



Roc Newbury 10k

Race Timetable

08.30 Race HQ will open

Participants are to assemble 10 minutes before their run, in the Market Place wearing their race number (which will have a timing chip attached) pinned to the front of their top. Please do not tamper with or put a pin through the foam timing chip.

09.00 U16 runners assemble in the Market Place for warm up by [BST Fitness](#)

09.10 Start of 0.9 K (approx) run for 5-11 years

09.20 Start of 1.5K (approx) run for 11-15 years

09.40 Presentations for U16s

09.50 10K runners assemble in the Market Place

10.00 **Start of 10k race**

10.33 First runners arrive back at the finish

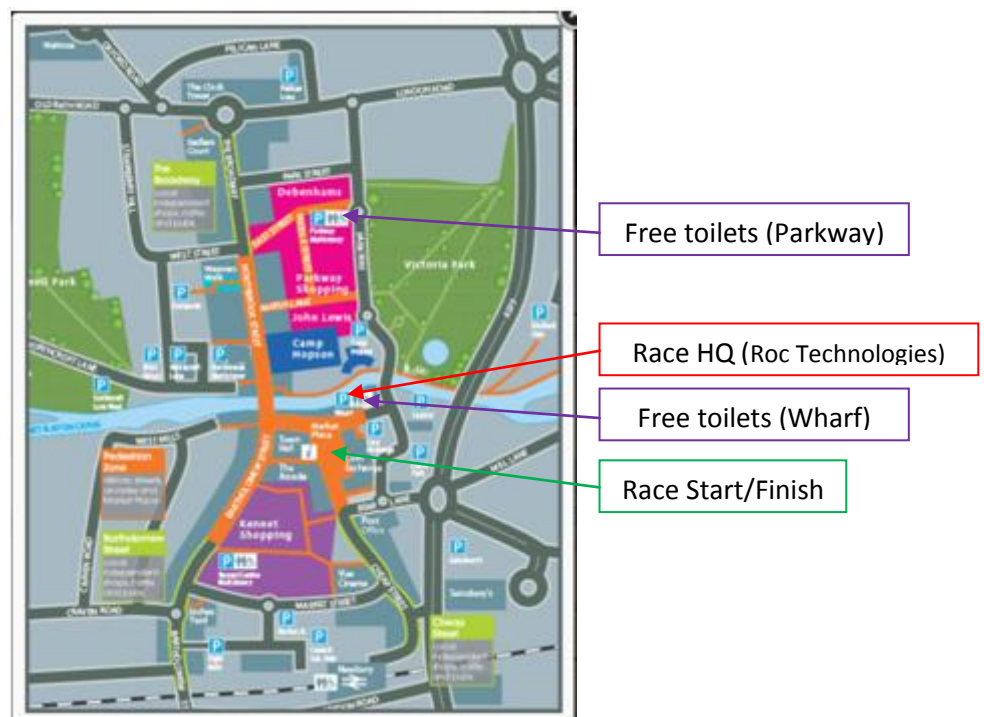
11.40 Presentation of trophies for the 10K

1. Time and place

The Roc Newbury 10K and pre-event runs for U16s take place on Sunday 26th May 2019, as per the above timetable. The events all start in the Market Place, Newbury. Information and Race HQ will be in Roc Technologies Limited, Wharf House, Wharf Street, Newbury, RG14 5AP.

2. Car parking

Please park in one of the public car parks identified on the site and facilities map enclosed. Please note that there are Sunday parking charges in most Newbury car parks (<http://info.westberks.gov.uk/article/27883>).



Please do not park on the course route or at the Race HQ. If you do park in the street, please be considerate to local residents.

3. Toilets

From **8:30am till noon** the toilets in the Wharf car park near the taxi rank shown on the site and facilities map will be free to use. From **9am** the toilets in Parkway Shopping Centre shown on the site and facilities map will be free to use.

PLEASE USE THE FACILITIES PROVIDED AND RESPECT THE LOCAL RESIDENTS.

4. Changing and baggage facilities

Available at the Race HQ. There are baggage facilities where bags can be left at your own risk and limited changing facilities; competitors are encouraged to arrive changed.

The Organisers cannot accept any responsibility for your **valuables**. Please leave them with friends or relatives.

5. Reporting

If you entered before the 10th May and have received your race number you do not need to register on arrival in Newbury. Late entrants can collect their numbers from the Race HQ on the day.

6. Running numbers

Attach your number securely to the **FRONT** of your vest / T-shirt using four safety pins, be careful not to damage the foam timing strip. Your number **MUST** be in place and legible at all times during the race. Please fill out your details on the back of your race number in case of an emergency. **DO NOT** transfer your running number to anyone else. If you do not want your race photographs appearing on our website or other promotional materials, please mark your number with a red box, but **DO NOT** obscure the numbers. Red pens for this will be available for this at Race HQ.

7. The course

The courses will start and finish in the Market Place in the town centre. The race will be led by two cyclists. Marshals will be strategically placed around the courses and the routes will be marked with arrows and the main race with kilometre markers. Runners should follow marshals' instructions at all times and in the 10K, as not all of the route is traffic free, run on the left hand side of the road, unless told otherwise and must not wear headphones.

