



Sunday 22nd April 2018

10am start from Ibstone Common (HP14 3XT)

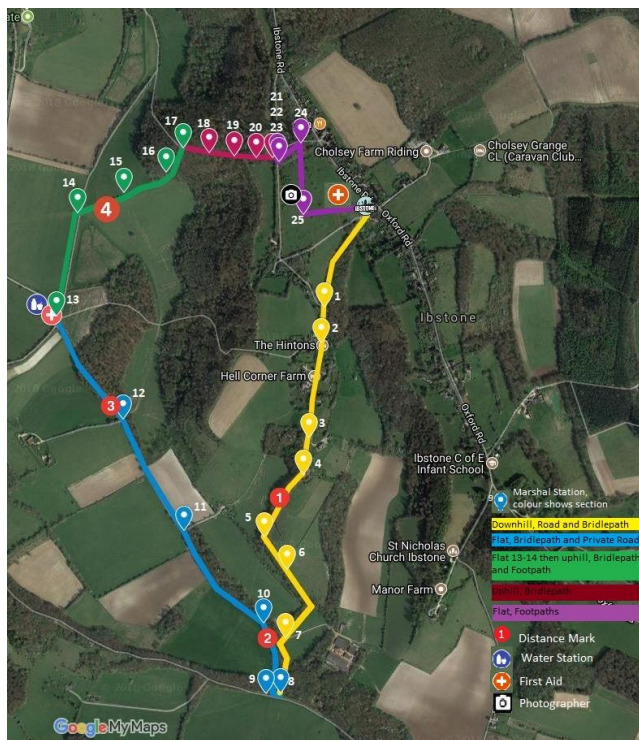
Dear Runner

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

All race numbers are to be picked up on the day from Race HQ on Ibstone Common. 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 start and finish point and location of Race HQ.



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 HQ.

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 race starts on Ibstone Common, outside the Race HQ at **10am prompt**. The car park is adjacent to the Race HQ, but please ensure you are parked by 9.40am at the latest. Before the race please wait on the Common by the Race HQ ready to receive the final instructions at 9.50am.

The Race

The duration of the race is a maximum of 1 hour 30 minutes 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 5k 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, levelling towards the end of this section
- Approximately a 100m ascent from in the last 1km levelling towards Ibstone Common and the race finish
- Downhill sections on bridlepaths through woodland that may be muddy, slippery, uneven and debris obscured by fallen leaves. There may also be loose stones.

One section of the course through the Wormsley Estate is open only to registered competitors on the day and spectators must stay on bridlepaths and footpaths.

Dogs, including guide dogs, are not allowed on the race route 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 closest to the Race HQ. Due to the rugged nature of the course, with 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 wheelchair 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 note that the village litter pick will be taking place the day before, please take any rubbish home with you and leave our village looking lovely!

The Finish

As you cross the finish line a Marshal in an orange high vis jacket will hand you a numbered token which will rank you in the race. Please hand this in at the medals table where your ranking will be noted and you will be given a finishers medal.

Once you have crossed the finish line you will be given a drink and a chocolate bar. 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 at 10.45am, 11am and 11.15am as runners 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 11.00am.

Boys and Girls Under 13, Under 15 and Under 17

Senior Men and Senior Women Champions

Vet Men and Vet Women Champions (over 40)

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

The Race Committee

www.ibstonecircle.co.uk

We would like to thank the Wormsley Estate for allowing the race to pass through their beautiful grounds.

We would also like to thank the following sponsors:

