



## Race Information

Sunday 28<sup>th</sup> April 2019

10K - 10am start

5k - 10.20am start

1k (4-11 year olds) – 12pm start

Dear Runner

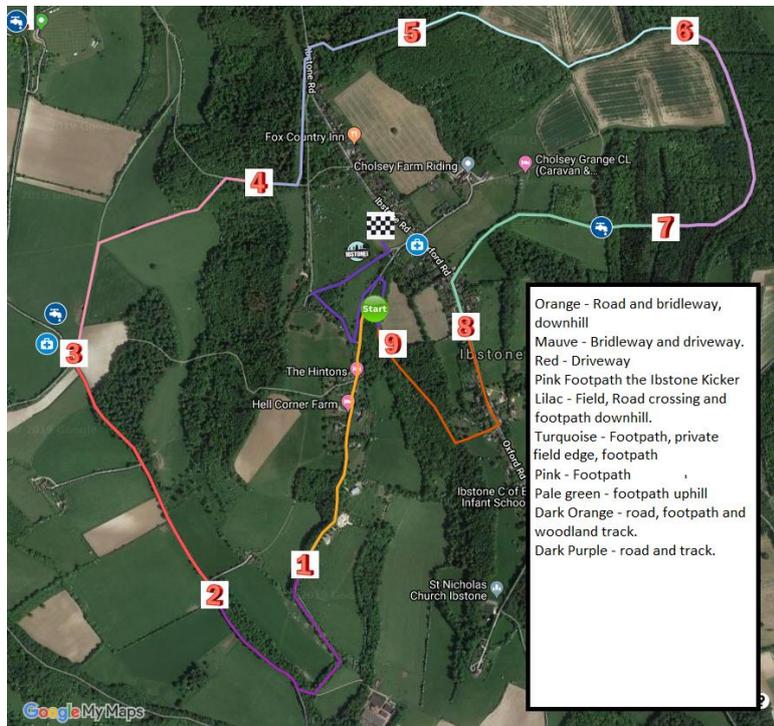
We hope you will find the following information useful. Please contact us if you have any questions including race registration queries: [contacttheteam@ibstonecircle.co.uk](mailto:contacttheteam@ibstonecircle.co.uk)

All race numbers are to be picked up on the day from Race HQ on Ibstone Common, HP14 3XT. 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 and please note ear phones/pieces are prohibited.

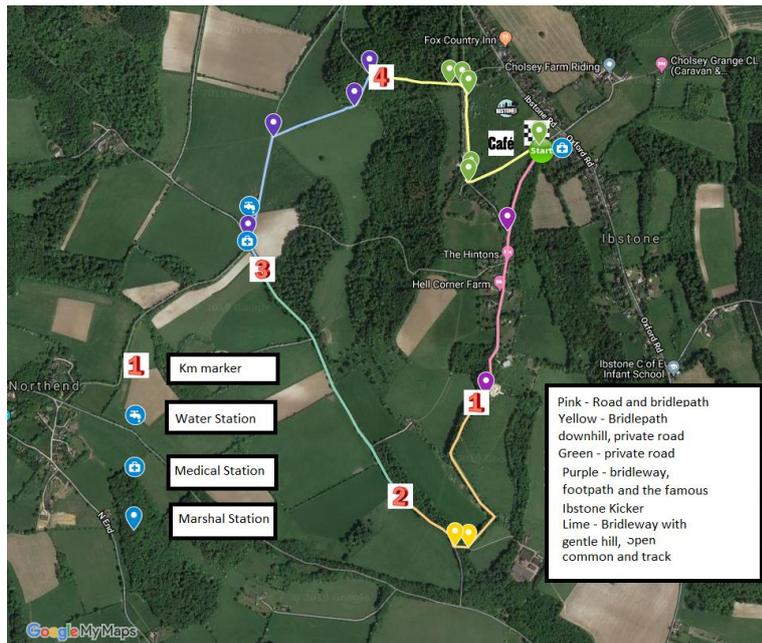
## Course map

Race logo denotes the location of Race HQ.

The 10k route.



## The 5K route



## The 1k route



## Parking

Dedicated race parking is on Ibstone Common, HP14 3XT which can be accessed from Ibstone Road adjacent to the Race HQ.

**From A40/Stokenchurch/M40:** Follow the signs to Ibstone and as you enter the village parking will be on your right on Ibstone Common before the Race Marquee.

