

## Denmead Striders Running Club

# 10Km Road Race - Race Day Info Sheet

***Sunday 14<sup>th</sup> October 2018 at 10:00am (UKA Licence No: 2018-33481)***

Thank you for entering the fifth running of the Denmead 10km Road Race organised by the Denmead Striders and sanctioned by the UK Athletics.

### **Race HQ/Race Number Pick Up**

Race HQ will be open from 0900 on race day to collect numbers. The race headquarters is located at the Scout Hut on Kidmore Lane, Denmead, PO7 6JU. This is a short walk north from Kidmore Lane car park, located on the bend of Hambledon Road near the Forest of Bere pub. Please state your name at the info desk and a volunteer will hand you your number, safety pins will be provided.

### **Toilets**

There are public toilets located in the main race car park on Kidmore Lane and also toilets located within the Race HQ.

### **Baggage Area**

You are welcome to leave baggage in the baggage area in Race HQ, but it is not supervised. I'm afraid we won't take responsibility for anything you leave there.

### **Race Start**

Please assemble on the field adjacent to the Race HQ prior to the race start. Ten minutes before the race start the marshals will lead runners to the start line on Kidmore Lane next to the Race HQ. This road will be closed shortly before the start at 10am, but please stay out of the way of traffic before this time.

### **Headphones**

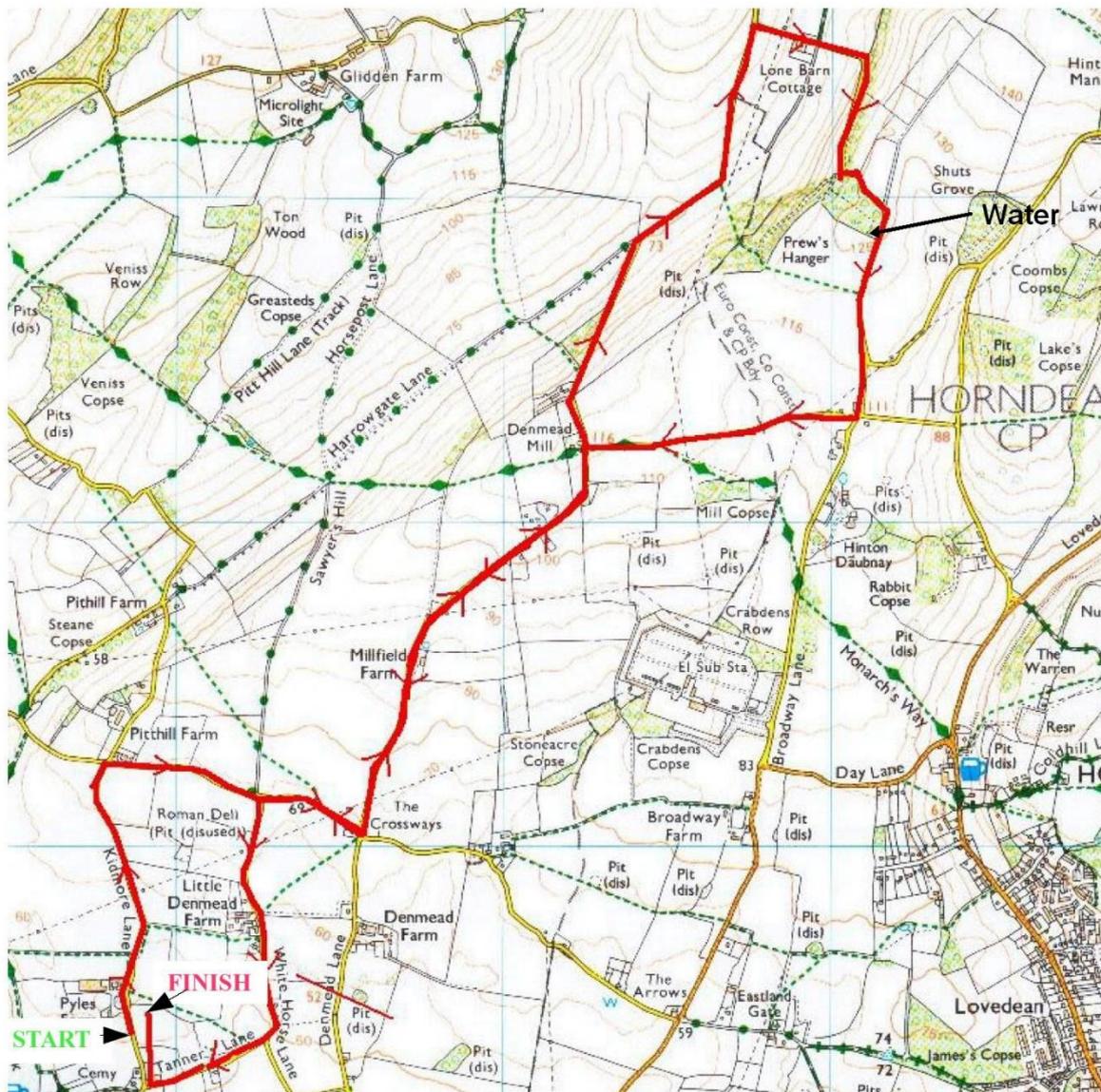
All headphones are banned, including bone conduction headphones. Using headphones will result in disqualification under UK Athletics rules.

