



## COMPETITOR NOTES – WOODLEY 10km

Thank you for entering the Woodley 10km on Sunday 15 April 2018, starting at 9am in the [Memorial Recreation Ground, Headley Road, Woodley, RG5 4JZ](#).

The event is being run under UKA rules and has a licence, number 2017-26430.

Everything you should need to know about the event should be below – if not, please do ask us; [info@barnesfitness.co.uk](mailto:info@barnesfitness.co.uk)

### Will I receive my race number/timing chip prior to the event?

**No**, your race number and timing chip need to be collected on the morning of the event from The Oakwood Centre within Memorial Recreation Ground.

### What time do I need to be where?

7.30am – 8.45am	Registration/number pick up open in Oakwood Centre
8:55am	Pre-race warm-up led by <a href="#">Elite Conditioning</a>
9:00am	Event started by The Mayor of Woodley, Councillor Jenny Cheng
c.10:30am	Prize-giving

### What is the course?

A map of the course can be found [here](#). The course has been measured and has a course measurement certificate number.

As you will see the event is being held on public roads which are being marshalled and traffic is being managed at key junctions, however the roads are not wholly closed to traffic after 3km, at which point **you must run on the pavement. From 3km onwards you must run on the pavement, except in Mays Lane (5km Water Station) where there is no pavement and the road is closed.** Please follow marshal instructions at all times and be prepared to stop at junctions, crossing and roundabouts to give way to other road users, traffic and pedestrians.

YOUR SAFETY IS YOUR RESPONSIBILITY

### Is there a cut-off time in which to finish the event?

All runners must be passed 9km by 10.15am in order to complete the event safely.

### Which roads are affected during the event to traffic?

A map and table of these can be found [here](#).

## Are there toilets on-site?

Yes – toilets are available in both Coronation Hall and the Oakwood Centre as well as unisex port-a-loos. No urinating in public allowed under any circumstances.

## Can I wear headphones during the event?

No, From 1 April 2016 a new rule regarding the wearing of head phones in road races was introduced into the 2016-2018 edition of the UKA Rules of Competition:

*"The wearing of headphones, or similar devices, (other than those medically prescribed), is not permitted in races on any single carriageway road that is not wholly closed to traffic"*

Enforcement of this rule is a matter for the race director and referee and disqualification of runners who choose to ignore it is an option.

## Is there parking at the start/finish area?

There is NO parking within the Memorial Recreation Ground or Woodford Park Leisure Centre for competitors. However there is FREE public parking available on Sundays within a 5-10 minute walk as shown on the map [here](#).

PLEASE DO NOT PARK IN NEARBY RESIDENTIAL ROADS.

## Is there a baggage area somewhere?

There will not be a secure baggage drop, but you can leave items in Coronation Hall at your own risk.

## Will there be food/drink available afterwards?

Yes, [Brown Bag](#) café will open as usual in the Oakwood Centre and will also be selling bacon rolls, and hot and cold snacks on the Recreation Ground.

## What prizes are there to run for?

Mizuno have kindly donated a pair of trainers for the first male/female. Other prizes include vouchers for [Berkshire Physiotherapy Centre](#), [The Waterside, Woodley](#), [Jalabri of Woodley](#), [Amazon](#) + more!

## Who has helped make this event happen?

- [Waitrose, Woodley](#) – providing yummy edibles for finishers
- [Woodley Town Council](#) – providing the fantastic start/finish venue
- [Elite Conditioning](#) – providing pacers for every 5 minutes and oodles of other volunteers
- [Whiteknights Estate Agents](#) – providing advertising boards in the local area
- Our AMAZING VOLUNTEER MARSHALLS

**ELITE**  
CONDITIONING



**WhiteKnights**



**Waitrose**

