

# Race Day FAQs

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## What time does the race start?

9:30 am

Sunday 14<sup>th</sup> April 2019

## Is there a cut-off time?

Not as such, but the roads will re-open to traffic at 12:30pm, 3 hours after the race start. In 2016, the last finisher's time was 2hrs 30 mins, in 2017 it was 2hrs 35mins and in 2018 it was 2hrs 37 mins.

## 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](http://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. Your driver 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, please email [hello@evensplits.co.uk](mailto:hello@evensplits.co.uk) 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.

All single use bottles will be sent for recycling after the event.



## Will there be pacers?

Yes! We're delighted that this year Northern Pacing Volunteers will be providing their pacing nous to our race for the first time.

So they'll be pacers for 1:10, 1:20, 1:30, 1:40 and 1:50.

## 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.

## Can I run with a buggy?

You may run with a buggy on the understanding that:

1. You run with a single (not a double width buggy) only.
2. You start at the back of the field, which whilst this would affect gun time it would not affect chip time
3. You ensure that you only overtake other runners when there is clear and safe space to do so. Most of the course is quite wide, but the start can be quite crowded, so for the first half mile or you may need to hold back.
4. You take full responsibility for the safety of yourself and your child and you are liable for any incident that arises from your use of a buggy during the event.

This policy is kept under review and will remain in place for as long as the participation of runners with buggies does not have any detrimental impact on any other aspect of the race.

## Can I run with a dog?

You may run with a dog on the understanding that:

1. You run with one dog only.
2. Your dog is on a short, non-extendable, lead.
3. You start at the back of the field, which whilst this would affect gun time it would not affect chip time
4. You ensure that you only overtake other runners when there is clear and safe space to do so. Most of the course is quite wide, but the start can be quite crowded, so for the first half mile or so you may need to hold back.
5. You take full responsibility for the safety of yourself and your dog and you are liable for any incident that arises from your dog's attendance at the event.

This policy is kept under review and will remain in place for as long as the participation of runners with dogs does not have any detrimental impact on any other aspect of the race.

## Where can I find photographs?

This year's race photographs are available for you to download free of charge, to share with your friends and family. Our official photographer, Wildman Media, will be positioned in various locations around



the course, so make sure you give a big smile when you see the camera! Images will be tagged with your race number and name a day or two after the event at <https://www.wildman-media.com/events>.

Feel free to share your own photos too in the [Facebook event](#).

### 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”?

In previous years, we’ve put your goodies in a single use plastic bag. This year, we’re trialling **no bags**.

Don’t worry, you will still get a high quality, unique technical t-shirt AND a bespoke race day medal. And some post-race nutrition (i.e. chocolate) too! You just won’t get a plastic bag to carry them in.

### What are the prizes?

Prizes (and a trophy for the male and female winners) will be awarded in the following categories for men and women:

	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
<b>Open</b>	£150.00	£125.00	£100.00
<b>V35</b>	£35.00	£25.00	£15.00
<b>V40</b>	£35.00	£25.00	£15.00
<b>V45</b>	£35.00	£25.00	£15.00
<b>V50</b>	£35.00	£25.00	
<b>V55</b>	£35.00	£25.00	
<b>V60</b>	£35.00	£25.00	
<b>V65</b>	£35.00		
<b>V70</b>	£35.00		
<b>V75</b>	£35.00		
<b>Team</b>	£75.00		

The prizes for the first 3 Male and Female finishers will be presented at 11:00am at Race HQ.

All other category winner prizes will be in the form of sportsshoes.com vouchers ([www.sportsshoes.com](http://www.sportsshoes.com)) and will be sent within 14 days of the event.

There will also be a cash prize of **£100** for breaking the men’s or women’s course records.

- Wondiye Indelbu (2016), 0:51:00
- Helen Cross (2018), York Triathlon Club, 0:58:56

### 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.