briefing for all competitors at 10:15 on the village green, (opposite the village hall). From there the competitors will be lead to the start of the race when the briefing is over.

## RACE ROUTE

The route is marked and there are race marshals at all key points. It is 95% off road with three well signed road crossing points. FOR YOUR SAFETY it is important that you obey any instruction given to you by a race marshal at these crossing points.

## REFRESHMENTS

There are two drinks stations on the route and bananas will also be available at the second station. In the event of hot weather, an additional water station will be introduced.

Water will also be available at the finish.

## JUNIOR FUN RUNS

Entry for the junior fun runs will be available on the day. These will be held at the Recreation Ground (main race finish venue, see location map).

Junior run age groups (age on race day)

- 8 & under
- 10 & under
- 12 & under
- 14 & under

There will be a medal for all Junior run finishers

## USE OF HEADPHONES

UK Athletics rules apply during the race. Therefore normal headphones are not allowed during the race as you will not be able to hear Marshal's instructions. However, bone conduction open ear devices will be allowed.

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## RUNNING WITH DOGS

Regrettably, under UK Athletics rules, running with dogs is not permitted at this event.

## RESULTS

Provisional Results will displayed in the village hall as available on the day. A full set of results will be available on line at <https://www.racedirector.co.uk/events/cheriton-trail-race-2019>, where a link to the results will be available after the event.

## PRIZES

Prizes will be awarded in the following categories:

Overall 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Male and Female

Veteran winners, Male and Female, 40, 50 and 60

## PHOTOGRAPHY

Race pictures will be available courtesy Mike Bell Photography and can be downloaded for free after the event at: (You can pre-register here and an automatic email will be sent to you when the gallery goes live)

<https://mikebell.uk/galleries/?fbclid=IwAR233Fk6uR8CAKYvILqAICV1FrWydAdGHVA73F4xg5pJyD2HtY3ldeB5uAM>

Password is: cheriton-trail-race-2019

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## LOCATION MAP

