

ROMSEY

ROAD RUNNERS

5 Mile Beer Race **Sunday 2 June 2019, 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:** Portaloo and a block of 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. Safety pins are provided.
- 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.
- 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.
- First Aid:** First aid services will be provided by South Coast Medics. There will be a static first aid station at the course finish and a mobile first aid unit on the course.
- Important Information:**
- **No headphones of any kind are permitted** – 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.
 - 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 Flack Manor beer (soft drink for under 18s), a slice of cake and a souvenir pint glass is available to every finisher. There are prizes for the top three male and female finishers plus category winners (male and female 40, 50, 60, 70, 80). The presentation will take place at the recreation ground at approximately 11.30am.
- Results:** Results will be published on the club website www.romseyroadrunners.co.uk shortly after the race.
- Queries:** Please email any questions to beerrace@romseyroadrunners.co.uk

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Fun Run: This is a 1km run which takes place in and around the Braishfield recreation ground (where the main race finishes) and does not involve public roads. The course is manned throughout by marshals. It is absolutely free to enter. Registration opens on the 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. All participants receive a medal.

We'd like to thank everyone who has helped us, in particular our sponsors Flack Manor, Up and Running and A-Plant Lux. The assistance of Braishfield Parish Council and Newport Inn Cricket Club is also warmly appreciated.