



**Headington RoadRunners 5 Mile Road Race**  
**Sunday 28 August 2022, 9:30 am**  
**OXSRAD Sports Centre, Marston**



*Sponsored by*

**UP & RUNNING**

## Headington RoadRunners 5 Mile Road Race 2022

We are pleased to welcome you to the Headington 5M which is also an Oxfordshire Grand Prix road race and an Oxfordshire County Short Distance Championship Race. 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.

**Although Covid restrictions have now been lifted, please be mindful of the welfare of others and do not come to the race if you have Covid or think you might have. Also keep in mind that the OXSRAD building hosts vulnerable users and please adhere to instructions from centre staff while you are there.**

### 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 (5 minutes from Race HQ)
9:25	Pre-race briefing at Start Line
9:30	Race starts
11:00	Prize-giving in the hall at Race HQ plus refreshments still available

### Race Information

**Date:** Sunday 28 August, 9:30 am.

**Venue:** The race HQ is at OXSRAD, Marsh Lane, Marston, Oxford OX3 0NQ. Toilets and changing facilities are available here, and also hot and cold drinks and cold refreshments and a cake stall before and after the race. ***Because of ongoing building work there are now NO toilets available near the start line so please make use of the ones at OXSRAD.***

**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 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 second of two sets of traffic lights fairly close together. Just after the pedestrian crossing lights 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 first set of traffic lights. 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:** 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 3. There is limited space in the public car park near OXSRAD 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 & Transfers:**

You will need to collect your number from main hall in 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. **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 2022 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.

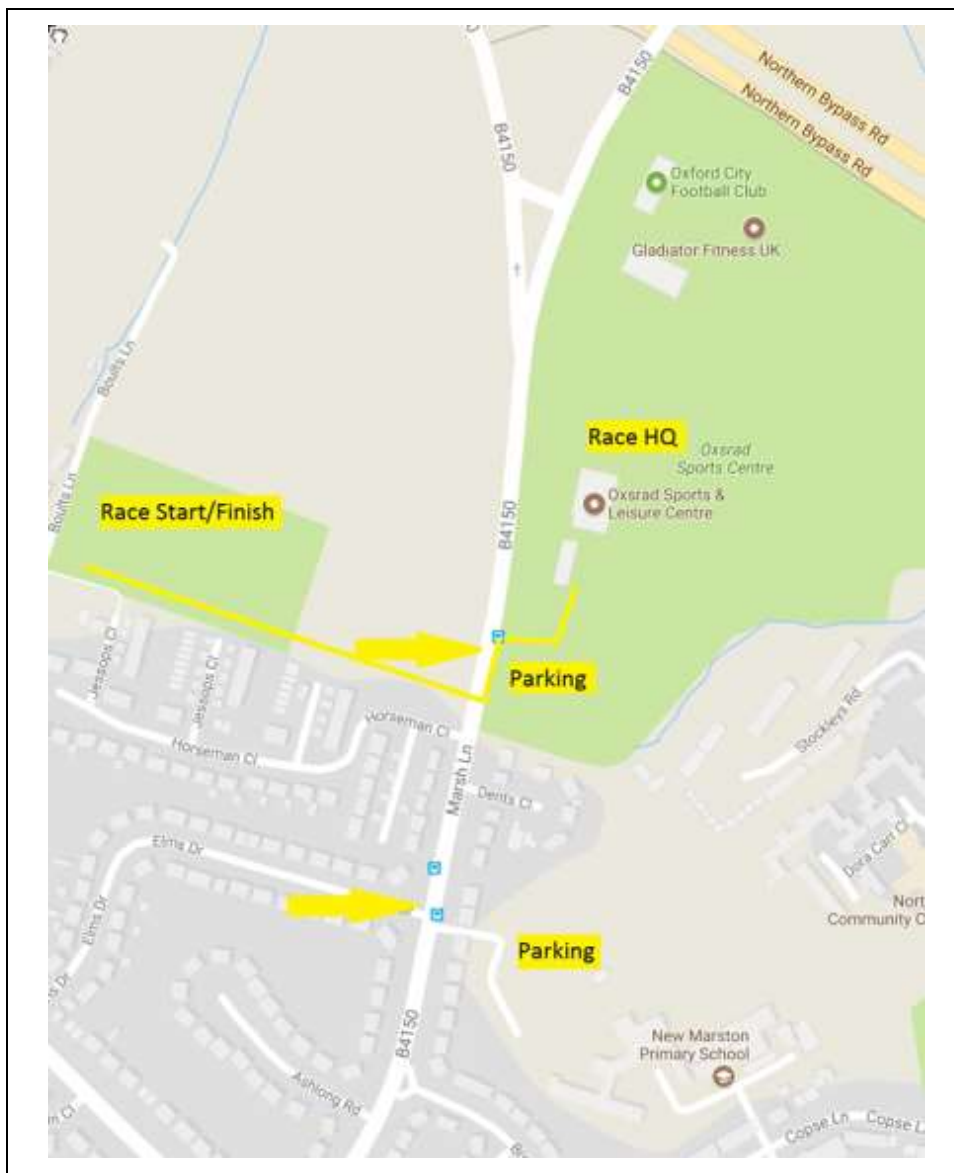
The race number has a **tear-off bag label** for you to use if you want to leave anything at the **baggage drop** in Race HQ.

**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. Ask at the desk if you are unable to find one.**

**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 Boults 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.

**Safety** Obey the marshals at all times.

- requirements:**
- 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 2022 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.***

The Headington 5M is also this year's ***Oxfordshire County Championship short course race*** with the same categories as above and team prizes calculated in the same way. However, please note the following:

- There are more restricted rules for individual prizes: while a medal will be awarded to the first finisher in each category, silver requires there to have been 5 or more entrants, and bronze 8 or more.
- Prizes will not be awarded on the day but at the Oxfordshire Athletics Association Road Race AGM, date to be announced. Names of prize-winners will be published soon after the race.

- As stated on the online entry form, to be included in the County Championships you must have entered at least seven days before the race.

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 [raceseecretary@hrr.org.uk](mailto:raceseecretary@hrr.org.uk)***. There will also be a printer at the finish where you can get your personal result.

**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, <https://hrr.org.uk/headington-5m/>.

**Queries:** If you have any queries or need further information, contact Philip Lister at [raceseecretary@hrr.org.uk](mailto:raceseecretary@hrr.org.uk).

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**Discount to participants in the Headington 5M**

You will be able to get a 10% discount on your purchases in any Up&Running store for two weeks after the race by showing your race number. Details are on the back of the number.

# Course map

