



Headington RoadRunners 5 Mile Road Race
Sunday 27 August 2017, 9:30 am
OXS RAD Sports Centre, Marston



Sponsored by



We are pleased to welcome you to the Headington 5 which is an Oxfordshire Grand Prix road race and an Oxfordshire County Championship. We are very grateful to all those who have made this race possible, including our sponsors, Marston Parish Council, Marston Saints Football Club and Oxford City Council and of course the many volunteers who will be marshalling or helping in other ways on the day and those who have been involved in the organisation of the race.

We are not sending out numbers in advance: they will need to be collected from Race HQ on the morning of the race.

The timetable for the day is as follows:

7:30 onwards:	Race HQ open.
8:00 – 9:15	Race numbers available for collection.
9:05	Walk to race start.
9:25	Pre-race briefing.
9:30	Race starts.
11:00	Prize-giving at Race HQ.

Race Information

Date: Sunday 27 August, 9:30 am.

Venue: The race HQ is at OXSRAD, Marsh Lane, Marston, Oxford OX3 0NQ. Toilets, changing facilities and showers are available, and also hot and cold drinks, cakes and other refreshments available before and after the race. There is an information desk and a secure area where you can leave bags. ***There is also a toilet block near the start line, in the recreation ground.***

Getting there: OXSRAD is located 100 metres along Marsh Lane from the A40 (Northern By-Pass) immediately next to the Oxford City ground and adjacent to the Court Place Farm sports grounds. Directions are as follows (please refer also to the maps on pages 3 and 5):

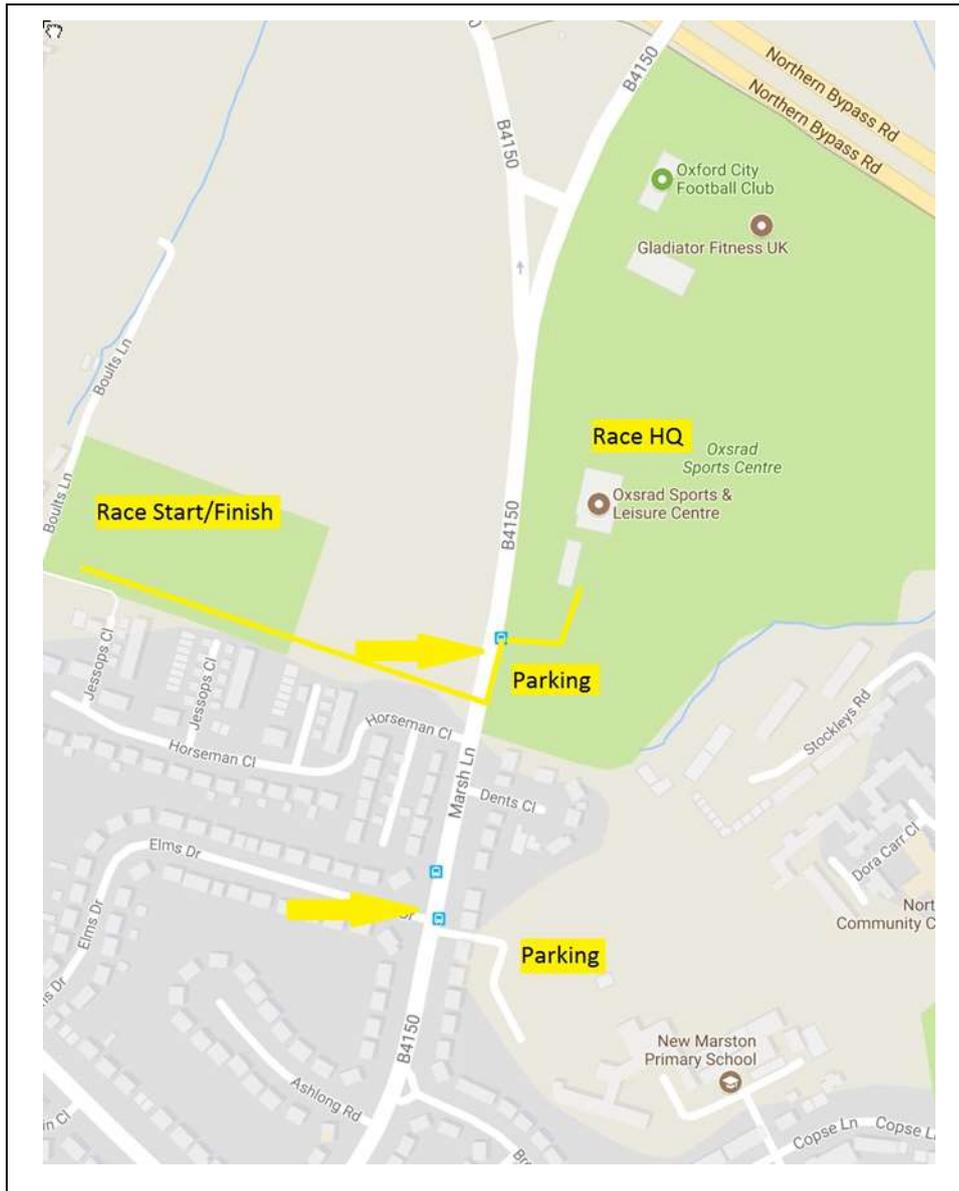
- From the junction of Cherwell Drive, Headley Way and Marston Road take Marsh Lane out towards the ring-road from the double mini-roundabouts. Just after the last houses you'll find an entrance to the sports field on the right hand side (Court Place Farm Sports Ground and Oxford City Football Ground). OXSRAD is just there.
- From the A40, take the Elsfield/Marston exit and follow the signs into Oxford. As you come along Marsh Lane, the entrance to OXSRAD is on the left, just beyond the 30 mph sign, about 30m before the pedestrian crossing lights.
- From Oxford, reach Marsh Lane via the Marston Ferry Link Rd (from Summertown), Marston Road (from Oxford centre) or Headley Way (from Headington). Take Marsh Lane out of the city, towards the ring-road from the double mini-roundabouts. Just after the pedestrian crossing lights you'll find an entrance to a sports field on the right hand side as you head out of Oxford (Court Place Farm Sports Ground and Oxford City Football Ground). OXSRAD is just there.
- By bicycle: As above on roads, or along the A40 cycle paths from the Headington or Banbury Road interchanges that reach Marsh Lane.
- By bus: Cherwell Drive is served by Oxford Bus 13 (from the station via the city centre) and X13 (from Abingdon via the city centre). Check timetables for full details.

