



RUNNERS INFORMATION/ PRE-RACE BRIEFING

Monday 29th May 2023 at 11am

Please read all of this information carefully.

Further info is also available at www.broadoak10k.co.uk

Race Route: The race is a fully marshalled course that follows a figure of 8 through the village of Hatfield Broad Oak on closed roads starting in the High Street and ending on the Village Green. The course is gently undulating and on road throughout until the final 800m as it enters the Village Green at the finish.

Age Limit: All runners must be 15 or over. Marshals will stop any adults running with children if it is safe to do so, take a note of the running numbers and report this to Race HQ.

Race HQ: Race HQ will open from 8.30am and is located on the Village Green which can be accessed via the high street opposite the village school or via walking through the Flower Festival Car Park situated behind St Mary's Church. At 10:50am there will be a verbal Race Briefing in front of race HQ.

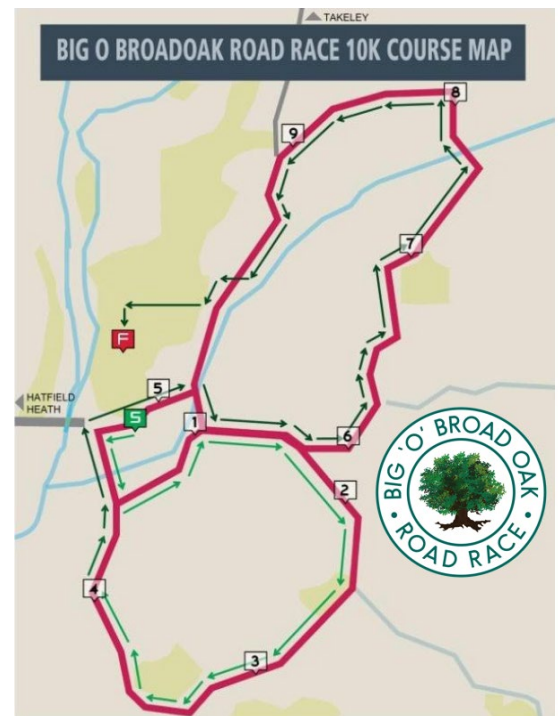
Race Packs: Race packs include your running bib and timing chip. Please see the separate race pack sheet for more details on collection and chip attachment. It is against the rules to swap running numbers without agreeing with us first, anyone caught running in another person's running number will be disqualified. This is also for Health and Safety purposes.

Race Day Parking: There are 2 car parks which are clearly signposted, and we ask that you do not park illegally on grass verges or the race route. Arrive early to give yourself plenty of time to negotiate any traffic build-ups and delays.

- SAT NAV POSTCODE: CM22 7HH- please follow the directions of our traffic marshals.
- Car parks will open at 8.00am, please allow enough time to collect your race pack.
- Disabled parking can be found at the Flower Festival Car Park behind St Mary's Church. Please ask car parking marshals for direction.
- There are limited bike racks at the village school – locks will not be provided.

Race Day Timetable:

TIME	EVENT
08:00	Car parks open
08:30	Race HQ opens for Race Pack and Chip Collection on the Village Green
10:30	Race HQ closes for chip collection and runners assemble on the Village Green for the Pre-Race Briefing
10:40	Road closure commences
10:50	Pre-Race Briefing informing runners of hazards on the day and do's and don'ts of the race. Due to the size of the race runners may find it hard to hear this. NB: All runners receive a pre-race briefing email. Runners are invited to walk from the Village Green to the Race Start lining up with markers according to anticipated running time. Please be realistic about your starting position so that you do not impede race times for our faster competitors
11:00	Race starts
12:15	Prize giving
12:40	Assemble outside the Village School for 1mile fun run
13:30	Road closure ends and roads open to vehicles



Two large loops with the start in Hatfield Broad Oak High Street, near the entrance to the Church, and the finish on the village green. All roads on the course are closed to traffic and the runners will have the full width of the roads.

Sports Therapy and Sports Massage: Injury Active Clinic will be offering a sports therapy, sports massage and a sports taping service to all participants. The team will be on hand pre and post event to help you in exchange for a minimum £5 donation, where 100% goes to our Charities and PTA. CASH ONLY please

Changing Facilities/ Bag Drop: There are male and female changing areas and a bag drop is available for £1 donation. Items are left at your own risk, and we suggest leaving larger sums of money or small valuables at home.

