



Yateley 10k Series



Briefing Notes

Welcome to Yateley 10km 2023. As many of you know we are a non profit making organisation who organises races for runners. We are very proud that all of the money made from these races gets put back into local projects in our community.

We hope you enjoy the races as much as we love to put them on.

A few notes to help to ensure you are prepared for the races.

Entering the Race:

There are a few race entries left so if you know of anyone who would like to enter the races after the closing date please ask them to email Yateleyroadraces@gmail.com

Number Exchange:

There is no number exchange this year as we have not sold out.

Numbers:

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

Day of the Race.

When you arrive at the race please park in one of the car parks shown on the website and then follow the volunteers to get to the field.

Warming up:

You are welcome to warm up on the roads around the school.

Using the Field:

Due to a small number of people urinating on the field (rather than using the toilets) we will not be allowing people past the start/finish area on the field. You will need to go onto the roads around the school to warm up.

Baggage:

Due to the fact that most people leave their stuff in the car we have decided to limit the amount of baggage this year. Please come to the field ready to race. However, there will be a small baggage area if you need it and a key safe for car keys.

Toilets:

Toilets will be placed on the car park by the library . This can be accessed via the race village. There are plenty of toilets so please use these.



Yateley 10k Series



Water:

With our commitment to sustainability, we have no plastic bottles this year of water. Please bring with you a filled bottle. Label your bottle and place it on the table with your number range on it. If your bottle is not easily recognisable, please label it with your number using the labels and pens provided. At the end of the race collect your bottle and it will be filled with water for you.

Start Times:

The start time of the main race is 7.30pm and the fun run is 7.40pm. There will be pens to ensure that people of the same pace start together and to improve the flow round the course.

The fun run starts at 7.40pm. There are two pens for this (U11 and Over 11). This just helps the smaller children not to get crushed.

Timing:

The timing is Chip to Chip timing so please DO NOT rush across the start line. Prizes are also Chip to Chip.

During the Race:

The race takes place on open and closed roads. Please respect the traffic and each others space at all times. Overtaking should be kept to a minimum. The roads are marshalled by the Lions. Please respect their space at all times.

At the finish:

Once you cross the finish line please pick up your wooden medal and then move through the finish funnel to collect your water bottle.

Prize Giving:

The prize giving will happen as soon after the end of the race as possible. If you are unable to stay for the prize giving please just let me know and we will send you your prize.

Spot Prizes:

If you are lucky enough to win a spot prize please come to the information tent to collect.

First Aid:

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



Yateley 10k Series



Spectators:

We welcome spectators to come and support the runners and volunteers in the race village.

Dogs on the Field:

Please remember that you are NOT allowed to have dogs on the school field.

Headphones:

We encourage runners to run without headphones and enjoy the atmosphere. However, we also acknowledge that some people do like to run with music and so bone conductor headphones (as approved by UK athletics) are allowed.

Physio and Sports Massage:

The wonderful people at Body Reset Clinic are providing post and pre race massage. Just come along to their tent on the field.

I think that is it... I hope you have a great race and enjoy the whole atmosphere of the Yateley 10km's.

Kind regards,

Jenny and Alison
Joint Race Directors