



OVERTON HARRIERS & AC
COMBE GIBBET TO OVERTON 16 MILE XC RUN
SUNDAY 7th April 2024
12:45PM LEAVING OVERTON - 2.00PM START AT COMBE GIBBET

FOOD BANK DONATIONS: Please note that we will not be issuing medals for people who finish the 2024 race, instead Overton Harriers will be donating the budget we would have spent on medals plus a proportion of the race profits to the local foodbanks at Basingstoke and Andover. This means we could donate up to £500 across both foodbanks depending on total number of entries. Information on each of the foodbanks can be found via the following links

- Basingstoke Foodbank: <https://basingstoke.foodbank.org.uk>
- Andover Foodbank: <https://andover.foodbank.org.uk>

ROUTE: The course follows footpaths and bridleways with some short stretches of metalled road. The course is well marked with red and white arrows, markings on the floor as well as marshals at several points. Particular care must be taken when crossing the one main road (A343) on the course, approximately 5 miles from the start.

ROAD CROSSINGS:

There are two road crossings where particular care must be taken. Please listen to and follow the instructions from the race marshals. Failure to adhere to marshals instructions will result in disqualification.

For your safety, you may be required to stop for a couple of seconds to allow cars to proceed.

REGISTRATION FOR RUNNERS GETTING THE COACH: Please make a note of your race number which will be issued at Overton Recreation Centre, Bridge Street from 11.00am onwards. Registration will close at 12.30 to ensure that the coaches can leave on time at 12.45. Luggage labels will be available at registration. If you intend to make your own way to the start, we will have your number available for you there. **There will be no race entries on the day.**

REGISTRATION FOR RUNNERS GOING DIRECT TO THE START: Race numbers can be collected from the start once the coaches start to arrive at the Combe Gibbet, we expect the first coach to arrive from 13.30

CAR PARKING will be at Overton Primary School ONLY (RG25 3ES). This will be signposted from the village centre. This year's car parking has a voluntary donation (suggestion is £2) for Overton Primary School and Whitchurch Scouts, so please could you put some money in the buckets as you enter the Car Park, thank you.

To avoid being delayed getting into the Car Park and picking up your race number, please ensure you arrive in the Car Park by 12pm. If you arrive later you run the risk of having to queue while the coaches arrive and turn around to be ready to take runners to the start. In this case you will be delayed in picking up your race number and causing yourself unnecessary stress pre-race.

CHANGING FACILITIES: Showers and changing will be at Overton Recreation Centre, Bridge Street, Overton, a 5 minute walk from the Primary School. The changing rooms will be open from 11:00am onwards. Please be aware that the changing rooms are located in a small area so if you are not comfortable please make other arrangements for after the race.

TRANSPORT: Coaches will leave from Overton Primary School at 12.45 PROMPT. If you want more time to do a warm up at the start please ensure you are on the first coach as due to the nature of the drive to the start this coach will arrive around 15 to 20 minutes before the last coach meaning you will have more time to do a warm up. Please note there is no shelter at the start so if it is cold or raining then you will be subject to the elements for longer if you are on the first coach.

STARTING POINT is at Combe Gibbet, nr Inkpen, Berks (OS Ref: SU365623).

KIT: Transport will be provided to carry clothing from the start to the finish area. Please attach the label provided to your kit bag. Please DO NOT leave any kit or bags on the coaches as these will NOT be going to the finish of the race. Your kit bags will be transported separately and put into Baggage tent at ORC.

MILE MARKERS will be at approximately, 5, 8, 10 and 15 miles.

WATER STATIONS will be situated at approximately 4, 8, 12 and 14 miles plus at the finish. Water will be provided in paper cups to limit our impact on the local environment. If you are not comfortable with this approach or want something other than water, please bring your own water and means of carrying it throughout the race.

REFRESHMENTS will be available to purchase after the race, at the Recreation Centre.

ST JOHN AMBULANCE will be in attendance at Bridge Street, Overton. They will also be in attendance at the start and halfway point. If you feel unwell during the race, please drop out at a marshal point and seek assistance. If you feel unwell prior to the race, please check with your doctor that you are fit to run.

RESULTS will be available on our website www.overtonharriers.org.uk as soon as possible after the event.

SUPPORTERS are requested not to drive to the village of Litchfield (half way point near the A34 underpass) to follow the runners as there is no public access to the course from here.

RESPONSIBILITY: Overton Harriers and its committee cannot accept responsibility for accidents or injuries to entrants of the run or for any personal belongings left in the changing rooms.

PRIZEGIVING will be for the first three male and female finishers only, prizes will be awarded shortly after the third place male and female finish and will be awarded by the finish line

QUERIES AND QUESTIONS BEFORE THE RACE

For all queries please e-mail combegibbet@overtonharriers.org.uk or contact Overton Harriers via Facebook. We will contact runners via email if there is a risk of weather impacting the race and last minute updates will be posted on the Overton Harriers Website and Facebook pages.

RACE CUT OFF - Please note that due to safety reasons all entrants will need to be able to sustain an average pace of 13 minutes per mile so that they complete the race within 3hrs 30 minutes. There will be two cut off points within the race and any runner who does not make these points within these times will not be able to continue and will be driven back to the finish by a marshal. The cut off points and times will be

- 8 miles in 1hr 45 minutes
- 12 miles in 2hrs 35 minutes.

RUNNING WITH DOGS - We regret that running with dogs will not be permitted.

HEADPHONES ARE NOT PERMITTED – All headphones including bone conducting headphones are not allowed to be worn during the race. This is due to the course having a number of road crossings where runners must obey instructions from the race marshals. This is a condition of entry and anyone wearing them will be disqualified.

UP AND RUNNING PROMOTION - We are grateful for the assistance given by Up and Running. Those taking part will qualify for a **15% reduction** on merchandise at their Basingstoke store on production of their registration confirmation email or race number. This offer is only valid from Monday 1st April 2024 until Sunday 14th April 2024. Visit their website at <https://upandrunning.co.uk/>.