



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!!). However, we need to put the safety of our runners, volunteers and the local people of Yateley first and so we have followed ALL guidance from our local governing body to ensure that we put on a safe race for all.

We know that the 19th July (before Race 2) signifies 'freedom day' in many people's eyes. However, due to the fact that race 2 is only two days later UK athletics had not had sufficient time to consult with Sport England and write guidance for race organisers as to how to proceed so we are still putting in place opportunities for people to social distance, cover their face and sanitise hands.

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

After these dates no number exchange can occur. The procedure for number exchange is as follows:

- Log in to your account within the registration systems (Race Roster)
- You will need your Username and Password, which you were provided in the registration process.



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- Click on - **TRANSFER TO A NEW PARTICIPANT** and fill in the new participants email address
- The new entrant will receive an email to complete the transfer.
- Please be aware that if the new runner doesn't complete the transfer process by the dates above then they will not be entered into the race.

Please note that if you entered last year (and have a deferred entry) then your refund may take several days to come through.

Numbers:

Your numbers will be sent out to you at the address that you provided. If you have not received your number by 19th July please contact us

Car Parking:

Due to the poor weather we have had we maybe unable to use the main school field. However, 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.



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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.

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. This 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)

Start Times:

We are operating a wave start system for this year only. Each wave will have 100 people in it and the holding areas will have room for social distancing at all times. The waves are selected based on the time that you submitted. Your numbers will be checked before entering the start area. 10 to 15 minutes before your wave start please make your way onto the field. Wave 1 can wait in the start area. The start area has room for social distancing. At the same time Wave 2 will be asked to go to holding area A and Wave 3 to holding area B. As soon as Wave 1 has left Wave 2 will move from the holding area to the start area and Wave 2 will move to the holding area A. We will then ask Wave 4 to move to holding area B. This will continue until all the waves have crossed the line. The Holding areas will also be socially distanced. To ensure that we can utilise the light there is only going to be 1 minute between each wave and so people need to ensure that they are ready to go once their wave is called. If you did not enter a time at the time of registration then you have been allocated wave 9.

This is not a problem as you can just email me and I will tell you which wave is more appropriate for your time.

These are the start times for Race 2:

	Start Time
Wave 1: 2000 – 2100	7.20pm
Wave 2: 2101 - 2200	7.21pm
Wave 3: 2201 – 2300	7.22pm
Wave 4: 2301 – 2400	7.23pm
Wave 5: 2401 – 2500	7.24pm
Wave 6: 2501 – 2600	7.25pm
Wave 7: 2601 – 2700	7.26pm
Wave 8: 2701 – 2800	7.27pm
Wave 9: 2801 +	7.28pm

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.

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.

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:



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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 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 and Refreshments:

There will be no refreshments or physio this year. However, we will still be making a donation to the CCSEF (who usually supply the cakes) and the chosen charity of Body Reset Clinic (our physio support).

Missing Races:



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If you missed Race 1, did not complete a virtual 10k run but would still like the medal, to complete the set, read on.

If you entered all 3 races, collect your Race 1 medal from Alison, in the T-Shirt tent after Race 2 or 3.

All we ask is you make a small cash charity donation.

If you did not enter all 3 races, but would still like all 3 medals, to make the set, these can be purchased, again at the T-Shirt tent, after Race 3, at a cost of £5 per medal.

Along with T-Shirts for £10. There is limited supply so be quick.

As you know, the Yateley 10K series is a lifeline of support for local charities, which are barely surviving at the present time, so please come and collect your missing medal and help us help others.