



CLC Striders Running Club

Staverton 10 Mile Road Race 2017

Race Day Information

The committee of CLC Striders Running Club would like to thank you for your entry to the second annual Staverton 10 Mile road race on Sunday 29th January 2017.

You will find some helpful information below to make your race day experience the best it can be.

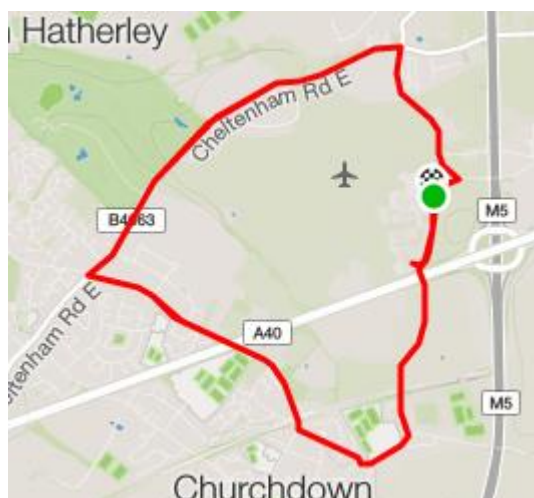
Quick Reference Guide

Here are some important points (additional details outlined below),

- If you are unable to race, please let us know so we can offer your place to someone else.
- Please collect your race number from Race HQ between 07:45 and 08:45 at The Aviator Inn (Post Code: GL51 6SR). Please make sure it's clearly visible throughout the race.
- Please follow the instructions from our car park marshals upon arrival.
- Race HQ only has toilet facilities. **No changing facilities or kit storage is available.**
- Race starts at 9am outside of the main terminal building.
- Runners will be disqualified if they wear headphones (UKA Rules).
- At the finish, don't forget to pick up a memento.
- Join us at Race HQ for prize giving afterwards.
- Please support The Aviator Inn for hosting us and Up & Running for sponsoring the race.

High Level Route Map

Please find below a picture of the route map, [here is a link to the detailed map](#).



Message to Runners Who Are Unable to Compete

This year the race is included within the Gloucestershire AAAs 2017 Road Race Series for the first time. This means that the race is extremely popular and we have a number of runners waiting for last minute places on our waiting list. If you are unable to make the start line, please open your place to someone on the waiting list; please contact the race secretary via email at clark@1ofd.uk

Sometimes runners prefer to transfer places to their friends and/or own club members and this can be carried out up to and including Wednesday 25th January by notifying the race secretary at the email address above. Should you wish to do this, we will need the following information from you about whom you are transferring your place to:

Full Name, Postal Address including Post Code, Date of Birth, Email Address, Mobile Number, Running Club Name, UK Athletics Registration Number, Emergency Contact Name & Mobile Phone Number and expected finish time.

Race HQ

Race headquarters is inside The Aviator Inn on the site of Gloucestershire Airport and the postcode for the Race HQ is GL51 6SR. Members of CLC Striders will be there from 07:45 for collection of race numbers. Please collect your race number between this time and 08:45. Any runner who does not collect their race number by 08:45 will have their place transferred to anyone from the waiting list that is ready to race.

There are limited toilet facilities at Race HQ. There are no changing or kit storage facilities at Race HQ.

After the race we will be handing out prizes at Race HQ, so please support The Aviator Inn by staying for a drink or a post-race breakfast.

Car Parking

From 07:45, members of CLC Striders will be helping runners find suitable car parking. We will be using the main terminal car park of the airport along with a number of office car parks further into the airport. We request that runners do not park outside of Race HQ as we would like to ensure that these spaces are reserved for race officials, volunteers and other customers of The Aviator Inn.

We would suggest that runners allow plenty of time to walk from the car park as some of our secondary parking at the office car parks are a 10 minute walk from Race HQ.

Important Pre Race Information

Please remember that you are fully responsible for being fit and healthy to take part in our event. When you get your race number, please write your name, emergency contact details and any important medical information on the reverse of your number.

Please then pin your number to the front of your vest with safety pins. Please also make sure that your race number is clearly displayed throughout the race. As we need to ensure that we see your number at the finish line to give you an accurate time.

Your race number will contain a timing chip on the back; please do not tamper with this. Our timekeepers are testing some new equipment at our race with the chip timing being used to validate our standard manual timekeeping.

As we are running under UK Athletic Rules and do not have full road closures along the route, wearing of personal listening devices, for example using earphones along with iPods, is strictly prohibited. This is because you need to clearly hear traffic, runners overtaking and/or marshals' instructions. **Any runner seen wearing such a device will be disqualified.**

Race Information

The start line for the race is opposite the main entrance to the Gloucestershire Airport building. Please remember that the Airport will be operational, so please be mindful that vehicles will be using the roads around the airport.

The race will start at 09:00 and will be run under UK Athletics rules. The race consists of two anti-clockwise laps of roughly 5 miles. However, the first section is run in the opposite direction around the airport perimeter roads before a sharp U-turn. During this first section, runners are strongly advised to run on the left hand side of the road to allow enough space for runners returning in the opposite direction.

There will be a large number of CLC Striders members out marshalling on the course. They will be there to guide you around the course. We have also placed a number of directional arrows and mile markers too. Note that marshals are not permitted to direct traffic as road users have priority.

There will be two drinks stations, one outside the Co-Op on Parton Road at roughly 3 and 8 miles, and one outside The Aviator Inn, at about 5 miles.

At the Finish

After you cross the finish line, you will notice two groups of timekeepers. One group will record your time and the other will record your finishing position. Please do not distract the time keepers during this time as they need to concentrate and ensure everyone gets the correct result.

If you drop out of the race, please notify one of the officials at the finish line so that we know you haven't got lost out on the course.

Once your time and position have been recorded, please make sure you collect a memento near the finish from a volunteer.

You are not expected to return your race number or timing chip.

There will be prize giving at race HQ as soon as the results are finalised. Please join us in The Aviator Inn afterwards to congratulate the winners.

The prizes are provided by Up & Running Cheltenham, please support our race sponsors.

Results

As soon as the results are available, we will post them on our website www.clcstriders-runningclub.co.uk

Event Cancellation

If there comes a situation, such as poor weather conditions, where we have to make the difficult decision to cancel the race, we will contact all entrants via email and post notices on our [Facebook page](#) and [Twitter account](#). Please ensure that you check your emails and follow our social media accounts for any updates.