

Overton 5 Miles Road Race

Saturday September 4th 2010

TIMETABLE

- 2.15 pm – Children's Races
- 2.50 pm – Assemble for Road Race
- 3.00 pm – 5 Miles Road Race and 2 ½ Miles Fun Run
- 4.30 pm – Hampshire Road Race League 09/10 Prize Presentation
- 4.45 pm – Overton 5 Prize Presentation

Medals will be awarded to all finishers in the Children's Races and Fun Run.
Mementoes will be awarded to all finishers in the 5 miles race.

CAR PARKING

Car Parking will be at Overton CE Primary School which is situated approx 600 metres from Overton Recreation Centre on Court Drove on the north side of the village (Sat Nav: RG25 3ES). Follow direction signs as you approach Overton. Please park sensibly and where you are directed by the Marshals.

CHANGING FACILITIES

Showers and Changing Facilities will be in the pavilion at Overton Recreation Centre. While the organisers aim to take all possible care of competitors' property, they cannot be held responsible for any loss, however sustained. Please do not leave money or valuables other than with friends or locked up in your car.

COURSE

An undulating course of two laps of the village centre (1 lap for the Fun Run) starting and finishing at Overton Recreation Centre. The course will be fully marshalled and the police will control the traffic as necessary. Please comply with the instructions of the police and marshals. The Children's races will all be held within the confines of Overton Recreation Centre and will be of approx 80 metres distance.

REGISTRATION

Registration for the Children's races and for entries on the day for the 5 and 2 ½ miles road races will be between 1.00 pm and 2.15 pm at Overton Recreation Centre. All entries for the Children's races will be on the day and no charge will be made. An additional levy of £1 will be made for on the day entries for the 5 Miles Road Race. Maximum limit for 5 Miles Road Race is 500.

No entries will be taken after 2.15pm.

NOTE: 2 ½ Miles Fun Run – Minimum age is 11.

ST JOHN AMBULANCE

St John Ambulance will be in attendance. If you feel unwell during the race, please drop out and seek assistance. If you feel unwell prior to the race, please check with your doctor that you are fit to run.

HEADPHONES



As the race is being run under UK Athletics Rules and it is part of the Hampshire Road Race League it is a condition of entry that headphone devices are not used on the course and that anyone wearing them is liable to be removed from the results.

INFORMATION/RESULTS

Information prior to the race and Results will be available on our website: www.overtonharriers.org.uk. Should you require a full set of results by post please leave 50p and write your name and address on an envelope provided in the pavilion.

TROPHIES AND PRIZES

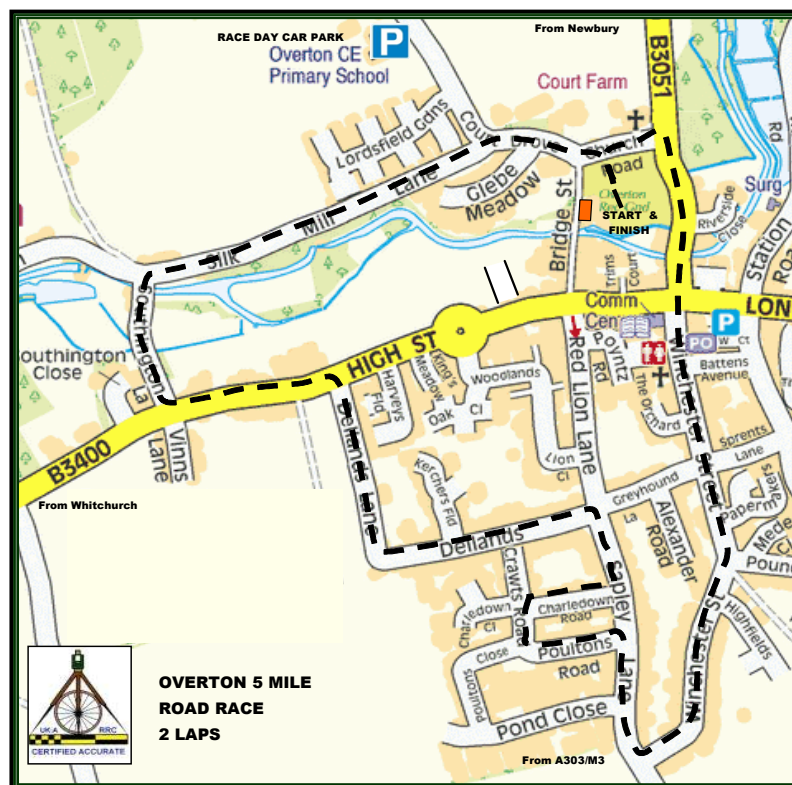
Cash prizes and vouchers are on offer. The amount may vary according to the number of entries for each category.

PRESENTATIONS

Presentations for the Overton 5 Race will be at approx 4.45pm at Overton Recreation Centre.

TRAVELLING BY RAIL

Overton Station is approx $\frac{3}{4}$ mile north of Overton Recreation Centre. As you leave Overton Station turn right along Hilltop Road. At the T-junction turn left and proceed downhill for $\frac{1}{2}$ mile. Turn right at the Church. Overton Recreation Centre is directly opposite the Church.



www.overtonharriers.org.uk