PLEASE REMEMBER TO BE COURTEOUS TO OTHER MEMBERS OF THE PUBLIC, AND THAT, ALTHOUGH THE 10K COURSE IS A MULTI-TERRAIN ROUTE, THERE ARE SECTIONS ON THE ROAD AND THERE ARE ALSO NARROW FOOTPATHS AND TOWPATHS ON WHICH SINGLE FILE RUNNING IS ADVISED, EXCEPT FOR OVERTAKING. EVERY EFFORT WILL BE MADE TO ENSURE A CLEAR RUN, BUT THERE WILL BE MEMBERS OF THE PUBLIC NOT CONNECTED WITH THE RACE GOING ABOUT THEIR NORMAL BUSINESS. PLEASE, FOR YOUR OWN SAFETY, OBEY THE HIGHWAY CODE AND ALLOW PEDESTRIANS TO GET BY, PARTICULARLY ON THE TOWPATH. THE COURSE HAS BEEN DESIGNED WITH YOUR SAFETY IN MIND. Please refer to <http://www.newburyac.org.uk/road-running/newbury10k> for more detailed information on the route.

8. Headphones

The race is being run under a UK athletics licence and the wearing of headphones is strictly prohibited under UK Athletics regulations. Anyone seen wearing any type of headphones during the race will be disqualified. For your own safety and the for safety of others - not all of the course is on closed roads so it is important that you can hear approaching traffic and marshals instructions, plus on the narrow sections of the course that you can hear other runners overtaking.

9. Drinks stations

Water will be provided at the finish in all events and, in the 10K, at approximately 4K and 6.5K. Please ensure that you also drink plenty of water before the start. Please dispose of plastic cups/bottles and other rubbish as close to the water stations as possible to assist in clearing the rubbish post race.

10. Dropping out

If you need to pull out of the race for any reason, please report to the nearest marshal who can direct you back to the Race HQ or summon First Aid cover if necessary.

11. Finish

Your time will be recorded as you pass the finish gantry. Please proceed promptly through the finish funnel to collect your medal, goody bag and a drink.

12. Results

Chip timing will be provided by [Split Second Timing](#) and a digital clock will display times at the finish. Kilometre markers will be placed along the 10K course. A full set of results will be published on the Newbury Athletic Club website as soon as possible after the race. www.newburyac.org.uk

13. Presentations

In the pre-event for U16 races individual trophies will be presented to the first three boys and first three girls in the following categories: 5-8, 9-11, 11-13 and 14-15

In the 10K race individual trophies will be presented to the first three men and first three women overall and the winners in the following categories: MV40, MV50, MV60, FV40, FV50, FV60.

In the 10K race a trophy will be awarded to the first male team of three and first female team of three.

No competitor will be awarded more than one individual trophy, but a runner may qualify for both an individual and team award.

Presentations will take place in the Market Place.

14. Catering

There are numerous coffee shops, restaurants and pubs in the town centre.

15. Proceeds from the entry fees

The total amount taken in entry fees will be split between [the Wooden Spoon charity](#) and Newbury Athletic Club. No further money needs to be raised for this event, although, runners are encouraged to raise money for their own chosen charities.

16. First aid

EMC Medical Services will be on site for any emergencies. If you require medical attention, contact the nearest marshal.

17. Information desk

If you have any questions on the day of the race, please go to the information desk located in the Race HQ.

18. License

The Roc Newbury 10K is licensed by **UK Athletics – License number: 2019-36780**. Race Referee is Ken Littlejohns and Race Adjudicator is John Hoare.

19. Health and safety

Athletes should be prepared for a hard physical effort, uneven road and footpath surfaces in places, some jostling at the start and the presence of other road or footpath users, and vehicles. If you were to enter water (which would be a very unlikely event) there is a possibility of Weil's disease being present.

20. Photography

Please be aware there will be a photographer taking pictures of the race. If you do not want your race photographs appearing on our website or other promotional materials, please mark your number with a red box, but **DO NOT** obscure the numbers. Red pens for this will be available for this at Race HQ.

21. Clothing

Please dress appropriately for the conditions and take precautions against the sun, if appropriate. For your safety and the safety of others, running the race whilst **wearing headphones is strictly prohibited**.

22. Travel and directions

By Car

Newbury is 55 miles west of London, 3 miles from junction 13 on the M4. The town is linked by the A34 from Oxford (the north) and Winchester (the South).

From junction 13 (M4), we recommend you follow signs south to Winchester (A34).

From the A34, we recommend you leave at the A4 (Hungerford/Newbury/Speen) junction. Follow signs to Newbury (A4 Bath Road).

By Train

Newbury station is served by the Great Western (Paddington) line. You can get to Reading where there are multiple connections in less than 30 minutes

Newbury station is only a 5 - 10 minute walk from the Race HQ.

22. Acknowledgments

Newbury Athletic Club would like to express their thanks to Roc Technologies for their generous sponsorship of the race, enabling race proceeds to be donated to charity. Newbury Athletic Club and Roc Technologies would also like to thank the following organisations and people listed for their help in making the Roc Newbury 10K possible:

Sir Richard Sutton Estates Limited (Benham Estate)
Adrian & Jo, Speen House
West Berkshire Council
Newbury Town Council
John Hoare – Race Adjudicator
Ken Littlejohns – Race Referee
Newbury Corn Exchange
Parkway Shopping Centre
The Canal & River Trust
Volkers Highways
Fyffes Bananas
Newbury Mayor
Council Chairman
Mencap
Kennet Radio
Newbury Weekly News
Natures Corner
Mark Davies – Race Photographer
BST Fitness

Sponsors:



Organisers:



This year's chosen charity:



Supported by:



23. Race routes

10K

