

CHIPPENHAM HARRIERS



Chippenham Harriers 5 Mile Road Race & Family Fun Runs Race Pack

Sunday 5th June 2016

ARC Rules Apply - Race Permit ARC 16/331

Thank you for your entry into the Chippenham Harriers 5 Mile Road Race and Family Fun Runs. This contains some instructions you will require for the day, please take some time to read the instructions as they are prevalent to the safety and success of the event. Above all we hope you enjoy the day, please feel free post race to provide us with constructive feedback so we might improve for future years by emailing: 5Mile@chippenhamharriers.co.uk

Directions to Chippenham Rugby Club, SN14 0YZ

Chippenham RFC is approx 90 miles West of London and 25 miles East of Bristol on the M4 motorway

From the M4: Exit at J17, take A350 towards Chippenham, continue (approx 3.5 miles) until you reach Bumpers Farm roundabout, turn right on to the A420 (Bristol East), take first left off the A420 (Allington Farm Shop is marker) follow road to junction, turn left to Rugby Club.

From the A4: Continue on the A4 until you reach the roundabout joining the A350, travel north on the A350 (towards M4) until you reach Bumpers Farm roundabout, at roundabout turn left onto A420 (Bristol), take first left off A420 (Allington Farm Shop is marker) follow road to junction, turn left to Rugby Club.

Please note that Allington Farm Shop, with Chippenham Lions, will be hosting a Cherish Vehicle and Farm Fun Day on the same day as the event, so it may be a bit busy with vehicles entering their car park. You may wish to take the opportunity to pop along to their event after the race, or enjoy a coffee and cake at their excellent café.

Parking

Marshalls will direct you where to park please follow the instructions you are given. **Due to health and safety entry/exit, to/from, the rugby club between 10.50am and 12.15pm will be restricted to PEDESTRIAN ACCESS ONLY. No vehicles other than Emergency Vehicles will be permitted to enter or leave the grounds during this time.** If you're unable to stay until 12.15pm please make alternative parking arrangements, possibly in Frogwell or Bumpers Farm and use the pedestrian footbridge across the A350. Car parking Marshalls will be able to provide you with directions for this on request.

Under no circumstances should cars be parked along the A350 or in the lay-by on the A350 next to the Rugby grounds.

Toilets and baggage

There are ample toilet facilities; we encourage runners to come dressed ready to run. The car park is very close to the start, but we will have baggage facilities for those that need them.

Spectators

Prior to the start of the main race spectators may, if they wish, situate themselves around the main race route. Please ask family and friends to be extremely considerate when parking. Vehicles should be parked so that they do not obstruct the race route or any of the local resident's access in any way. The race director strongly advises against and specifically requests that vehicles are not driven on the route whilst the race is underway, as some of the roads are narrow and this presents a significant hazard to the competitors.

Race Numbers

Under ARC rules race numbers are not be folded, cut or modified in any way, please also ensure that you fill in contact details etc on the rear of the number. Any special medical conditions or medication carried is to be written clearly on the reverse along with any next of kin/emergency contact numbers, it would also be helpful if you could bring this to the attention of the First Aiders or the Race Director on the day. **Race numbers must be clearly displayed on the FRONT of vest/t-shirt/fancy dress.**

Registration on Day

MAIN RACE: Entries close **10.30am**. Entries after this time are at the discretion of the Race Director. Race starts 11am.

FUN RUNS: Entries close **promptly** at **9.45am**. Please arrive early to avoid disappointment if registering on the day.

Please arrive at the start area in ample time; there will be a fun warm up approx 10 mins before the first race. **Combined U5/U7 race is 10:15 am. Combined U9/ U11/U15/U17 race will start shortly after the end of the U5/U7 race.**

Parents are requested to collect their child at the finish line, particularly in the U5/U7 race so that the finish area can be cleared quickly for the start of the next Fun Run.

Drinks

A water station will be provided at the finish of all races, other refreshments may be purchased from the Rugby Club.

Medical Cover

Medical cover is being provided by qualified first aiders from [My Skills for Life](#).

Pets, Prams and Wheelchairs

Due to Health & Safety the *main* run is not deemed suitable for wheelchairs or prams of any kind. Pets are not permitted in any of the races.

Marshalls

Ample marshalls and officials will be provided to support all races. Please be polite and friendly to all those who have made the day possible, *after all we want them to come back next year!!*

Fancy Dress

Fancy dress is positively encouraged. All we ask is that you keep in mind, when making your choice, that there will be lots of very young impressionable children around on the day!!

Awards Ceremony

Presentation of trophies for the Fun Runs will take place at approximately 11:15am after the start of the 5 Mile Race. The presentation for the Main Race will take place at approx 12.30pm.

Prizes

Medals to all finishers and trophy prizes for category winners.

Results

Results will be posted on the Chippenham Harriers Running Club website: www.chippenhamharriers.co.uk after the event.

Safety

There is an open pond at the Rugby Club. Please ensure that all children are closely supervised at all times.

Additional Info

Further queries may be directed to email: 5Mile@chippenhamharriers.co.uk

Enjoy the Event?

Then why not enter our 5k River Run & Fun Run on **Wednesday 6th July 2016** from the Olympiad Sports Centre, Chippenham. Details can be found on our website: www.chippenhamharriers.co.uk

Or the Chippenham Half Marathon on **Sunday 4th September 2016**. For details see: <http://www.chippenhamhalfmarathon.co.uk/>