

# Hungerford Hares

## Harey 8 & Fun Run



***Welcome and thank you for entering the Hungerford Hares 6th Harey 8 race.***

***We hope you'll find all the information required for an enjoyable day and will become a regular addition to your racing calendar!***

### **RACE INSTRUCTIONS**

The race start is 10:30am on Sunday 18th June 2017 at the Hungerford Rugby Club, The Triangle Field, Priory Road, RG17 0AN

### **CAR PARKING**

Please use the The John O'Gaunt School parking facilities, which will be sign-posted from the A338 Salisbury Road.

### **ON THE DAY**

**TO THE START:** Marshals and signs will guide you from the car park to the race HQ at the Rugby Club.

**NUMBER COLLECTION:** Please collect your race number at the Rugby Club before 10.00am on race day. We ask that you write your name and emergency contact details on the reverse, indicating if that person will be with you on race day.

**FUN RUN: (£2)** Please enter on the day before 9.30am, entry forms will be at the Race HQ.

**BAG STORAGE:** You may leave your kit bag in the Rugby Club. Members of our team will be in the club during the race, but this is not secure storage.

**THE COURSE:** Approximately 8miles, with a mixture of footpaths, tracks, a few stiles and gates, with a little bit of road. There are a few gentle slopes, can't really call them hills.

Spikes are **NOT** recommended as weapons of choice but shoes should have a good grip.

**NO** dogs please, as it is likely that there will be livestock en route.

**HEADPHONES:** **Please do not wear! It is vital that you can clearly hear all instructions given by either Race Officials and/or Marshals whilst you're on the course, we're not being miserable, it is for you own safety, please obey the rules.** From 1 April 2016 a new rule regarding the wearing of head phones in road races was introduced into the 2016-2018 edition of the UKA Rules of competition: *'The wearing of headphones, or similar devices, (other than those medically prescribed), is not permitted in races on any single carriageway road that is not wholly closed to traffic.'*

**REFRESHMENTS:** BBQ, Cakes, Tea, Coffee & Bar will be available in the Rugby Club before and after the race.

**TOILETS:** There are toilet facilities within the Rugby Club.



## **THE RACE**

- The Hungerford Harey 8 is a Multi-terrain race, which follows footpaths and common land. It could be muddy and in places rutted and difficult under foot. There are stiles and small wooden bridges to cross as well as gates to open, so do take extra care.
- A map of the course and a copy of the Risk Assessment will be displayed in the Rugby Club on race day.
- The course will be marshalled and marked. Water will be available around the 2.5 & 4.5 miles, as well as at the finish area.

***Participants must be fit to run the race, and do so at their own risk. The race organisers cannot accept any liability for injury, loss or expense that may arise as a consequence of any individual participating in the race.***

## **AFTER THE RACE**

**PRIZES:** will be awarded in the Rugby Club at 12 o'clock or as soon after as possible.

There will be prizes in the following categories: **Prize winners; will only receive one prize this year even if they have won in 2 categories.**

1st, 2nd, 3rd Female 1st, 2nd, 3rd Male

1st Female Vet F35 1st Male Vet M40

1st Female Vet F45 1st Male Vet M50

1st Female Vet F55 1st Male Vet M60

**MEMENTOS:** You will leave with a lovely reminder of your great run: please collect your hand painted pottery mug or buff from the clubhouse after the race.

**RESULTS:** They will be posted on the Hungerford Hares website as soon as possible after the event. Visit [www.hungerfordhares.co.uk](http://www.hungerfordhares.co.uk).

## **PHOTOGRAPHS**

There will be a photographer on the course taking photos of the day, so don't forget to smile when you pass! A link from the Hungerford Hares website will be available to view all the photos as soon as possible after the race.

## **CONTACT DETAILS & ANY FEEDBACK**

We would love to hear your feedback after the day. If you have any comments or if you need further information please contact the Race Directors, Mandy Waldon at [mandyjrouse@gmail.com](mailto:mandyjrouse@gmail.com) or Claire Digweed [mc.digweed@btinternet.com](mailto:mc.digweed@btinternet.com)

**LICENSE:** RACE NUMBER TRA/788

The Hungerford Harey 8 is Licensed under UK Athletics Road Race rules & regulations.

***Hungerford Hares would like to take this opportunity to wish you a safe and an enjoyable race, Good Luck!***

