

# Wallingford Thames Run 5k and 10k Information Sheet



## Crowmarsh Gifford School on Sunday 19 May 2019 (9:30 am)

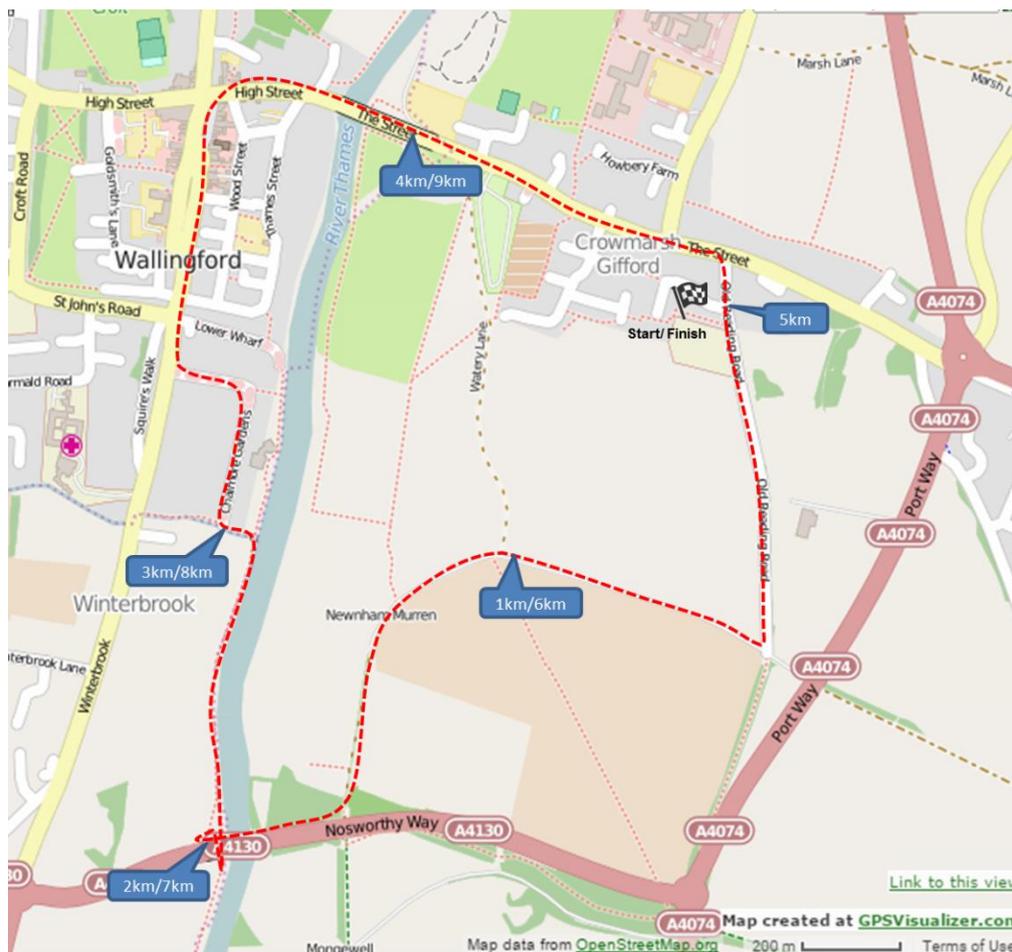
Under UK Athletic rules, Permit No 2019-35870

**Race location:** Follow the sign posted route to Crowmarsh Gifford School from the yellow signs. Car parking is at the Centre for environment and Hydrology (<https://goo.gl/maps/HGgecRsMbtT2>) approximately 800m from the start/finish. Alternative parking can be found elsewhere in Crowmarsh or Wallingford. No parking will be possible in the two pubs close to the start or on the Old Reading Road (as this will obstruct the start/finish area).

The full address is Crowmarsh Gifford School, Old Reading Road Crowmarsh Gifford Wallingford, OX110 8EN. The car park is on Benson Lane, Crowmarsh Gifford, Wallingford. The car park will be closed and locked at 2:30pm.

