

BRAISHFIELD 5 MILE ROAD RACE
10:30 am Sunday 7 June 2009

RUNNERS INFORMATION

You must wear your number on the front of your running top detailing next of kin, emergency telephone number and any medical conditions or allergies on the back. Medical support will be available on race day from St John's Ambulance or Red Cross. Your safety and that of other runners, spectators and helpers is our and must be your top priority. By displaying your race number you accept this responsibility. You must be fit to run, if in doubt consult your doctor.

- Cyclists and dogs must not accompany runners.
- If you feel unwell stop and seek help.
- Do not block the path of faster runners; do not try passing another runner if it might prove dangerous.
- If another runner is in serious distress stop and help; ask someone to notify the nearest marshal.
- Follow the directions of marshals and the police, keeping left unless otherwise directed.
- Your race number must not be worn by another person; this is our only identification of you.
- Our event risk assessment and race licence will be available at race HQ in the Village Hall.

VENUE

The race starts at the Braishfield village cricket field off Dummers Lane, Grid Reference SU 379 251. Follow signs for Braishfield from the A3090 Romsey – Winchester road, thereafter race signs will direct you to the car park. Parking is available in a field adjacent to the start area. Follow the marshal's directions. Please do not park on the roads as this will cause a nuisance to local residents and to competitors. You must not use the Wheatsheaf car park or Village Hall car park. There is some limited overflow parking that you may use if directed. Race HQ, late entries, toilets and changing facilities are available near the finish in the Braishfield Village Hall, Braishfield Road, SO51 OPN, about 500m from the start and car park. Marshals will direct you if you are unsure. The Hall will close after the race at 2:00 pm. Any kit left in the Hall is at the owner's risk. Toilets are available before and after the race at the Village Hall, we also intend to place Porta-loos near the start area.

COURSE

The 5 mile course has been accurately measured and consists of two laps along quiet country lanes, which are narrow in places. Traffic is light in this area, but please bear in mind that the roads will be open at all times. You are responsible for your own safety and you must not endanger others. You should be aware of and comply with the Highway Code. Emergency vehicles will take precedence over runners in the event of an emergency. For your own safety and that of others, you must not cross the road at crossings until directed to do so by a marshal. Any runner crossing without permission may be disqualified. Please keep left on all public roads unless / until directed otherwise. The route will be clearly marked and fully marshalled. Any instructions given by the police or by course marshals must be adhered to. All participants are expected to cooperate.

Drinks will be available to all competitors at a drinks station at approximately 3 miles and at the finish.

From the start area, the long lap will be run first, followed by the short lap. You will be required to turn right on to Braishfield Road shortly after the start. Please follow marshals' directions at this road crossing. The course passes the Wheatsheaf twice. After passing the second time you will have to cross the road to reach the finish area. Again please follow the directions of marshals. When you cross the finish line you must follow the direction of the officials.

POST RACE

The presentation of awards will take place at the Recreation Ground at approximately 11:45 am. A full list of the results will be displayed at the Village Hall. No runners will receive more than one individual prize. Where veterans finish in the top 5 in men's or ladies' category, they will receive the higher value prize. All prizes must be collected on the day. Every finisher will be entitled to a pint of beer or a soft drink (over 18s only for beer). Please enjoy the opportunity to mingle before departing!

RESULTS

Results will be published on the club website romseyroadrunners.co.uk as soon as possible after the race.

QUERIES

In the event of any queries email us on braishfield_race@yahoo.co.uk or by post to Race Director, ETA, Station Approach, Romsey, SO51 8DU.

ACKNOWLEDGEMENTS

We wish to thank all those who have helped us, in particular our main sponsors Fullers, as well as Hildon Water and Up and Running. The assistance of Braishfield Parish Council and the Newport Inn Cricket Club is warmly appreciated.

ROMSEY ROAD RUNNERS



→ Lap 1

→ Lap 2