

ROMSEY

ROAD RUNNERS

5 Mile Beer Race **Sunday 3 June 2018, 10:00am**

- Start:** Braishfield cricket field, Dummers Road, Braishfield SO51 0QG
- Directions:** From the A3090 Romsey to Winchester road, follow signs to Braishfield, thereafter race signs will direct you to the car park.
- Parking:** There is a dedicated race car park in the field adjacent to the start – please follow the marshals’ directions. Please **do not** park on the roads anywhere in the village, the Wheatsheaf car park or the village hall car park.
- Finish:** Braishfield recreation ground, a 500m walk from the car park.
- Toilets:** Portaloos and a block of four urinals are available in the car park field adjacent to the start. Toilets in the village hall will be open at the finish.
- Registration:** Your running number and chip will be available to collect from the start field **from 8:30am**. Please check the website ahead of race day to look up your number. The entry list will also be displayed on race day by the number collection.
- Please complete the medical information on the back of your number. Don’t forget to bring safety pins!
- Please note:** your running number will **not** be posted to you.
- Course:** The 5 mile course has been accurately measured and certified and consists of two laps along quiet country lanes, which are narrow in places. Please bear in mind that the roads will be open to traffic and other users at all times.
- Please **keep left** on all roads unless directed otherwise. Please **do not** cross the road at crossings until directed to do so by a marshal.
- Water will be available at approximately 3 miles and the finish.
- A map of the course is available on the website.
- Important Information:**
- **No iPods or earphones to be worn** – for your own safety
 - Cyclists and dogs must not accompany runners
 - We welcome runners with buggies, but we ask that you start at the back of the field as your start time will be one minute later than runners without buggies
 - If you feel unwell stop and ask for help
 - Your running number must not be worn by any other person, as this is our only identification of you
 - Please follow the directions of the marshals, keeping left unless otherwise directed
- Prizes:** A pint of beer (soft drink for under 18s) and a slice of cake is available for every finisher. The presentation of category prizes will be made at the recreation ground at approximately 11:15am.
- Results:** Results will be published on the club website www.romseyroadrunners.co.uk shortly after the race. We will be asking you to sign a declaration before the start of the race to confirm you are happy to have your result (including your name, running club (if applicable) and age category) posted up.
- Queries:** Please email any questions to beerrace@romseyroadrunners.co.uk

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Fun Run: Registration starts on the Braishfield recreation ground at 10:15 and is open to 4-14 year olds up to a maximum of 100 runners. The race starts at 11:45 and will be preceded by a five-minute warm-up.

We wish to thank all those who have helped us, in particular our sponsors Flack Manor and Up and Running. The assistance of Braishfield Parish Council and Newport Inn Cricket Club is warmly appreciated.