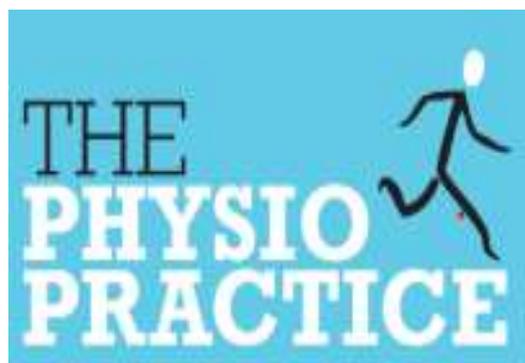




**Headington RoadRunners 5 Mile Road Race**  
**Sunday 29 August 2021, 9:30 am**  
**OXS RAD Sports Centre, Marston**



*Sponsored by*



# Headington RoadRunners 5 Mile Road Race 2021

## Race Arrangements in Respect of Covid-19

We are pleased to welcome you to the Headington 5M after a year's gap caused by the Covid-19 pandemic. While legal restrictions have been lifted we are very mindful that the virus is still present and that we all need to take care to limit the risks of spreading it. There will therefore be some differences in the way things are organised.

- OXSRAD is once again the race headquarters, but almost all activities will take place in marquees outside the building or in the open air.
- Please come ready to run. There will be portaloos outside OXSRAD, but there will be no changing facilities or showers available.
- Please leave bags in your car as far as possible as there will be limited baggage storage available. Volunteers will remain in the car park during the race.
- To protect us all, including OXSRAD's staff and vulnerable users, masks should be worn in the OXSRAD building. There is a one-way system in place and a cap on capacity in the centre at any one time. Please be patient if you are asked to wait to enter. There will be masks available if you haven't brought your own.
- Please maintain distance from other people, including when queuing to collect your number.
- Runners will be asked to assemble at the start line according to anticipated pace in order to avoid congestion. Bins will be provided for the disposal of masks for those who wish to wear one on the start line.
- At the end of the race please move away from the finish area as quickly as you can and adhere again to social distancing where possible.
- Results will be available online as usual. Those who have submitted their mobile number upon entering will receive their result by SMS. Unlike previous years a printout of your race result will not be available at the finish.

***We cannot stress enough that this is a small local race and we must protect other runners, our volunteers and our community so you MUST NOT come to the race if you have any symptoms of Covid-19 (i.e. high temperature, a new, continuous cough, loss of, or change to, sense of taste or smell) or have recently been in contact with someone with Covid, or if you have been required to self-isolate.***

***Please read and take note of the advice in the UKA COVID-19 Participant Code of Conduct which you can access via the downloads on this webpage: <https://www.runbritain.com/covid-19-uk-road-race-guidance>***

We are very grateful to all those who have made this race possible, including our sponsors and Marston Parish Council, Marston Saints Football Club 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.

## Timetable

The timetable for the day is as follows

7:30 onwards:	Race HQ open at OXSRAD
8:00 – 9:15	Race numbers available for collection from Race HQ
9:05	Walk to race start (less than 5 minutes from Race HQ)
9:25	Pre-race briefing at Start Line
9:30	Race starts
11:00	Prize-giving outside at Race HQ plus refreshments still available

## Race Information

**Date:** Sunday 29 August, 9:30 am.

**Venue:** The race HQ is at OXSRAD, Marsh Lane, Marston, Oxford OX3 0NQ. Toilets are available here, and also hot and cold refreshments and a cake stall before and after the race. ***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 4 and 6) and note information below on the location of parking:

- 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: information on buses to near the race HQ is available via this link: (<https://city.oxfordbus.co.uk/timetables-fares/cityx3-13#map>).

**Parking & Roadworks:** Parking for the race is at New Marston Primary School, via the entrance on Marsh Lane not far from OXSRAD. See the map on page 4. There is limited space in the public car park near OXSRAD so be prepared to park at the school and arrive ready to run; leave personal items in your vehicle. ***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.

