



The Watership Down Run

Runners Information Pack

Sunday 12th July 2020



The Fieldgate Centre
Kingsclere Community Association
Your community, your place



DIRECTIONS

From Newbury

Take the A339 out of Newbury towards Basingstoke. After about 8 miles you will pass a Shell garage on the left hand side. At the following roundabout take the third turning into Newbury Road. Continue until you come to the village centre and you will see St Marys church on your right hand side.

From Basingstoke

Take the A339 out of Basingstoke towards Newbury. After about 5 miles you will come to a roundabout. Take the first turn into Newbury Road. Continue until you come to the village centre and you will see St Marys church on your right hand side.

Parking Area (Gaily Mill)

Take the right turn into Swan Street along the side of the church and continue South out of the village. You will come across Parking Area 'Gaily Mill' on your Right Hand Side. Gaily Mill is about a 5minute walk to the Race HQ.

1. Time and Place

The Watership Down 10K and 5K fun run will take place on Sunday 12th July 2020. The events all start at the Fieldgate Centre, Kingsclere. Information and Race HQ will be in the Fieldgate Centre.

2. Car Parking

Please park in the identified car park at Gaily Mill. There is no parking at the Fieldgate Centre. Kingsclere is a small quiet country village with limited parking within the village itself. Please consider the village residents when parking and making your way to and from the Fieldgate Centre.

3. Changing and Baggage Facilities

At the Race HQ in the Fieldgate Centre there are baggage facilities where bags can be left at your own risk, and limited changing facilities; competitors are encouraged to arrive changed.

The Organisers cannot accept any responsibility for your **valuables**. Please leave them with friends or relatives.

4. Reporting

If you entered Online before the Race Day upon arrival at the Fieldgate Centre go to the Registered Race Desk where your number will be waiting for collection. You will need to confirm any medical details that the race organisers should be aware. If you have not registered go to the Day Registration Desk where you will be required to complete an entry form, pay your entry fee including a £5 supplement and will receive your race number. Registration will be open from 8:30 to 10am on Race Day

5. Toilets

Toilets are located inside the Fieldgate Centre. There are no toilets on the Race Route. **PLEASE USE THE FACILITIES PROVIDED AND RESPECT THE LOCAL RESIDENTS.**

6. Running Numbers

Attach your number securely to the **FRONT** of your vest / T-shirt using four safety pins. Your number **MUST** be in place and visible at all times during the race. Please write your name on the back of your race number along with details of any known medical conditions, allergies or medications you may be taking, and an emergency contact. **DO NOT** transfer your running number to anyone else.

7. Headphones

The wearing of headphones is strictly prohibited for your own safety and the safety of others, not all of the course is on closed roads so it is important that you can hear approaching traffic and marshals instructions, plus on the narrow sections of the course that you can hear other runners overtaking. **There is a new UK Athletics rule which means that anyone seen wearing headphones will be disqualified.**

8. The Course

The courses will start and finish at the Fieldgate Centre. Marshals will be strategically placed around the courses. The routes will be marked with arrows and the main race with kilometre markers. Runners should follow marshals' instructions at all times. Not all of the route is traffic free so run on the left hand side of the road unless told otherwise and do not wear headphones.

PLEASE REMEMBER TO BE COURTEOUS TO OTHER MEMBERS OF THE PUBLIC. ALTHOUGH THE COURSE IS A MULTI-TERRAIN ROUTE, THERE ARE SECTIONS ON THE ROAD AND THERE ARE ALSO NARROW FOOTPATHS AND TOWPATHS ON WHICH SINGLE FILE RUNNING IS ADVISED EXCEPT FOR OVERTAKING.

EVERY EFFORT WILL BE MADE TO ENSURE A CLEAR RUN, BUT THERE WILL BE MEMBERS OF THE PUBLIC NOT CONNECTED WITH THE RACE GOING ABOUT THEIR NORMAL BUSINESS. PLEASE FOR YOUR OWN SAFETY OBEY THE HIGHWAY CODE AND ALLOW PEDESTRIANS TO GET BY (PARTICULARLY ON THE TOWPATH). THE COURSE HAS BEEN DESIGNED WITH YOUR SAFETY IN MIND.

9. Drinks Stations

Water will be provided, in the 10K at approximately 3K, and 7K and in the 5K race at the 2K point and at the finish in all events. Please ensure that you also drink plenty of water before the start. Please dispose of plastic cups/bottles and other rubbish as close to the water stations as possible to assist in clearing the rubbish post-race.

10. Dropping Out

If you need to pull out of the race for any reason, please report to the nearest marshal who can direct you back to the Race HQ or summon First Aid cover if necessary. IT IS IMPORTANT TO ENSURE THAT RACE CONTROL IS INFORMED.

11. Finish

Please proceed promptly through the finish area.

12. Presentations

Individual prizes will be presented to winning runners. The presentations will take place at approximately 1pm at the Fieldgate Centre.

13. Catering

The Fieldgate Centre will be open for the purchase of snacks, food and drinks. There will also be food stalls and events on the field.

14. Start Times

The 10k Race will start at 11:00am and the 5k Race at 11:05.

Please be at the Starting location for your respective race 10 minutes before the actual start time.

15. Entry Fees

The total amount taken in entry fees will be used to support the local Community Centre. No further money needs to be raised for this event. Runners are encouraged to raise money for their own chosen charity, but must take full responsibility for this.

16. First Aid

First aiders will be placed at strategic points around the course. If you require medical attention, contact the nearest marshal.

17. Information Desk

If you have any questions on the day of the race, please go to the information desk located in HQ at the Fieldgate Centre.

18. License

The Watership Down 10K run is licensed by the UK Trail Runner Organisation.

The Race Referee and Adjudicator is Andrew Bates.

19. Please note

Athletes should be prepared for a hard physical effort, uneven road and footpath surfaces in places, some jostling at the start and the presence of other road or footpath users, and vehicles. There is a single steep climb in the 10k race at about the 3k mark with a water station at the top of the climb. In both the 10K and 5K **there is a water hazard and a narrow path requiring access in single file about 1 K from the finish.**

20. Clothing

Please dress appropriately for the conditions and take precautions against the sun, if appropriate. For your safety and the safety of others, running the race whilst **wearing headphones is strictly prohibited.**

Acknowledgments

The Fieldgate Entertainments Committee and Kingsclere Community Association would like to thank the Marshalls and people of Kingsclere and the following organisations for their help in making the Watership Down race possible:



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Start/Finish

Grid Reference

SU 52189 58715

Grid Reference (6 figure)

SU521587

X (Easting) : Y (Northing) :

452189 158715

Latitude : Longitude :

51.325152 -1.2523936

Address (near) :

**Field Gate Dr, Kingsclere, Newbury,
Hampshire RG20 5SQ, UK**

Postcode (nearest) :
RG20 5SQ

Parking Area (Gaily Mill)

Grid Reference

SU 52244 58151

Grid Reference (6 figure)

SU522581

X (Easting) : Y (Northing) :

452244 158151

Latitude : Longitude :

51.320072 -1.2516904

Address (near) :

**Winchester Rd, Kingsclere, Newbury,
Hampshire RG20, UK**

Postcode (nearest) :

RG20 5QB