

MORTIMER 10KM
RACE INSTRUCTIONS
MONDAY 5TH APRIL 2021



Welcome to the new Mortimer 10km. This is the first race of our 2021 series.

As you can imagine, the event will be a little different to the norm given the challenging times we are in, but we hope you enjoy it.

The Mortimer 10km course is multi terrain, with some road & woodland portions.

Please carefully read the following information to avoid any surprises.

We look forward to seeing you on Monday 5th April,

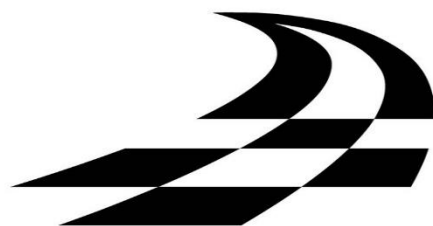
Racing Line Running



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SUMMARY



RACING LINE RUNNING

Parking	Free parking at Mortimer Fairground, RG7 3RG
Registration	All race numbers posted in advance – there is no registration on the day or late entries
Baggage drop	Please leave bags in your car where possible
Race briefing	The race briefing will be found on the race website
Starts	In small groups between 08:30 & 10:00
Terrain	Footpaths, woodlands & roads. If wet in the lead up to the event, short sections may be muddy.
Water stations	None on the course – only at the start/finish
Course signage	Arrows, red and white tape and distance markers
Cut off	1 hour 40 minutes from the last start time
Finish	Medal, Water & free snacks
Prizes	10k 1 st , 2 nd , 3 rd male and female runners, 1 st male and female runners in V40, V50 and V60 Canicross 10km – 1 st male & 1 st female, & 1 st Village with 5 finishers, Mortimer or Burghfield



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GETTING TO THE EVENT

The event takes place from the Mortimer Fairground, RG7 3RG

Please plan to arrive approximately 30 mins before your own start time.

Event car parking will be signed & marshalled as you approach the Fairground. The venue is accessed via Hammonds Heath only. By car

From the M4/A33/Grazeley direction – after passing Wokefield Park, continue over two mini roundabouts & turn right immediately after the war memorial onto Hammonds Heath.

From Burghfield/Ufton/Tadley direction – enter Mortimer village & continue along The Street. Turn left onto Hammonds Heath at the war memorial immediately after the park.

The parking area is just yards from the race start/finish.



Cycling

If you can get to the event under your own steam, that's great. There are plenty of suitable places to lock up bikes close to the start.



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COVID-19 MEASURES



We feel very lucky to have some normality in our lives through running, however events need to be carefully staged in order to keep everyone safe. We have asked you to read details of our safety measures on our website, but here is a summary for you:-

- Runners required to not attend if ill or showing any symptoms
 - All race packs posted out in advance
 - All race attendees required to scan the event QR code via the NHS Covid-19 app on arrival
 - No entries on the day or race info desk
 - The race briefing will be online in advance of race day
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- Staggered race start times, with small groups of runners starting every minute between 08:30 & 10:00
 - Staggered arrival times onsite, with runners only arriving 30 minutes prior to their own start time
 - Social distancing maintained before, during and after the event
 - Race toilets will be outside with distanced queuing
 - Hand sanitiser must be used before and after using the toilets
 - No water stations on course and a self-service finish line
 - Event staff in close contact roles to wear face coverings and gloves
 - We are offering a very limited 'race village'



ARRIVAL & START PROTOCOLS



Race Start Times

Start Times will be staggered between 08:30 & 10:00, with small socially distanced groups starting every minute. You will be informed of your start time on Monday March 29th.

Our Canicross runners will have separate starting groups.

Arrival Times

Please plan to arrive onsite approx. 30 minutes prior to your own start time. If you arrive earlier than this, we ask that you simply stay (warm!) in your car.

Upon arrival, you are required (including any spectators) to scan the event QR code via the NHS Covid-19 app so as to check in to the event. This will be found on the approach to the start area.

Baggage

There is no secure event bag drop. We advise you to leave your bag in your car – we can store bags (at your own risk) for those who arrive under their own steam. These bags can be left under the finish line gazebos.

Start Protocols



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Only approach the start area 10 minutes before your start.

Our start line marshals will call you forward as you wait for the groups in front to set off.

Our race clock will be set to the time of day.

You must maintain social distancing whilst waiting to start, and throughout your run. There are large starting pens for you to wait in before you set off.

The start will be marked by the inflatable pink gantry kindly loaned to us for the day by our sister company, Ultra Violet.

Chip Timing

The race is chip timed, so your own time is recorded from the moment you go over the line to when you finish; if you start a few seconds late, it's ok! Your timing chip is on the reverse of the race number you'll received in the post – do not lose it, bend it or fold it.

Arrive on the day, ready, in kit and with your number pinned on your front visible for us to see. Just like a 'normal' race, but without the faffing.



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ON THE COURSE

The race briefing will be found on the event website in advance of the day – we will let you know when it is published, and our assumption will be that you have read it.

The course is mixed terrain and mainly on firm ground, with some sections on potentially muddy trails. We take in small local roads, woodlands and footpaths. Currently the ground is firm & suitable for road shoes.

We're using a new two lap course with the first 700m & last 700m on a quiet road. See the course map below.

Course Signage

The course is well signed with the following-

- red and yellow tape tied to trees/ gate posts
- arrows
- kilometre markers

This a multi terrain race and there will not be a marshal at every turn!