Parking: Parking is available at OXSRAD and at New Marston Primary School, via the entrance on Marsh Lane not far from OXSRAD. See the map on page 3. There is less space at OXSRAD this year because the field we usually use is not available, so be prepared to park at the school. ***Please do not park anywhere else; there is no parking near the start/finish area.*** Please follow the instructions of the parking marshals. Runners are encouraged to share lifts or use alternative means of transport if possible. Cycle parking is available.

Race number: You will need to collect your number from Race HQ between 8:00 and 9:15 on the morning of the race. You will just need to give your name. The timing chip is embedded in the number and does not need to be returned. Please remember to complete the

information on the back of the number: this is very important in case of an emergency. If you are unable to run, you may transfer your number to another runner as long as we are informed by 25 August at racesecretary@hrr.org.uk. If you transfer your number to someone who would need to pay a higher registration fee then the difference will need to be paid. **Under no circumstances should you transfer your number to another runner without informing us.** This would cause problems in the event of an emergency and could also cause problems with the allocation of prizes.

Start and finish: The race start and finish are at Boult's Lane Recreation Ground, several minutes' walk from Race HQ (see the map below), so allow yourself plenty of time to get there. Potential delays include crossing Marsh Lane which can be busy even on a Sunday morning (there is a pelican crossing). All runners should assemble by 9:25 for the pre-race briefing.



Course: See the course map at the end of these notes. The course is certified accurate; it is fast and flat with only minor inclines. Much of it is on cycle lanes or footpaths. Leaving Boult's Lane, the race winds through Old Marston until it joins the cycle path on the Northern Bypass for nearly two miles. It then turns left and follows residential streets until it reaches a footpath eventually leading to Marston Ferry Road, going through the underpass to reach the cycle path on the other side. After nearly a mile another underpass leads back into Old Marston and the finish. There will be mile markers and marshals at all key points.

Time limit 75 minutes; all race support will be removed from the course on pro-rata 15

minute/mile pace.

Drink stations:

There will be a drink station shortly before three miles as well as at the finish.

Safety requirements:

- Obey the marshals at all times.
- Sorry, no dogs.
- Runners must not be accompanied or followed by bicycles.
- **The use of headphones is not permitted for safety reasons.** Marshals have been instructed to note the race number of offenders; they will be disqualified, not appear in the results and not be eligible for prizes.

Other:

Please be considerate towards other runners and to residents along the course as well as to other members of the public. The main toilet facilities are at the race HQ, please make use of them before heading to the start of the race, though there are also toilet facilities at the start/finish area. Please don't urinate in the open: this would risk the race not being allowed to use the recreation ground in future.

Prizes:

T-shirt and goody bag to all finishers.

We have taken note of size preferences for the t-shirt, but because the order had to be placed before all entries had been received, we have had to estimate the quantities of each size based on entries at the time of ordering. We hope that everyone will be able to have their first preference size and apologise if this is not always the case.

Individual prizes will be awarded in the following categories:

Men	Women
1st man overall	1st woman overall
1st, 2nd and 3rd place Senior Man	1st, 2nd and 3rd place Senior Lady
1st, 2nd and 3rd place V40	1st, 2nd and 3rd place V35
1st, 2nd and 3rd place V50	1st, 2nd and 3rd place V45
1st, 2nd and 3rd place V60	1st, 2nd and 3rd place V55
1st place V70	1st place V65

Team prizes will be awarded to the first team in each of the following categories, calculated by adding positions for the first three categories:

Men's Club Team (first four), Ladies' Club Team (first three), Corporate Team (first four), Most Money Raised by a Team. To score for a club team, runners must be first claim, wearing a club vest, and not representing a corporate team.

Since this is also a County Championship race, there will in addition be individual and team prizes awarded by Oxfordshire Athletics Association.

There will also be spot prizes.

Results:

Results will be available on our website, www.hrr.org.uk, as soon as possible after the race. They will also be put up at Oxsrad as soon as we have them. This year you will be able to get a printout with the details of your own result near the finishing line.

Chosen charity:

All profits from the race will go to support OXSRAD, a unique sport and recreation centre that is accessible to both the able and the disabled. See <http://www.oxsrad.org/>.

Updates:

Please check for any last-minute updates on the race website, <http://www.hrr.org.uk/h5m/>.

Queries:

If you have any queries or need further information, contact Philip Lister at racesecretary@hrr.org.uk.

Course map

