

The Oxford Town & Gown 10K

10.00am Sunday 16th May 2010



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Held under UK Athletic rules
Licence No 2010-100764



Thank you for entering this year's Oxford Town & Gown 10K run organised by the Muscular Dystrophy Campaign. This is the 29th running of the race.

Please read these instructions closely.

Your race number is enclosed together with the chip that will record your finishing times. Please attach your number to the **front** of your vest. The chip timing system will record both your time from when the gun goes off to the finish and the time from when you cross the start line to the finish. Please follow the enclosed instructions on how to attach your chip to your running shoes. **Remember without a chip your finishing times will not be recorded.**

Please check the personal details below, if there are any errors please email enquiries@sportsystems.co.uk immediately.

Your Race No is: [RACE NUMBER]

You are entered in the Senior Race and qualify in the [CATEGORY] race age category. **You are a member of the [TEAMNAME] team. If you don't compete on the day please return your chip in the free post envelope provided.**

Parking and directions Parking in the centre of Oxford is extremely limited and there are no parking facilities available in the vicinity of the race. All the roads in the immediate area are closed and parking restrictions are enforced. Please note there are no Park & Ride services from Water Eaton on a Sunday. However, a regular bus service from Kidlington (7a) passes by the entrance to the Water Eaton Car Park. You are strongly recommended to use this service to get into the centre of Oxford. Buses from Pear Tree start at 8.40am on Sundays but in the past many runners have been stranded here as there are no additional services on the day. First departure times from other car parks may vary.

Race H.Q. enquiries and changing facilities Race Headquarters is situated in the University Parks near the cricket pavilion. The finish is nearby. The race start is situated in Parks Road opposite the Keble gate entrance to the Parks. There will be an Information and Enquiry Desk at Race Headquarters. There will also be separate marquees for male & female changing facilities. Alongside them will be a supervised kit bag store area where bags can be left at your own risk.

Please write your race number on the luggage label and attach it securely to your bag before presenting your baggage to the storage area. If you do not have a number on your bag we cannot store it. You will be able to reclaim your bag on presentation of your race number after the race. We will not hand bags over to anyone without the correct number being produced.

There will be temporary toilet facilities also in the University Parks. Please make plenty of time to use these facilities to avoid last minute queues before the race start. **Please note that there are no shower facilities available within the University Parks.**

Refreshments Light refreshments will be available to purchase in the University Parks.

Race charity This race is entirely funded and organised by the Muscular Dystrophy Campaign. Please try and support this worthwhile national cause. Please set up your justgiving page to the Muscular Dystrophy Campaign or send your sponsor forms or cash and cheques to, Muscular Dystrophy Campaign, 61 Southwark street, London, SE1 0HL, care of Alun Mainwaring and the Oxford Town & Gown 10k.

Race safety Runners are NOT to race whilst wearing MP3 players or iPod's for their safety and the safety of fellow runners, marshals and officials.

The start The Start is situated opposite the Keble Gate entrance to the Parks.

The Junior Race will start at 9.30am and the Disabled Wheelchair Athletes will start at 9.45am

The main 10K race will begin at 10.00am

You should allow at least 20 minutes to reach the start. Please make your way to there when advised to by the Race day Compare. To minimise any disruption in the start area faster athletes only will be asked to use the Keble Gate exit whilst the majority of runners will be asked to use the North Lodge exit and to walk down Parks Road towards the start.

To ensure that the quicker runners are near the front time boards will indicate where you should stand at the start. Please try to start from the appropriate position. There will be a lead motor bike for the front runners and a digital clock on the finish line.

The route The Course is flat and fast and goes through the historic centre of Oxford. Road closures are in operation throughout. Kilometre signs are displayed throughout. The race starts in Parks Road, turns left into South Parks Road, along St Cross Road, Longwall St, High St, Cornmarket St, Broad St, before turning left up Parks Road, onto Blackmore Rd, Norham Rd, Fyfield Rd, Norham Gardens returning down Parks Road and left into Holywell St, Jowett Walk Mansfield St before entering the Parks at the South Lodge Gate. The last 3 kilometres will be around paths within the Parks.

Please obey marshalling instructions at all times.

Water stations There will be two water stations on the route, the first at 4K in Bradmore Road and the second at 7K along Riverside Walk in the Parks. A further water station will be situated in the Finish area. Isotonic drinks will also be available at the finish. Advanced warning will be given 200m before you approach the water stations.

Please make sure you are properly hydrated before the race and in the event of warm weather on the day make sure you take on board sufficient water at each station.

First aid First Aid cover will be UK: Athletics Level 3 (Enhanced '3 star' level) and provided on the day by Alphacare Ambulance Services. There is a Race Medical Director as well as First Aid points in the finish area and one out on the course.

The finish The last 120 metres of the race will be on grass with the finish line on Thorn Walk behind the University Cricket pavilion.

Once you have crossed the finish line your chip will be removed from your shoes and placed in one of the buckets provided. Once this has been done you will be handed a goody bag containing your medal and race tee shirt.

Water and Isotonic drinks will also available in the finish area. Please help yourself but remember to move away from the area as quickly as possible. The Finish area will be cordoned off and spectators will not be allowed to enter. So please leave the area as soon as possible to rejoin friends and family. Congratulations for finishing the Town & Gown 10K Run!

Results, Prizes and Photography All finishers will receive a commemorative medal, goody bag and official Oxford Town & Gown T-Shirt.

There are Photographers along the course and at the finish. Photographs will be available on www.sussexsportsphtogrphahy.com

Vouchers and trophies will be presented in the following categories:

Men

Ladies

First 3 Men, First 3 Veteran Men in 40-49, 50-59, 60-69 age groups

First 3 Ladies, First 3 Veteran Women in 35-44, 45-54 and Over 55 age groups.

Should an individual qualify for an Open and a Veteran's trophy / prize, the greater value prize will be awarded and the other prize will be offered to the next finisher. Preliminary results will be displayed on the day. The prize giving will take place at 12:00pm on the stage in the University Parks near the commentator stand.

Full results will be published as soon as possible after the race. These will be available on the Charities website www.muscular-dystrophy.org/oxfordtownandgown and sportsystems.co.uk.

The Junior Race

The 3K Junior Race will start at 9.30am from the same start as the main race. The course goes down Parks Road, left along South Parks Road and enters the Parks at the South Lodge Gate, followed by a lap of the Parks and ends at the main Finish point on the grass behind the Cricket Pavilion.

There are prizes for the first 5 boys and girls. Prize giving will take place at 11.00am on the stage in the University Parks near the commentator stand.

Finally

Please listen carefully to all announcements before the start. There may be unforeseen circumstances that could affect the race in some way.

Thanks!

An event such as the Town & Gown 10K could not take place without the support of a great number of helpers and volunteers. In particular, we would like to thank the team from Atkins and their supply chain partner JSP who provide much of the barrier etc. The Atkins team are responsible for not only setting out and erecting all the signs/barriers & cones around the course but also for dismantling it immediately after the event and without whose continued support the race could not take place.

We would also like to thank the various running clubs and other organisations who have given their support to the event.



Registered Charity No. 205395 and
Registered Scottish Charity No. SC039445

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pleased to be able to support
the Oxford Town & Gown