



HIGHCLERE CASTLE 10K
SUNDAY 22nd SEPTEMBER 2019
Sponsored by Stryker

Junior Race starting at 10:05am
Main race starting 10:30am

Thank you for entering the 2019 Highclere Castle 10K race. The race is organised by Newbury Athletic Club, is kindly sponsored by Stryker and helps raise money and awareness of the MS Society. We are the guests of Lord and Lady Carnarvon, who have given us this unique opportunity to run in the grounds of Highclere Castle.

Runners are requested to keep within the areas of the car park, race village and the route.

There will be no access to the castle.

There is no opportunity to practise on the course prior to the race.

PLEASE TAKE TIME TO READ THESE INSTRUCTIONS CAREFULLY.

Getting There

Highclere Castle is 8 kilometres (5 miles) south of Newbury. There is no public transport. Cars, cycles and pedestrians are requested to use the Main Gate, which is on the east side of the Estate, accessible by private bridge over the A34. Brown tourist attraction signs, are available from major routes. If you wish to use a sat nav use the postcode **RG20 9LE** which is for a local restaurant, then from there please follow the brown tourist signs to the main entrance.

Parking

Follow the directions to the race car park; marshals will direct you to your parking place. Please park facing downhill towards the exit. The car park is next to the Start/Finish area, and all the race facilities will be close at hand. **Do not park** in any other part of the estate.

Entries on the day

If members of your party need to enter on the day, **arrive before 9:45am** to have the best chance of getting a run. Please note that entries on the day will cost £16 and will be **cash only**. Newbury Athletic Club wants as many athletes as possible to take part, but reserves the right to close entries in the interests of safety and preserving the enjoyment of those who have entered in advance. We have a maximum number of entries allowed and once that number is reached entries will be closed.

@Newbury_AC will feed live entry updates on Twitter in the lead up to the race. There will also be updates of the Newbury AC club website.

Facilities

Drinking water is available at the finish and at half way. Chemical toilets will be placed in the start/finish area. There are no designated changing facilities and no showers. A commercial mobile caterer will have hot and cold snacks for sale, an ice cream van will be selling ice creams and lollies and Newbury Athletic Club will have cakes for sale. There is no baggage facility but bags may be left in or near the marquee **at the owner's risk**. There will be trained staff and an ambulance on site for the duration of the event.

Junior Race

The junior race will start before the main race at **10:05 prompt** we will be staging a 2000 metre race for young athletes. The entry fee is £3 to be paid on the day. There will be prizes for boy and girl entrants in their age categories. The entry tent will be signposted in the Start/Finish area.

Race numbers

Your race number will need to be collected on the day so please ensure you arrive in plenty of time to do so. We recommend you aim to **arrive by 09:45 at the latest**. **Please write any specific medical information on the back and fix it to the front of your running top.**

The Start

The start and finish is adjacent to the parking area. You will be called forward to the starting area from 10.20am; we strongly encourage slower runners to start further back, so that we can all enjoy a safe and smooth progress.

The Course

The route is an undulating single lap. It passes over tarmac roads, gravel tracks, woodland paths and across fields. There are no stiles, jumps, bogs or ditches, but, depending on weather conditions, some surfaces could be muddy, slippery and uneven.

There is also a short section on an open public road so please take care and follow the highway code and take extra care and be prepared to run in single file. The race will be run under UK Athletics Rules and so runners are **not allowed to wear headphones as the road is not closed to traffic**. Runners are advised to wear appropriate footwear. The route is well marked and marshalled, each kilometre is indicated, it is generally sheltered and we do not anticipate any problems from extreme weather conditions. Marshals around the course will be in mobile phone contact with the central area. The course is not suitable for buggies. As you run, you will be rewarded with stunning views of the castle and its famous dramatic setting.

Injured?

If you are local, and for some reason unfit to run on the day, why not volunteer to be a marshal? Contact us at newburyathleticclub@gmail.com . If you drop out whilst on the course please let the nearest marshal know who can direct you back to the start area or summon first aid cover if required.

Similarly, if you see someone injured on the course please tell the closest marshal as you pass so they can deal with the situation appropriately.

Results

Results are based on gun time only. They will be recorded by hand by our timers. Prize-giving will take place as near to 11:45 as possible. Full race results will be available on our website, www.newburyac.org.uk, by the following Tuesday.

Prizes

Individual prizes will be awarded to the 1st 2nd & 3rd overall Male and Female finishers along with winners in the following categories M40, M50, M60, F35, F45 & F55. Any individual can only qualify for one individual prize and one team prize. There will be a team prize for the first 4 male runners with the lowest position score and a team prize for the first 3 female runners with the lowest position score.

Multiple Sclerosis Society

The MS Society has been our selected charity for many years. The Newbury and District branch help with the race and operate the water stations year in, year out and it's much appreciated. The race would not run without them and we welcome you to help those less able than yourself by being sponsored for this good cause.

Dogs

Due to the proximity of livestock on this working estate, **dogs are not permitted at this event.**

Spectators

It is vital that spectators remain in the Start/Finish area at all times, the Castle and grounds are closed and there is no access to the Castle or any other parts of the course to anyone apart from runners and designated marshals. Marshals and security staff must be obeyed at all times.

Photographs

There is no official race photographer for 2019 but please be aware that your photo may be taken by someone and could be posted on social media. Drones are not permitted in the grounds of Highclere Castle.

The Future

It's with the generosity of the Carnarvon family, the support of Stryker, the incredible efforts of the MS Society volunteers and the enthusiasm of the Newbury Athletic Club volunteers that this great event can take place each year. Thank you to all that have offered their support and help with this years race; It is very much appreciated. And the biggest thanks to you who have entered, you're helping keep this race running!