



Overton 5 Miles Road Race

Sunday 3rd September 2017

TIMETABLE

12.45 pm – Children's Races

1.30 pm – Latest time to assemble for Road Race

2.00 pm – 5 Miles Road Race

3.30 pm – Overton 5 Prize Presentation

Medals will be awarded to all finishers in the Overton 5 and Children's Races.

CAR PARKING

Car Parking will be at Overton CE Primary School which is situated approximately 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 directed by the Marshals. A charge of £2 per car will be collected as you enter the car park. It would be appreciated if you had the correct change. **PLEASE NOTE THAT THERE IS NO PARKING AT THE START OF THE RACE.**

CHANGING FACILITIES

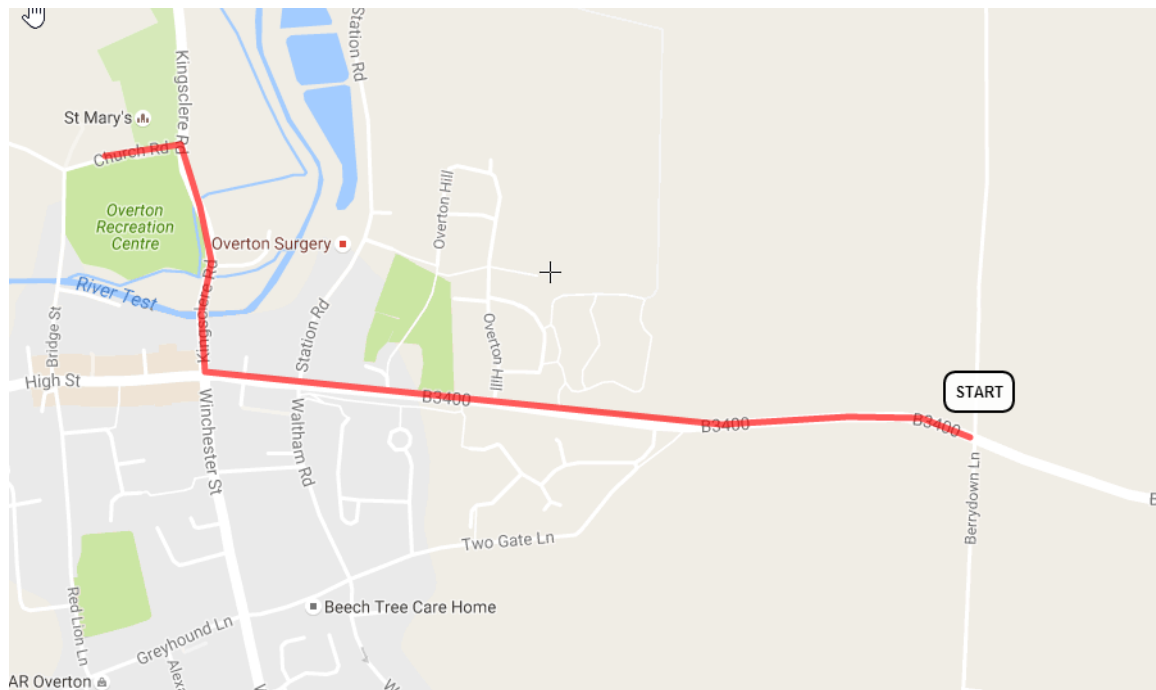
Showers and Changing Facilities will be in the pavilion at Overton Recreation Centre. While the organisers aim to take all possible care of competitors' property, they cannot be held responsible for any loss, however sustained. Please do not leave money or valuables other than

with friends or locked up in your car.

START

The race start is approximately ½ a mile from the race HQ. There will be maps and signs to point the way. There will also be race marshals to direct you. Please assemble on field at Overton Recreation Centre by 1:30pm to walk/jog to start at Berrydown. There is an area for warming up and toilet facilities will be available. To reduce congestion, we recommend that all runners make their way to the start once they have collected their race number. There will be no luggage collection from Berrydown. Baggage needs to remain at finish area in tent at Overton Recreation Centre. Spectators are welcome to walk to start, however, please be aware that you will not be able to watch the start on Straight Lane.

PLEASE STAY ON THE PAVEMENTS WHILST WALKING TO THE START. DO NOT WALK IN THE ROAD

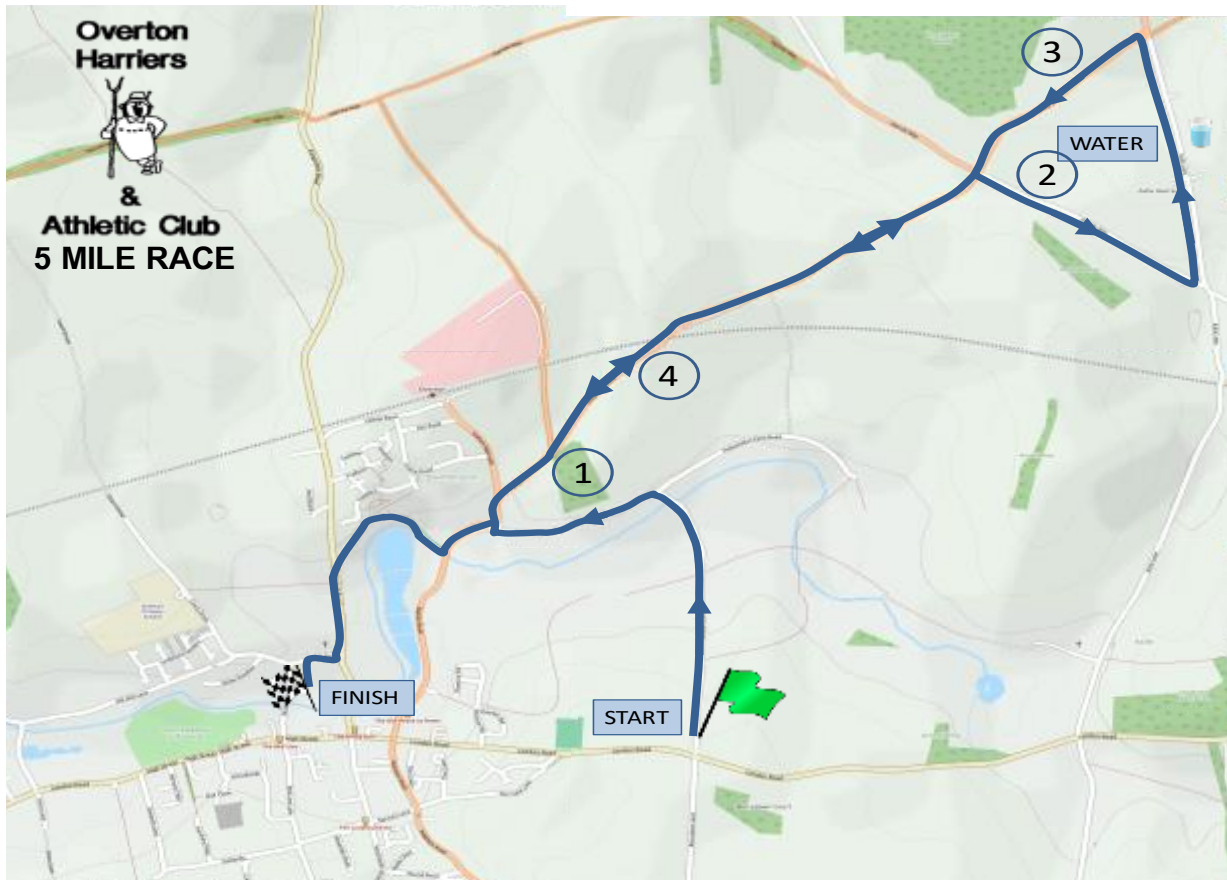


Chip timing will be in operation at the event. The start is narrow on Straight Lane and there is little opportunity to pass runners for

the first ½ mile. Race numbers will be allocated based on your expected finish time – and will be colour coded. Please line up based on your colour coding.

COURSE

A one lap course with a long out and back section (course details can be found on our website www.overtonharriers.org.uk). The course will run on closed roads and will be fully marshaled including the use of a Traffic Management Company. Please comply with the instructions of the Traffic Management Company and marshals. If you are instructed to stop by the Traffic Management marshals then you must stop, failure to comply will result in disqualification. You will only be instructed if it is un-safe for you to cross the road. **PLEASE NOTE – AS THIS IS A TRAFFIC FREE COURSE NO SPECTATORS CAN TAKE CARS TO WATCH RUNNERS DURING THE RACE**