Water: The weather on race day may be warm and it is your responsibility to ensure you take on enough water. There is **ONE** water station on the course at the 5k marker. Water is also provided as runners cross the finish line.

Finish Line: The race finishes on the village green and there is plenty of space for spectators. You will be funnelled to collect your water / t-shirts etc. The best way to exit or enter the village green once the race has started is behind the church. We suggest you agree a meeting point with friends and family on the Village Green outside the finish area to avoid congestion and as a courtesy for runners who have yet to finish.

Earphones: The wearing of earphones is **strictly prohibited by BARR**. Devices with headphones or earbuds, including bone-conducting headsets, are prohibited during the road race. This is for your safety, as listening to music during a race may distract you from being able to hear instructions from our race marshals and other runners on the course. If you are observed using such a device during this race you will be disqualified.

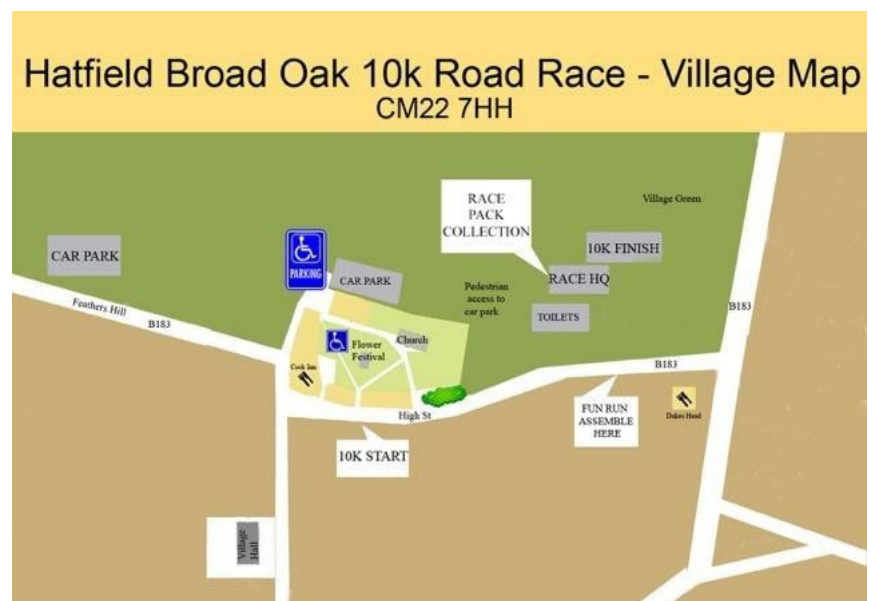
Results: Runners results will be displayed at RACE HQ, runners will be emailed and any runner that has provided a mobile number will be sent a text message on the day. Results will be available to view on our website.

Hazards/Pot Holes: Please be aware that there are pot holes on the route and the road has been waterlogged between 7-8k.

Medical Support: Medical provision is provided by St John's Ambulance in accordance with UKA rules. Marshals will be lining the route at 1km intervals. We also have first aiders and medical support around the course.

Spectators: Non-runners can gain access to the Village Green via the rear of the Flower Festival Car Park behind the Church. There is a gate between the car park field and the Village Green which will be open on the day and sign posted. NB access to the village green directly from the High Street will be limited so we advise you to use the above access. Please ensure this is communicated to friends and family.

1 mile Family Fun Run: The fun run is a 1 mile loop around the village open to all ages and abilities and will start from the village school. New race bib numbers available this year for a £2 donation! It is free to enter and every child that crosses the line will receive a medal, there will be donation bins at the start line; all donations will go towards the school. It commences at approximately 12.40 - as soon as the prizes for the 10k race have been handed out. The road closure is still in place so it is safe for everyone to join in from 0 – 100, with buggies & wheelchairs welcome.



Most importantly, STAY SAFE and ENJOY THE RACE!

We are proud to announce that this year the Broad Oak Big "0" Road Race Run has been designated as a Gold Grade race by the [British Association of Road Races](#) (BARR). Our UK Athletics 2023 road race licence number is **2023-46026**. Our course has also been accurately measured by a Certified Measurer using IAAF procedures approved for use in the UK. Our course number is **16/087** and you can [click here](#) to view our certificate of course accuracy.