The closest railway station is Cholsey. There are buses from Oxford and Reading ([www.thames-travel.co.uk](http://www.thames-travel.co.uk)).

**The course:** The Thames Run is multi-terrain route along local footpaths and the banks of the River Thames, and back through the historic market town of Wallingford. For the 5k event runners complete one circuit of the route and for the 10k route two. Runners need to take care when approaching the finish area to ensure that they do not start a second lap (5k runners) or cross the finish line (10k runners). Marshals will be in place to guide runners onto the 5k finish or 10k second lap.



We do our best to make the run as free flowing as possible however there are some narrower sections and the odd gate on the course. For those who ran in prior years, the narrow muddy section has been removed from the course which makes the course faster overall.

There are two road crossings on each circuit within Wallingford Town before and after the bridge. Please be considerate to pedestrians and other runners, and take care when crossing roads during the run.

**Logistics:** The run starts and finishes at Crowmarsh Gifford School. On the day the site will be open at 08.00 and in addition to the race there will be attractions and refreshments available.



**Race start:** Runners to assemble for start near the front of the school by **9:10 am** for the race briefing and to be called forward by Race Officials. The fastest **10k** runners (sub 40 mins) are encouraged to start near the front and slower runners (60 mins+) towards the rear. **5k** runners will be asked to start at the rear of the field. Your timing chip, supplied by Stuweb, will give your 'gun' time and your actual time. Unless you expect to finish at the front of the field, there is no need to start from the near the front of the runners. Note immediately after the start you will be on a public road so be alert for traffic. The start may be held briefly until the road is clear.

**Water:** Will be available at the start and finish and after 5k for those participating in the 10k.

**Race finish:** After crossing the finish line please keep moving to the finish area where you will be presented with your race medal. We don't need the timing chips returned.

**Timetable:**

- 08.00 Gates to Crowmarsh Gifford School open
- 08.00 Race number collection and on the day registration opens
- 08.15 Baggage drop open (please present your race number to drop and collect)
- 09.15 Final call for Thames Run and briefing from the Race Start Co-ordinator
- 09:30 Start from the main site entrance. Please line up in order of expected time.
- 11.05 Award ceremony on the school playing field.
- 11:30 Course clean up commences
- 14.00 Fete ends and site is closed.

**Results:** Provisional results will be available on the day and in due course it is planned they will be posted to our website at [www.thamesrun.co.uk](http://www.thamesrun.co.uk)

**Trophies to be awarded this year:**

- 10k - 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> males and 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> females
- 10k - 1<sup>st</sup> Veteran men and female (age 50 or over on the day)
- 5k - 1<sup>st</sup> male and 1<sup>st</sup> female.
- 5K - 1<sup>st</sup> male and female under 16

**Parking:** There should be sufficient space to park at the Centre for Environment & Hydrology (CEH). Please park sensibly as directed by car park marshals. You will be asked for a voluntary contribution for parking. All donations will go to Style Acre - one of our designated charities. In the event you arrive late and the car park is full, you will be directed to alternate parking. No parking will be possible near the start finish on Old Reading Road. This is to ensure that there is no obstruction to the route.

**Toilets & changing:** We regret that there are no changing facilities. There are portable toilets and possessions may be left in the baggage area strictly at your own risk. We will keep an eye on them for you, but cannot guarantee their safety. Please present your race number to drop and collect baggage items. Toilets are positioned near to the start line. They will get busy just before the run starts so please be patient!

**Refreshments/attractions:** As usual we will be providing refreshments which include tea, coffee, soft drinks and, ice cream. There will also be a BBQ to fill that gap after your exertions. The school will be running a fete, alongside the run and families & friends are welcome to come along and enjoy the attractions whilst you run.

**Sponsors:** We thank all our sponsors and supporters. Also our volunteers and marshals who without their help this event would not take place.

