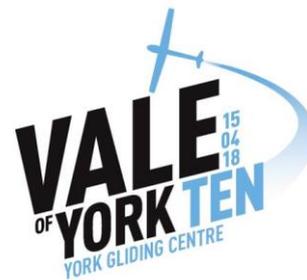


Race Day FAQs



What time does the race start?

9:30 am

Sunday 15th April 2018

Is there a cut-off time?

Not as such, but the roads will re-open to traffic at 12pm, 2 ½ hours after the race start. In 2016, the last finisher's time was 2hrs 30 mins and in 2017 it was 2hrs 35mins.

Where does the race start?

York Gliding Centre, Bradley Lane, Rufforth, York YO23 3NA. There's a map and instructions on the Gliding Centre's website: www.yorkglidingcentre.co.uk/location.shtml.

Where do I park?

All entrants **MUST** park on the runway at the Gliding Centre. There is more than enough parking for everyone and it is the shortest distance to the Race HQ. The **only entrance** to the car park is from Bradley Lane. There is no entrance from the B1224 (Wetherby Road). Anyone leaving before the last runner has finished will be directed to the northern exit (at the north end of the main runway) that leads to the B1224 (Wetherby Road).

Please park as directed by the marshals: do not drive across, or park on, any of the grassed areas. Do not attempt to park on the roads, as you will be blocking the course as well as being further away from both the Start and Finish.

If you want to be dropped off, do not drive into the car park because no vehicle once in the airfield will be permitted to leave before 10am. He/she can drop you close to the airfield entry road on Bradley Lane if desired. NOTE: the roads that make up the course (map [here](#)) close at 9:00 and no vehicles will be permitted into the closure after this time, except at the discretion of traffic management operatives.

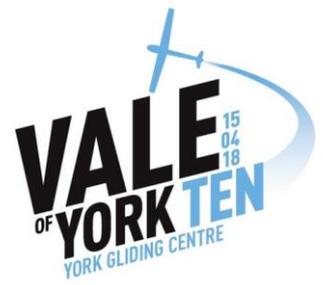
Important note for any club intending to travel by coach:

There is no access to the Gliding Centre for large (i.e.55-seater) coaches under any circumstances. Smaller (e.g. 16 seater) coaches or minibuses are not a problem. If your club or group has organized a larger coach to travel to the race, you **MUST** email evensplits@racebest.com immediately for instructions.

How do I get my race number?

Race numbers are **NOT** being sent out in advance. Your personal race number (which contains your timing chip) will be available for collection on the day at Race HQ. Race HQ will be open from 7:45 am and will be clearly visible from the car park.

You will not need specific ID to collect your race pack. Race packs will be distributed alphabetically by surname. To collect your pack you will be asked to confirm your name and your date of birth.



Please arrive in good time. Remember the race starts at 9:30am.

Don't forget to bring safety pins (although we will have a supply if you do!).

Wear your race number on the front of your running vest or shirt. **Do not** give your number to anyone else. Write your contact details on the back of your number in case of emergency.

What's at Race HQ?

- Number collection
- Toilets
- Baggage store (limited)
- Food and drink on sale
- Massage provided by Hands That Heal

What's the route?

The race is being held on an accurately measured 10 mile course. A route map is available [here](#).

From the Start Line on the runway, the runners will:

- Run north for approximately ½ mile to a turnaround point
- Run south back towards the start line and turn right towards the main entrance
- Leave via the main entrance, turning left onto Bradley Lane
- Continue onto Low Moor Lane
- Turn right onto School Lane / Dam Hill
- Turn left onto Seakel Lane
- Turn right onto York Road (the loop on the course is run anticlockwise)
- Turn left onto Catterton Lane
- Turn left onto Moor Lane
- Turn left onto unnamed lane (before reaching Bibrough)
- Turn right onto York Road, the immediately left on Seakel Lane
- Retrace outward route to the airfield
- Turn right into the airfield to the finish

Will there be water?

There will be 2 water stations providing bottled water on the course at approximately 3½ miles and 7 miles. There will also be water at the finish.

Please do not take more than one bottle of water from each water station; think of the runners behind you. If you feel you might need more than two bottles of water during the race, please consider carrying extra with you.

Please dispose of your bottle and any other rubbish responsibly (bins will be provided approximately 100 metres after the water stations and marshals will have bin bags too). The race is being held in a rural area and thoughtless littering may impact upon our ability to stage the race again in future. Anyone seen deliberately littering will be disqualified from the race.

Can I wear headphones?

We'd encourage you not to; it really is better to hear your fellow runners, listen to your breathing,

take in the atmosphere. But if you feel you just can't run without them, headphones may be worn as long as you take responsibility for the volume to be low enough for you to hear all marshal instructions and the words of those around you. Although the race is run on closed roads, that doesn't mean that emergency vehicles or access vehicles won't be present.

Will there be toilets?

There are toilets at Race HQ, including disabled facilities. There are no toilets on the course.

What will be in the goody bag?

As some people like medals and some people like t-shirts, we're giving you both: a high quality, unique technical t-shirt AND a bespoke race day medal. And some post-race nutrition (i.e. chocolate) too!

What are the prizes?

Prize giving will take place at around 11:15am at Race HQ. Prizes (and a trophy for the male and female winners) will be awarded in the following categories:

	Male Open	Female Open
1st	£100	£100
2nd	£75	£75
3rd	£50	£50
4th	£25	£25
5th	£15	£15
	M40	F35
1st	£25	£25
2nd	£15	£15
	M45	F40
1st	£25	£25
2nd	£15	£15

	M50	F45
1st	£25	£25
2nd	£15	£15
	M55	F50
1st	£25	£25
2nd	£15	£15
	M60	F55
1st	£25	£25
	M65	F60
1st	£25	£25
	M70	F65
1st	£25	£25
	Men's team	Ladies team
1st	£45	£45

There will also be a cash prize of **£100** for breaking the men's and ladies course records, set in 2016.

- Wondiye Indelbu, 0:51:00
- Hannah Oldroyd, Saltaire Striders, 1:01:02

Where will I be able to see the results?

The results will be published at <https://racebest.com/results/voy10> as soon as possible after the race.