



Yateley 10k Series



Briefing Notes for Runners:

Introduction:

I have really mixed emotions about this Years Yateley 10km. When we first met as a committee we had to really weigh up the pros and cons of this years races taking place. As many of you know we are just a group of volunteers and NOT a commercial race organiser and so all the money that we raise is given to local charities and organisations. We are very aware of how much these charities have suffered during the pandemic and so wanted the races to go ahead to ensure that we can support their recovery. In addition to this we know (from first hand experience) what a life line running and racing is for many people and so we wanted to give people something to aim for during lockdown 2 (or was it 3!!).

We know that the 19th July signifies 'freedom day' in many people's eyes and we now feel able to reinstate a mass start (with time intervals) to show where you should start. We ask people to understand that others may still feel nervous about running and being in crowds so please respect this and give people room. Masks and hand sanitizer will be available for you to use and we ask that people follow our one way system.

This year has been a real challenge for us. Each race has had new rules and recommendations related to covid and then we have had the football and hot weather to contend with as well. Our volunteers work extremely hard so it would be great to have a good turn out to race 3.

Thanks in advance for your understanding and support.

Jenny Robinson (Race Director) and the YRR committee.

Entering the Race:

The races are now full. You will not be able to enter the races on the day and no more places will become available from the official race organisers.

Number Exchange:

Number exchange can still occur but the closing dates for this are:

Race 1: 16th June – Already Closed.

Race 2: 30th June – Already Closed

Race 3: 14th July – Already Closed.

Numbers:

Your numbers will be sent out to you at the address that you provided. If you have not received your number by 1st August please contact us



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Car Parking:

We hope to be able to use the main field at the school for parking. However, this may change if weather is poor between now and the race. Even if the field is not available there will still be limited parking at the school. There are a number of other car parks throughout Yateley which you can use if you are unable to park at the school.

Westfields school (200m from the school) and St.Switherns (400m from the school) These car parks are all on the map on our website <http://www.yateley10kseries.info/2-Sitelinks/2-Parking.html>

In addition to this we have emergency car parks (for use in the case of us not being able to use the grass car park)

- Yateley Manor (800m from the start) - GU46 7UQ
- Sonadyne (1 mile from the start) - GU46 6GD

In addition to this there are a number of other unofficial car parks in Yateley that you could use (but please don't mention my name!!)

- Monteagle community centre (The Monteagle Community Centre, Tresham Crescent, Yateley, Hants, GU46 6FR)
- First Aid Centre (Monteagle Lane . GU46 6LU)
- The Tythings (The Tythings, Reading Road, Yateley, Hants, GU46 7RP)

You may need to set off earlier to ensure you get parked and have time to walk to the course but please remember to try not to arrive on the field (unless you are walking) until 10 minutes before your race start time. When you get to the school please follow the one way system.

FINALLY.... Please please support us by NOT parking anywhere on the course. In previous years the start has had to be delayed because people have parked on the course or local residents have got very annoyed.

Day of the Race.

When you arrive at the race please park in one of the car parks shown on the website. To support social distancing please stay in your cars until 10 to 15 minutes before your race time.

If you do not park at the school please make your way to the school and follow the one way system into the main school field. There will be arrows and marshals telling you where to go. This enters the school site via the reception gate and follows the car park arrows. Once you get to the main school field you will be able to social distance. The field is huge so will give plenty of room for this.



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Warming up:

You can warm up on the roads around the school but we ask you to leave the school field and the race village for runners to congregate before the race.

One way system:

You will be asked to follow a one way system onto the school field. This will be marshalled by runners and the scouts.

Baggage:

There is no baggage at this year's race so please leave everything in your car. PLEASE DO NOT ENTER THE RACE FIELD UNTIL YOU ARE READY TO RACE.

Toilets:

Toilets will be placed on A block play area. There are plenty of toilets and the queue will go down very quickly. A block is before the car park and will be clearly signed posted from the car park. There will be markings to help you socially distance (if you wish to). We had a few people who used the bushes to urinate last race. This is forbidden and you will be disqualified from the race.

Start Times:

The start is at 7.20pm

We are no longer operating a wave start. However, we will extend the start area to allow for social distancing and clear markers will be in place to show where you start (dependent on your time). It is important that to reduce overtaking on the road that the fastest runners go off first.

Masks at the start:

You do not have to wear a mask at the start and finish but please feel free to do this for others safety. There will be plenty of masks at the event so if you approach a tent (e.g t.shirt tent or information) please use a mask.

Information:

All volunteers will have been given a FAQ's briefing sheet. In the first instance please ask them for advice. They will have yellow shirts on. If they are unable to answer your question, they have an emergency number to call so please get them to phone me or come to the information desk on the field.

Timing:

The timing is Chip to Chip timing so please DO NOT rush across the start line. Prizes are also Chip to Chip (for this year only)

During the Race:

The race takes place on open and closed roads. Please always respect the traffic and each other's space. Overtaking should be kept to a minimum. The roads are marshalled by the Lions. Please always respect their space.



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At the finish:

Once you cross the finish line please place your mask back on if you have one and follow the one way system. Please pick up your medal and water and then leave the race site.

T-Shirts:

If you ordered a t-shirt then please pick this up from the t-shirt desk. This will be on the way out of the race village. T.Shirts will only be available to pick up AFTER the race.

Virtual Race Medals:

If you ran the virtual race instead of race 1 or 2 please can you also pick up your medal from the T.Shirts tent.

Prize Giving:

There will be no prize giving this year but prizes will be sent out/emailed to you as soon as we can.

Spot Prizes:

There will be spot prizes but these will be emailed/sent out to people after the race.

First Aid:

There will be first aid around the course and at the finish line. Please ask a marshal if you need any assistance.

Headphones:

We ask you not to wear headphones. The marshals are very encouraging around the course so please use them to motivate. We do know that UKA now allow bone conductor headphones. Due to the fact we have been preoccupied with Covid measures we have not had a chance to look into this rule and how to ensure it is implemented properly but we will next year.

Spectators:

We ask for you to limit the number of spectators that you bring to the race. This is to allow runners who wish to to social distancing. Please ask any spectators you do bring to respect others space.

Physio

There will be no physio this year. However, we will still be making a donation to the chosen charity of Body Reset Clinic (our physio support).

Cakes:

We hope that the cake stall will be making a return. This will be situated as you return to your cars so that you can grab money from your car and then get a cake.

Missing Races:

If you entered all 3 races and ran race 1 or race 2 virtually, and submitted evidence, you can collect your missing medal(s) from the t-shirt tent.



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If you entered all 3 races but did not submit evidence of a virtual run(s) you can still have your missing medals, but we would ask you to make a small donation to the local charities this series of races support.

If you did not enter all 3 races but would like the missing medals to make up the set, and why would you not since they are so Fab, then these can be purchased at £5.00 per medal, at the t-shirt tent.

IF YOU CANNOT REMEMBER IF YOU ORDERED A T-SHIRT OR NOT, PLEASE COME AND CHECK WITH US, IN THE T-SHIRT TENT, SINCE WE HAVE LOTS OF PRE-ORDERED AND PAID FOR T-SHIRTS WHICH HAVE NOT BEEN COLLECTED.

If you did not order a t-shirt, but would still like one, a limited number will be available for sale after Race 3, at £10.00 each.

UNFORTUNATELY WE CAN ONLY ACCEPT CASH FOR THESE PURCHASES.