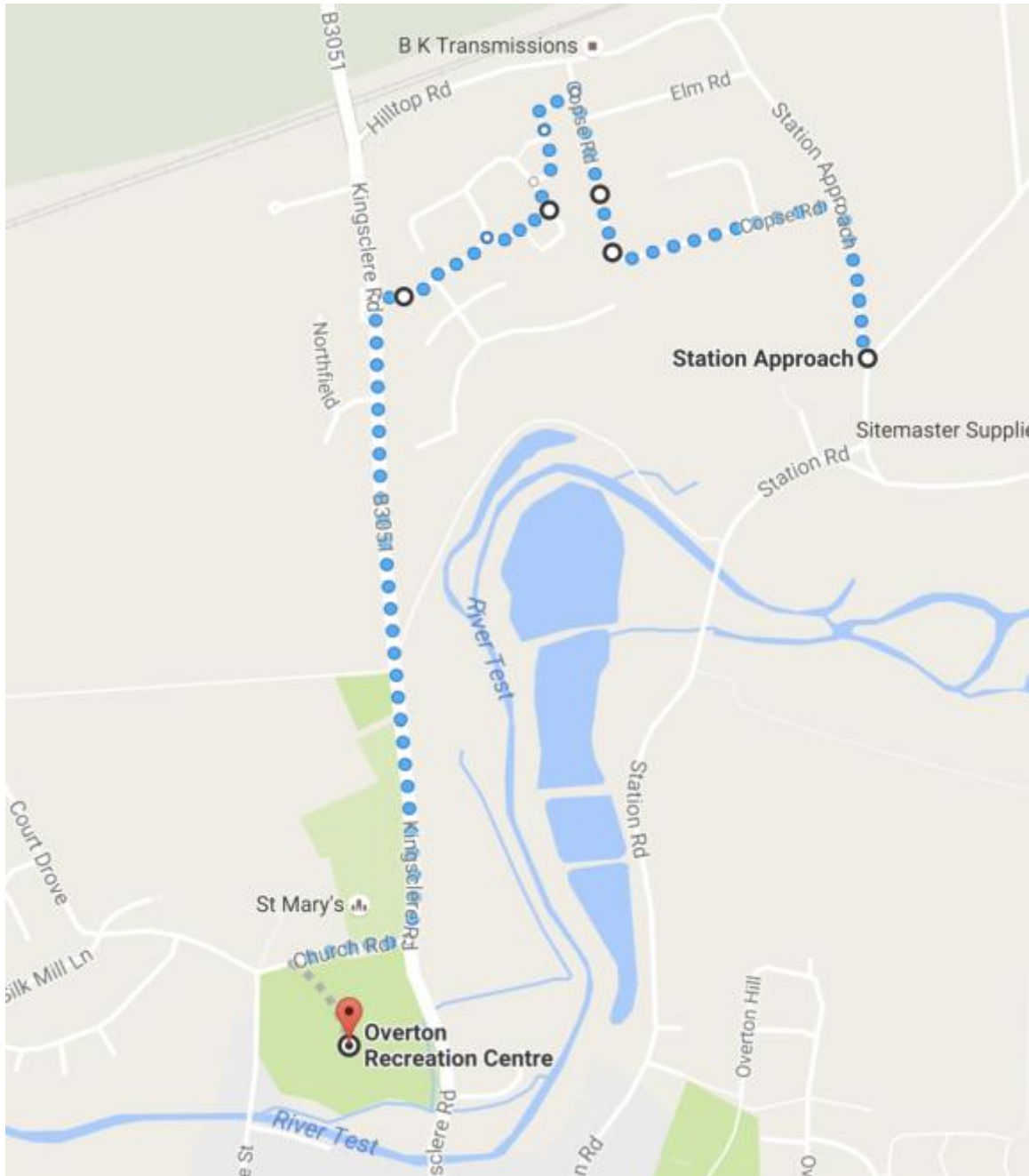




The Children's races will all be held within the confines of Overton Recreation Centre and will be of approximately 80 meters distance.

SPECTATORS

The best place to watch the runners will be at the end of Station Approach Road in Overton as you will see the runners twice as they pass through the one mile point and then again at four and a half mile point.



REGISTRATION Pre – race entries. Race numbers to be collected from tent between 12.00 and 1pm. Race numbers can also be collected from Berrydown Pavilion from approximately 1:30pm for late arrivals.

Registration for the Children’s races will be between 12.00 and 12.45 pm at Overton Recreation Centre. All entries for the Children’s races will be on the day and no charge will be made.

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 have any medical condition that should be aware of please contact Overton 5 via overton5@overtonharriers.org.uk

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.

The race will be chip timed by EMIT – provisional results will be available online and a computer will be available at the finish so you can check your time.

TROPHIES AND PRIZES

Prizes are on offer. The value may vary according to the number of entries for each category. All prizes will be awarded on 'Gun Time'.

PRESENTATIONS

Presentations for the Overton 5 Race will be at approx 3.30pm at Overton Recreation Centre.

TRAVELLING BY RAIL

Overton Station is approx 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 1/2 mile. Turn right at the Church. Overton Recreation Centre is directly opposite the Church.

WHEN LEAVING OVERTON 5 CAR PARK

Please note that road closures will be in place for the duration of the race. If you wish to leave before 3:00pm you will be diverted by a race marshal. The diversion route is no more than half a mile, so please adhere to the road closures and advice from our marshals.