If you reach a junction and there is no signage, you have gone wrong. Please head back to the last place you did see some rather than just ploughing blindly onwards into the countryside.

With staggered starts & a multi lap course, it may not be sensible to simply follow runners in front, pay close attention to the signage!

Use of headphones -

We politely request that you do not wear in-ear headphones. You must be able to hear marshals' instructions.

Drink Stations

There will not be a water station on the course, only at the start/finish.



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Running with your four legged friend

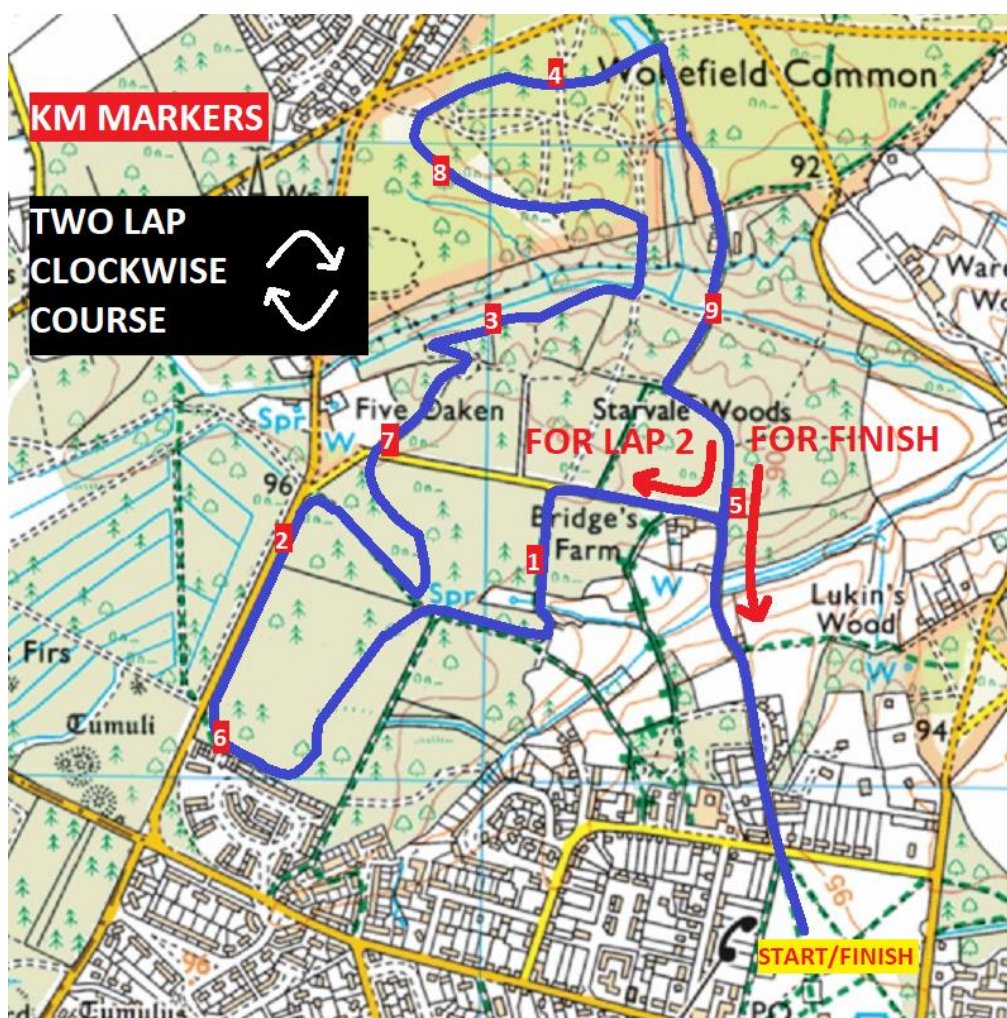
We request that the dog is kept on a lead and please be considerate when overtaking runners or of runners passing you.

Overtaking on the course

The course is only narrow very briefly in a couple of sections, please be courteous to other runners & pedestrians. A loud and cheery, "On your right/left" should allow you space to pass.



COURSE MAP



AT THE FINISH



At the finish you will see our Racing Line Running bright red gantry, yards away from where you started. With the staggered starts, the finish area will seem deliberately low key, but it won't lessen your achievement.

You will need to help yourself to your medal from the finish line tables, and you will also find water containers to help yourself to and some free snacks.

Please note, there will not be cups provided at the finish line, so you will need to carry your own drinking vessels/bottles. You should help yourself to the water containers to refill your own bottles etc. You must use the hand sanitiser provided. There are dog bowls & treats for those who prefer them!



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 Ollie Young
Foundation

Results & Prizes

'Live' results will be available to view and print out by the *Rogue Racer* van in the finish area. Results are live online as you finish.

All prizes will be posted out after the event, so that we can verify the results after the staggered starts.



Hot Drinks

There will be refreshments to purchase before/after your race.

OTHER INFORMATION

Marshals

Thank you to all of our marshals who have volunteered to help with the event. If you would like to marshal at one of our events, please contact andy@racinglinerrunning.co.uk

Facilities at the start/ finish area

- ✓ Toilets
- ✓ Hot drinks & snacks
- ✓ There are no changing facilities- please come dressed ready to run

Spectators

Spectators are welcome, but they must adhere to social distancing and check in to the event via the NHS Covid-19 app

The Ollie Young Foundation

Our event charity for 2021 – thank you all so much for your kind donations.



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