### **Catering**

Denmead Scouts group will be selling tea, coffee and biscuits/cakes to raise money for their activities. The group has kindly allowed us to use their facilities and given up their time to help so please support them as much as possible.

## Course Description

The course is around the quiet country lanes to the north of Denmead (see map). It has been described by our official course measurer as “undulating” but we think that this should be complemented by the word “scenic” as there are some beautiful views, particularly on the homeward stretch!



While the roads should be relatively quiet early on Sunday morning, please be aware of other road users along the narrow winding lanes which could include dog walkers, cyclists, cars, horses and even tractors. The course will be well-marked with signs and plenty of marshals whose directions are to be complied with at all times. There is a water station just beyond the halfway point, and St Johns First Aiders will be at Race HQ and at the Water Point. There is little scope for parking along the course so we'd be grateful if supporters didn't take cars onto the route during the race.

The start will be on Kidmore Lane, about 100m from the Race HQ at 10:00am prompt. There is a steady climb to the first cross roads where you turn right onto a flat 800m section to the next cross roads, where you turn left onto a steady ascent up to the 3km point. Just past the junction by Denmead Mill you will be directed ahead by one of our friendly marshals, to a long downhill stretch with a splendid view over the Hampshire countryside across to Halfpenny Down, almost to the legendary "Bat and Ball" pub! At just over halfway you will climb the "big" hill with the welcome drinks station and first aid (if required) at the top. A few gentle undulations to 7 km (and yes the friendly face you see at the road junction IS the same marshal who greeted you just past 3 km) and then it is (practically) downhill all the way. Try to take the time to look around you as you approach the 8km marker – you should be able to see for miles across The Solent to the Isle of Wight and beyond. At 9km the road descends fairly steeply and shortly the cones come into view signalling that the finish is not far away, just in time for a sprint finish!

## Directions

**From the East:** Leave A3(M) at Junction 3 taking the B2150 exit towards Waterlooville. At the next roundabout, take the 2nd exit towards Waterlooville/Denmead (up the hill). At the third roundabout, take the 1st exit onto Maurepas Way/A3 (downhill). At the fourth roundabout take the 3rd exit onto Hambledon Rd/B2150. Take 2nd exit on the fifth roundabout, (continue past the Shalimar Tandoori and the Falcon Pub). Continue straight on at traffic lights. At the roundabout on the outskirts of Denmead take 2nd exit continuing on Hambledon Road. The bend left in the road just past the Forest of Bere pub is where the main car park is located.