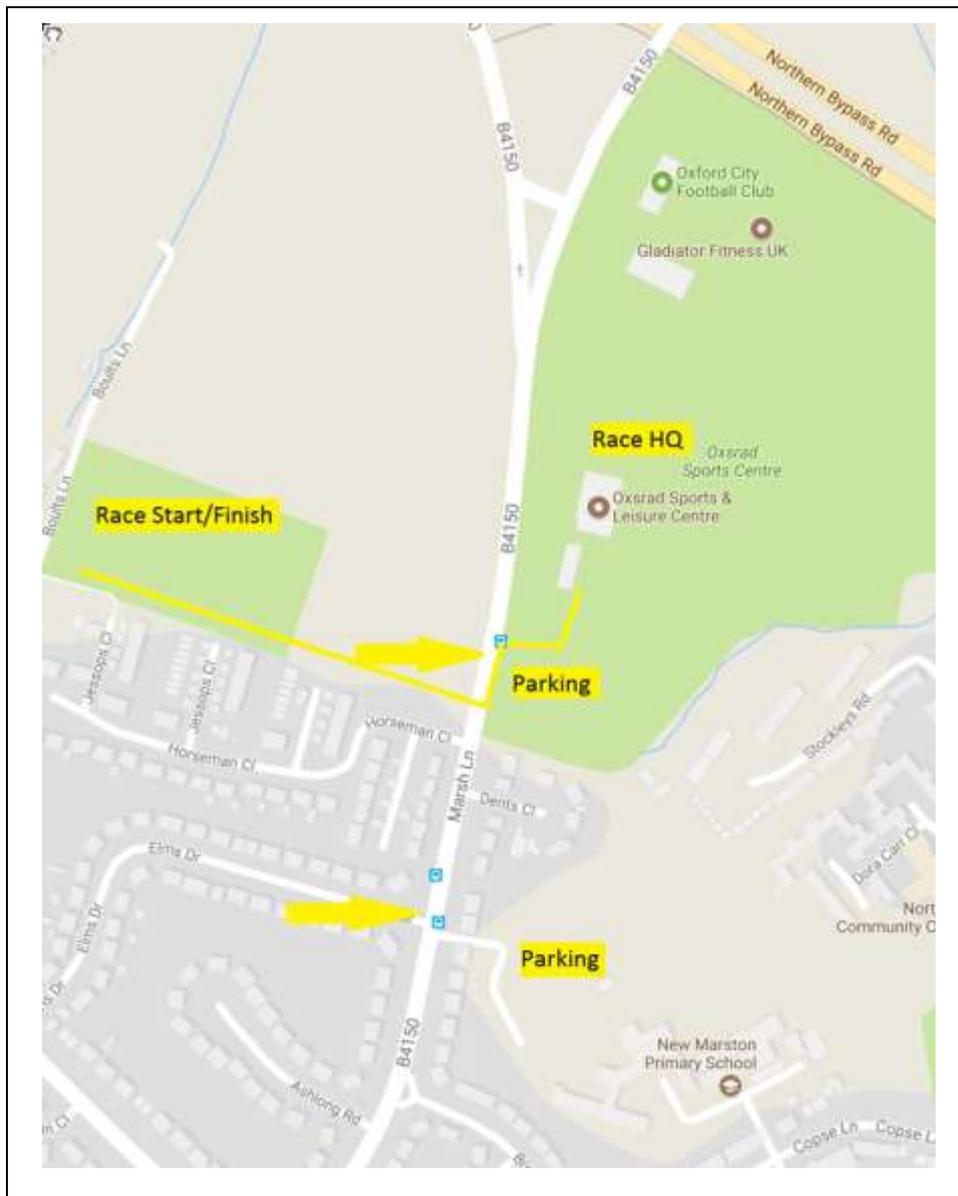
There are expected roadworks or temporary traffic lights in the Marston/Marsh Lane area the weekend of the race, so please allow extra time in case of traffic build-up or delays on the day.

**Race number & Transfers:** You will need to collect your number from Race HQ between 8:00am and 9:15am 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 when you collect it: 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 of their details by 27 August 2021 at [racesecretary@hrr.org.uk](mailto: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.

**Photos:** As in previous years, Barry Cornelius plans to take photographs of this race for publication on his website [www.oxonraces.com](http://www.oxonraces.com) and they may also possibly be used by the local press. You will be able to download his photos free of charge. ***If you do not wish your image to appear as a significant part of any photo that he publishes or provides, you should put a bold red cross across your number – felt tip pens will be provided for this purpose at Race HQ.***

**Start and finish:**

The race starts and finishes at Boult's Lane Recreation Ground, 3 to 4 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 pedestrian 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.

**Water:**

Water will be available at the drink station shortly before three miles and after the finish, where bananas will also be available for participants.

**Safety requirements:**

Obey the marshals at all times.

- No dogs accompanying runners.
- Runners must not be accompanied or followed by bicycles.
- **The use of headphones is not permitted for safety reasons.** Offenders may be disqualified, not appear in the results and not be eligible for prizes.

*If you drop out of the race please inform a marshal that you are doing so.*

**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 at OXSRAD, 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 fields or carparks surrounding the area: this would risk the race not being allowed to use the recreation ground in future.

**Prizes:**

Exclusive 2021 Technical T-shirt 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, 2nd and 3rd place V70	1st, 2nd and 3rd place V65

*Team prizes will be awarded to the first team in each of the following categories, calculated by adding positions: Men's Club Team (first four), and Ladies' Club Team (first three). **To score for a club team, runners must be first claim and wearing a club vest.***

There will also be Spot Prizes awarded to finishers on the day.

**Results:**

Results will be available on our website, [www.hrr.org.uk](http://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, and on <https://www.shoot4goal.com/view-race-results/>. You will also be able to receive an SMS with the details of your own result shortly after the race. ***If you do not want your mobile number provided to the chip timing company purely for this purpose, please let us know at [racesecretary@hrr.org.uk](mailto:racesecretary@hrr.org.uk).***

**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](mailto:racesecretary@hrr.org.uk).

# Course map

