



Sunday 20th November 2016
10am start from Radnage Village Hall (HP14 4DF)
Run under UK athletics rules

Dear Runner

We hope you will find the following information useful. Please contact us if you have any questions: Jim Whittington jimwit1@yahoo.co.uk or Theresa Frang theresafrang@yahoo.com Race registration enquiries to info@purplepatchrunning.com

All race numbers will need to be picked up on the day from the Registration Desk at Radnage Village Hall. When you receive your number please write on the back: **your name, emergency contact number and details of any allergies or relevant medical conditions you may have.** Don't forget to bring **4 safety pins** to attach your number to the front of your running vest. Please note that UK athletics rules state that running numbers must not be folded or mutilated in any way, as such action could lead to disqualification from the race. Ear phones/ pieces are also prohibited.

Parking



Dedicated race parking is on **City Road, Radnage HP14 4DW**, as there is no on-road parking in the village. Please follow the signs as you come into the village and listen for advice from the parking marshals. Parking is in a field, which may be muddy. There are no parking facilities for coaches. Parking is at your own risk and Radnage CofE Primary School & PTA accept no liability for any loss or damage. Please note that to reduce road traffic during the race, there will be no access to/from the car park from 9.55 until 10.40am.

From A40/Stokenchurch/M40: turn into Mudds Bank off A40 and follow the road into Radnage where you will find parking directions. The parking site is on the right hand side, just after Radnage CofE Primary School.

From Bennett End/West Wycombe: turn into City Road and follow signs, parking site is on your left hand side.

Race Start

The race starts on Green Lane, outside the Village Hall at 10am prompt. The car park is a 5-10 minute walk from the race start, so please make sure you are parked by 9.20 am at the latest. From the car park turn left along City Road (short stretch of road with no footpath) and left into Green Lane. Walk down Green Lane to the end (be aware of the speed humps!), the playing fields and the Village Hall are on your left. There will be marshals to guide you. Before the race, please wait on the playing fields outside the Village Hall; be ready to receive final instructions at 9.40am. The race will start promptly at 10am.

The Race

The duration of the race is a maximum of **2 hours** and a sweeper will follow the competitors. If you are still running/walking after this time, the sweeper will advise you that you are no longer deemed to be participating in the event and we will not be able to provide you with marshals and facilities beyond that point.

The marshals along the course are there for your safety and the safety of your fellow competitors and road users. Please make sure you listen to any instructions they give you and pay attention to any race signage.

The Rugged Radnage 10k is a challenging course with varied terrain. Runners should be aware of the following features to ensure adequate pre-event training and appropriate clothing/footwear on the day:

- * A 100m ascent from 2km to 4.5km, steepening towards the end of this section.
- * A 60m ascent from 9km to 9.6km

* Downhill sections on farm tracks and through woodland that will be muddy, slippery, uneven and obscured by fallen leaves. There may also be loose stones.

Dogs, including guide dogs, are not allowed on the race route during the event.

In the event of severe snow, frost and ice causing obstruction to the roads, or making the running surface dangerous, the race will be cancelled. There will be information on the website to notify participants of this, no later than the day before the race. Race entry fees will not be returned for such cancellation.

Disabled Athletes

RR10k welcomes entries from disabled athletes. To ensure that an adequate risk assessment is made, disabled athletes are encouraged to contact a member of the committee in advance of the race, to discuss any specific requirements, and to obtain a race pass to the disabled parking adjacent to the start. Due to the rugged nature of the course, with steep off-road sections, it is regretted that wheelchairs entrants will not be permitted.

Facilities

- **St. John's Ambulance** will be in attendance. If you require any medical attention please notify a marshal.
- **Toilets** – please respect the village of Radnage and use the facilities provided at the village hall. Toilets are accessible for wheelchair users.
- **Bags** – competitors can leave bags at the village hall. They will be locked away during the race.
- **Refreshments** – tea, coffee, hot chocolate, squash, bacon and cheese rolls and homemade cakes will be served in the village hall from 8:30.

The Finish

Once you have crossed the finish line you will be given a drink, a chocolate bar and a race medal. The first 300 entrants will also receive a goody bag! Don't forget to smile for anyone you see with a camera. We will put all photos we receive on our website and facebook page as soon as we can.

Trophies – Category winners will be presented with their trophy in the village hall. There is also a trophy for the fastest Radnage Resident. Prize giving will start at 11:30.

Good Luck! We hope you enjoy this beautiful course and look forward to seeing you next year!

The Race Committee

www.ruggedradnage10k.co.uk

We would like to thank our generous sponsors:

For a delicious lunch after the race why not book a table at The Crown at Radnage:
01494 482301, www.crownradnage.co.uk, reservations@crowradnage.co.uk