**Volunteers:** We always welcome volunteers to help either marshalling or in the start and finish areas. If you have a friend/family member that would like to help, please email [thamesruncommittee@gmail.com](mailto:thamesruncommittee@gmail.com).

**Fundraising:** Your registration fee is used to cover the costs of putting on the event and to support our chosen charities. If you wish to support your own choice of charity you are welcome to raise as much money as possible in personal sponsorship.

If you'd like to make a direct donation to Style Acre, please do so via their website: <https://styleacre.org.uk/>

**Organisation on the day:**

Race Director – Bob Hendy  
Committee Secretary – Sophie Horsley  
Referee & adjudicator – Theresa Lamble  
Course Marshalling – Rob Stevenson  
Race HQ – Pauline Bedford  
Chip Timing and Results – Stuweb  
First Aid – Alpha Care Ambulance Service

**Condition of the course and race cancellation:**

The race route includes sections that run along the river bank or are close to the river. We cannot control the river level or the weather, so we reserve the right to change the race course to our “wet weather” route without prior notice if, in the opinion of the race committee, the standard race route is unsafe or flooded.

In the extreme event that the wet weather route is also considered by the race committee to be unsafe or flooded then we reserve the right to cancel the race at up to 24-hours from the race start time. Should this occur notification will be sent by email to your race entry email address. We regret that we cannot offer refunds if the race is cancelled due to extreme conditions as we will have already incurred all our running costs. As we organise the race to support local and national charities we ask for your understanding and support.

**Feedback:** We welcome feedback after the event – good or bad! Please send your comments to [thamesruncommittee@gmail.com](mailto:thamesruncommittee@gmail.com). Please also contact us if you'd like to help next year...

**Runner Information:** All runners will be briefed by the Race Start Co-ordinator immediately prior to the race about potential hazards. This includes:

- ❖ the need to keep to footpaths,
- ❖ taking special care when crossing roads, the marshals are on the course to direct you and
- ❖ will not to stop the traffic
- ❖ keeping clear of livestock
- ❖ being considerate to other runners when going through kissing gates and narrow sections
- ❖ ensuring you consume sufficient water
- ❖ not using mobile phones or music players whilst you run

Details of the route will be displayed at Registration and is also available on the Wallingford Thames Run web site.

**General Route Safety and Marshalling:**

- The route is partly cross country hence it is possible that some slips and trips may occur however the Organising Committee will endeavour to ensure that as far as reasonable practicable significant hazards will be either be removed or marked accordingly.
- All significant route changes points will have at least one marshal to supplement signage.
- All marshals will be fully briefed prior to taking up their stations by the Volunteer Marshal Coordinator. They have been instructed to bring a mobile phone and will have the number of the First Aid providers and Race Director. All marshals will be provided with, and be expected to wear yellow hi-vis bibs for visibility.
- Marshals will be provided with a leaflet detailing; the route, their position on it, their duties and emergency contact numbers.
- Route marshals will remain at their station until stood down by the "sweeper".
- If you have any difficulties during the run please contact a marshal.

**Be sun smart:**

Keep an eye on the weather forecast. In recent years **racers were hot** so if the sun is out again, please take fluids on board before the race and consider wearing a cap and some high factor sun cream. Water will be available at the finish and at the water stop (just after the 5k marker on the 10k route).

**Collecting your race number:**

Timing chips and race numbers will be available for collection from around 8.00am. We suggest you bring confirmation of your entry when you collect your timing chip and race number, just in case of any problems.

**Attach your disposable timing chip to your running shoes and fill in the back of your running number before you start. Please make sure the number is visible on the front of your vest during the run.**

**Final checklist:**

Running shoes and socks, shorts, T-shirt/vest, sunscreen and pins. Plus a positive attitude!

**On day entries:** There will be entries available up to our limit of 600 entrants for the 10k and 300 for the 5k. On the registration will start at 08.00am in the School Hall. Cash and cheques will be accepted. Entry costs will be £20 for the 10k (16 and over) and £15 for the 5k (13 and over). Please bring exact change to help speed up the entry process.