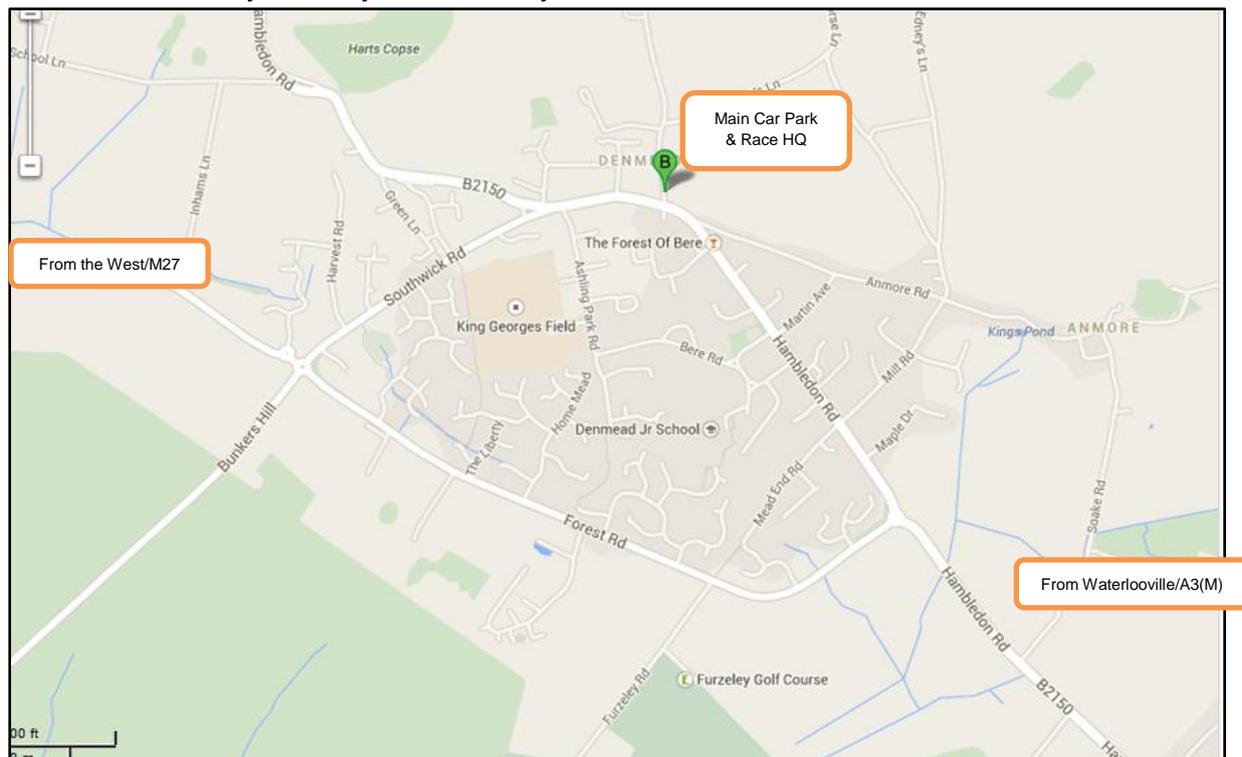
**From the West:** Pick up the A32 towards Wickham, turning east onto Southwick Rd/B2177 towards North Boarhunt/Southwick. After 2.5mi turn left onto Shoot Hill (Denmead is signposted), then 2nd Right onto Forest Rd. This goes past the Horse & Jockey pub. At the fork in the road by the Chairmakers pub turn right towards Denmead. Continue straight at 1st mini roundabout, then turn left at 2nd roundabout past the Harvest Home pub. At the end of road turn right onto Hambledon Road and past the Denmead shops.

## Parking

Please car share or walk/cycle if possible: Parking at Kidmore Lane car park is free but there are a limited number of spaces here. If parking in the village please do not use the Church carpark – they have a Service on during the race. There is other parking around the village, but please park sensibly.

There is no parking at Race HQ, it is reserved for emergency vehicles and cars involved in setting up the race – it is also the the finish line. Please do not park in Kidmore Lane or

Tanners Lane, they are very narrow and you will block the course.



### Safety Info/Medical Advice

If you have any medical conditions that you are aware of please inform us before the race and write you condition down on the back of your race number. St Johns Ambulance first aiders will be available on the course, please seek a marshal if you require assistance. If you see any other runners in trouble please do stop to help them.

### Results

Provisional results will be printed shortly after they have been processed and displayed near the Race HQ. Please let us know if you have any timing queries and we'll sort them out for you. Once validated a full list of results will be available online:

<http://www.denmeadstriders.co.uk/denmead-10k/>

### Prizes

Prize giving will be at 11:15, or as soon as possible after. There will be prizes awarded to the following categories:

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| 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> Male overall | 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> Female overall |
| 1 <sup>st</sup> Male Under 40                                    | 1 <sup>st</sup> Female Under 40                                    |
| 1 <sup>st</sup> Male Aged 40 – 50                                | 1 <sup>st</sup> Female Aged 40 - 50                                |
| 1 <sup>st</sup> Male Aged 50 – 60                                | 1 <sup>st</sup> Female Aged 50 - 60                                |
| 1 <sup>st</sup> Male Over 60                                     | 1 <sup>st</sup> Female Over 60                                     |
| 1 <sup>st</sup> Male Over 70                                     | 1 <sup>st</sup> Female Over 70                                     |

Your age is your age on race day. 50 year olds are in the 50 – 60 category, and 60 year olds in the Over 60. Winners of 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> overall trophies are not eligible for the age range trophies.

All prizes and the results are on gun time. The race is **not** chip timed.

Version 2 (07/10/18)

### Feedback

We would love to hear any feedback you have about the event. Please contact us at [denmead10k@gmail.com](mailto:denmead10k@gmail.com)

Have a great race – Denmead Striders

[www.denmeadstriders.co.uk](http://www.denmeadstriders.co.uk) [denmead10k@gmail.com](mailto:denmead10k@gmail.com)

<https://www.facebook.com/denmead10k/>

