



# Headington RoadRunners

AND



present the  
Headington 10km

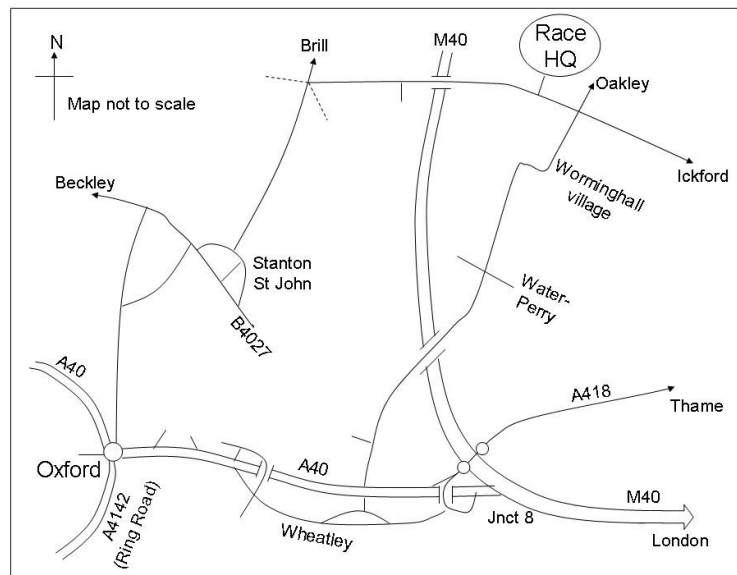
10.30am Sunday 5th September 2010

Worminghall Airfield, Bucks, HP18 9JX, Grid Ref SP637091

Under UK Athletics Rules, Licence number 2010-100831

## Race Information

**Directions:** The Airfield is situated to the north-west of the village of Worminghall, on the Oxon-Bucks border. The entrance to Race HQ will be signed from the centre of the village, and for the last mile or so if approaching from the Oxford direction.



**Parking:** Parking is on hard-standing. Please follow marshals' directions for parking and beware of other runners, small children etc. Please also be aware that the land is also a working farm. In the event of adverse weather in surrounding days, it may be necessary for harvesting machinery to be moving around.

**Race number:** Please ensure your race number is clearly visible from the front and complete the details on the back of the number before the race. If your number has already been sent to you, there is no need to register on the day, otherwise it can be collected from the administration tent up to 10 minutes before the race (but please don't leave it this late!) Note that for insurance reasons you should not let anyone else use your number without telling us. If you are unable to run and wish someone else to use your entry then please contact the Race Director, Luke McNeill on 01865 768196.

For anyone not pre-entered, there will be entries on the day provided that the entry limit has not been reached - please check [www.hrr.org.uk](http://www.hrr.org.uk) for the latest information.

**The course:** The course is a single lap which starts and finishes at the same point. There are no hills and the course is almost flat (and hence windy). Each km will be marked. The race is based around an airfield, and the race HQ is in an open area, so runners and participants should be prepared for the likely weather conditions.

The centre section of the course is on quiet public roads; these will be marshalled but open to traffic. Please be aware of this, keep well to the left at all times, and obey any instructions from the marshals. There will be a water station near half way.

The race will be run under UKA rules – Licence number 2010-100831, and has a measurement Certificate of Course Accuracy No SEAA005/027.

**Facilities:** At Race HQ area there will be race administration, a dry attended baggage storage area, toilets, a basic changing area (i.e. a tent!), and tea / coffee / refreshments will be on sale. We also hope to offer pre- and post-race massage.

**Results:** Results will be published soon after the race on our Web site [www.hrr.org.uk](http://www.hrr.org.uk). Alternatively, complete an envelope on the day, enclosing 50p, and we'll post them to you.

**Prize-giving:** This will take place as soon as possible after the finish, in the administration tent. Prizes will be awarded to the overall fastest runners, plus 1st, 2nd and 3rd in each age category, except junior, where only the first place will receive a prize.

**Fun Run:** There will be an informal Fun Run, starting at 10.35 from the same start as the main race. Entries are £1, which will be collected on the day at the 'late entries' desk.

#### **Other information**

There is a thatched pub in Worminghall with a large garden - the Clifden Arms. They expect to be serving lunch on Sundays - it may be advisable to phone ahead - 01844 339273. To get there, turn left from out of the race car park, and right at the crossroads. It is signposted in the village.

Waterperry Gardens, in Waterperry the far side of Worminghall village, provides a stunning oasis of calm and beauty in the heart of the Oxfordshire countryside and is open 10.00 – 17.30.