**From Turville/Fingest:** As you drive into the village you will pass the Race HQ on your left and parking will be immediately after on Ibstone Common.

Follow the parking signs as you come into the village and listen for advice from the parking marshals. There are no parking facilities for coaches. Parking is on a Common which may be muddy. Parking is at your own risk and Ibstone CE Primary School and PTA accept no liability for loss or damage.

### **Race Start**

The races start on Grays Lane, near the Race HQ at 10am for the 10k race and at 10.20am for the 5k race. The car park is adjacent to the Race HQ, but please ensure you are parked by a minimum of 30mins before your race to give yourself time to collect your number, use the wc and attend the pre race briefing.

10 minutes before the race please be on the Common near the Race HQ ready to receive the final instructions.

### **The Race**

The duration of the race is a maximum of 1 hour 30 minutes for the 5k and 2 hours for the 10k and a sweeper will follow the competitors. If you are still running/walking after this time, the sweeper will walk with you along the route to direct you to the footpath back to Ibstone Common.

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 Ibstone Circle 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 for the day:

- Approximately a 100m descent in the first 2km (and again between km 4 & 6 on the 10k course), levelling towards the end of this section
- Approximately a 100m ascent between km 3 & 4 (and again between km 7 & 8 on the 10k course) levelling towards Ibstone Common and the race finish
- Off road paths may be muddy, slippery, uneven with debris obscured by fallen leaves. There may also be loose stones.

Several sections of the course are on private land and are open only to registered competitors during the race. Spectators must stay on bridlepaths and footpaths.

The 1k fun run takes a route around Ibstone Common. Runners 7 and under must be accompanied by an adult. There will be marshals along the route, which will be clearly marked. All junior runners will receive a medal.

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

Headphones are not allowed during the event.

In the event of severe weather, including storms and high winds, making the course dangerous, the race will be cancelled. There will be information on the website, Facebook and Twitter to notify participants of this, where possible this will be no later than the day before the race. Race entry fees will not be returned in case of cancellation and we recommend that competitors follow us on social media for updates.

### **Disabled participants**

Ibstone Circle welcomes entries from disabled athletes. To ensure that an adequate risk assessment is made, disabled athletes are encouraged to contact a member of the Race Committee in advance of the race, to discuss any specific requirements, and to obtain a race pass to the Disabled Parking close to the Race HQ. Due to the rugged nature of the course, with narrow and steep off road sections, it is regretted that wheelchair entrants will not be permitted.

## Facilities

**First Aid** providers will be in attendance. If you require any medical attention please notify a marshal.

**Toilets** – please respect the village of Ibstone and the Wormsley Estate and use the facilities provided. Whilst we have toilets accessible for wheelchairs users they are not equipped with aids such as rails and alarms.

**Bags** – competitors can leave bags at the Bag Drop at the Race HQ. There will be a £1 charge per bag. Bags will be kept safely for the duration of the race, and you will need to show your race number to collect your bag. If you don't have your number you will have to wait until all other bags have been claimed.

**Refreshments** – Tea, coffee, hot chocolate, squash, bacon and cheese rolls and homemade cakes will be available to buy at the Race HQ from 8.30am. Please take any rubbish home with you and leave our village looking lovely!

## The Finish

Once you have crossed the finish line you will be given a drink. Please then follow the instructions of the marshals to collect your medal and goodie 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 possible after the race.

Personal Trainer Evie Mason, from Forest Fitness, will be running cool down sessions from 11.15am so look out for her after you cross the finish line.

## Trophies and Categories

Category winners will be presented with their trophy at the Race HQ. There are also trophies for the fastest male and female Ibstone Residents. Prize giving will start at 11.30am.

### 5k

Boys and Girls Under 13, Under 15 and Under 17 Champion

Senior Men and Senior Women Champion

Vet Men and Vet Women Champion (over 40)

Ibstone Resident Men and Ibstone Resident Women Champion

### 10k

Senior Men and Senior Women Champion

Vet Men and Vet Women Champion (over 40)

Ibstone Resident Men and Ibstone Resident Women Champion

Good Luck! We hope you enjoy this beautiful course through the Wormsley Estate and look forward to seeing you.

## The Race Committee

[www.ibstonecircle.co.uk](http://www.ibstonecircle.co.uk)

We would like to thank the Wormsley Estate and also Mr and Mrs Howard Jones for allowing the race to pass through their beautiful grounds.

We would also like to thank the following sponsors:



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