



Hatfield Broad Oak 10k Road Race Monday 27th May 2024

Race Briefing

Welcome to the 37th HBO 10K 2024!

1. The course route remains unchanged and you will be running the usual figure of 8 finishing on the Village Green. Sharp RH Turn onto the Green.
2. Runners must obey the instructions of the race organisers and race marshals at all times.
3. The wearing of earphones is **strictly prohibited**. Competitors must be able to hear instructions from race marshals before, during and after the race. This is for your safety and runners around you. Runners who are seen wearing earphones will have their race number recorded and will be disqualified from the race and no time will be posted.
4. Race hazards noted on the day:- **List Pot Holes / Parked Cars / Wet Road etc**
5. Please ensure your race number is visible at all times and your personal details are completed on the back of the race number.
6. All runners must be 15 or over. Marshals are asked to 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.
7. Please ensure you hydrate. The weather today is cold/warm and it is your responsibility to ensure you take on enough water. A Water station is provided after the 6km marker and there will be water at the finish.
8. If you need assistance or notice a fellow runner in difficulty, please talk to the nearest marshal. Marshals will be lining the route at 1km intervals.
9. We have first aiders and medical support around the course if you need it.
10. There will be a sweep vehicle at the rear of the race to pick up runners who are unable to finish. If this applies to you, please stay by the nearest marshal and they will ensure the vehicle picks you up.
11. Please take your time, and give enough space to runners around you.
12. For your safety, please do not sprint finish.
13. When you have finished the race please move through the finish funnel as fast as you can, to make space for runners finishing behind you.

Most importantly, STAY SAFE and ENJOY THE RACE