

# Overton 5 Miles Road Race

Sunday 8<sup>th</sup> September 2024

## TIMETABLE

12.45 pm - Children's Races

1.20 pm - Start walking up Kingsclere Road to start area at Berrydown

1.30 pm - Latest time to leave Overton Recreation Centre for Road Race

2.00 pm - 5 Miles Road Race

3.30 pm – Overton 5 Prize Presentation – outside cricket pavilion if weather is fine, otherwise in the Overton Recreation Centre

## CAR PARKING

Car Parking will be at Overton CE Primary School which is situated approximately 600 metres from Overton Recreation Centre on Court Drove on the north side of the village (Sat Nav: RG25 3ES). Follow direction signs as you approach Overton. Please park sensibly and where directed by the Marshals. A suggested donation of £2 per car will be collected as you enter the car park with the proceeds going to support the Whitchurch Scouts and Overton Primary School. It would be appreciated if you had the correct change.

PLEASE NOTE THAT THERE IS NO PARKING AT THE START OF THE RACE.

If you are unable to reach the Overton Recreation Centre by 1.20pm please go directly from the car park to the start area at Berrydown

where the race organisers will endeavour to process late registrations. A marshal will be positioned en route from the car park near the Recreation Centre to direct you.

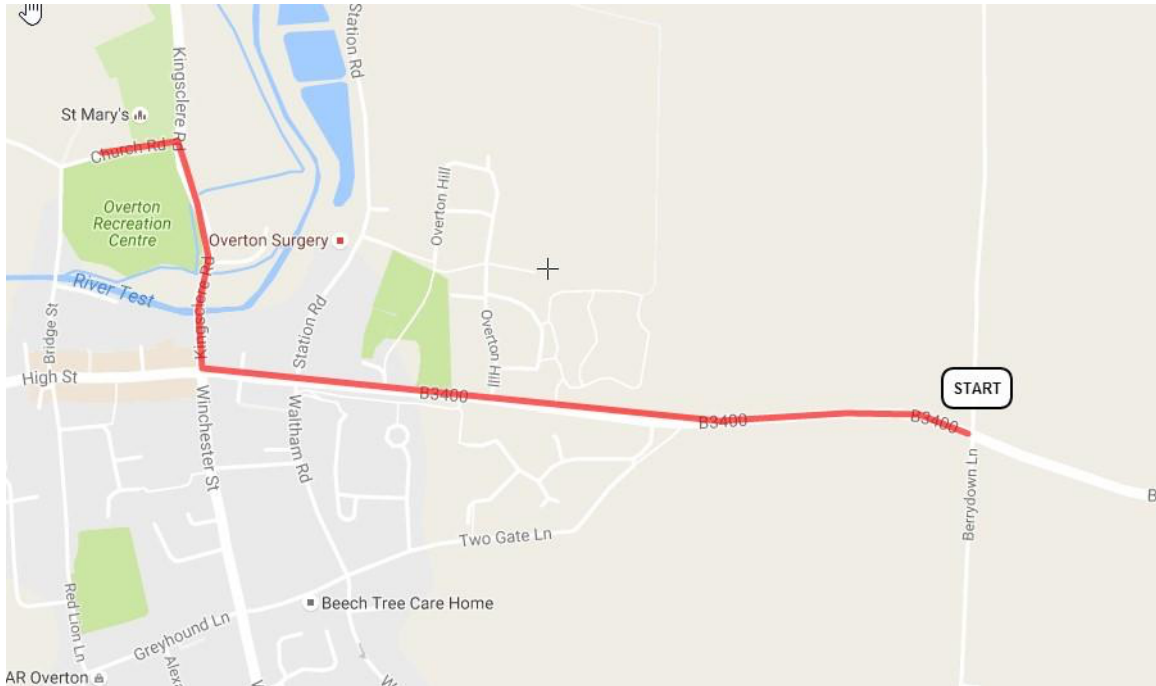
## **CHANGING FACILITIES**

Showers and Changing Facilities will be provided in the pavilion at Overton Recreation Centre. While the organisers aim to take all possible care of competitors' property, they cannot be held responsible for any loss, however sustained. Please do not leave money or valuables other than with friends or locked up in your car.

## **START**

The race start is approximately 3/4 mile from the race HQ. There will be maps and signs to point the way. There will also be race marshals to direct you. Please assemble on the field at Overton Recreation Centre from 1.20 to 1:30pm to walk/jog to start at Berrydown. There is an area for warming up and toilet facilities will be available. There will be no luggage collection from Berrydown. Baggage needs to remain at the finish area at Overton Recreation Centre. Spectators are welcome to walk to start, however, please be aware that you will not be able to watch the start on Straight Lane.

**PLEASE STAY ON THE PAVEMENTS WHILST WALKING TO THE START. DO NOT WALK IN THE ROAD**



Chip timing will be in operation at the event. The start is narrow on Straight Lane and there is little opportunity to pass runners for the first ½ mile.

**PLEASE LINE UP ACCORDING TO YOUR EXPECTED FINISH TIME AS INDICATED BY THE DISPLAYED TIME RANGE SIGNS LEADING UP TO THE START LINE**

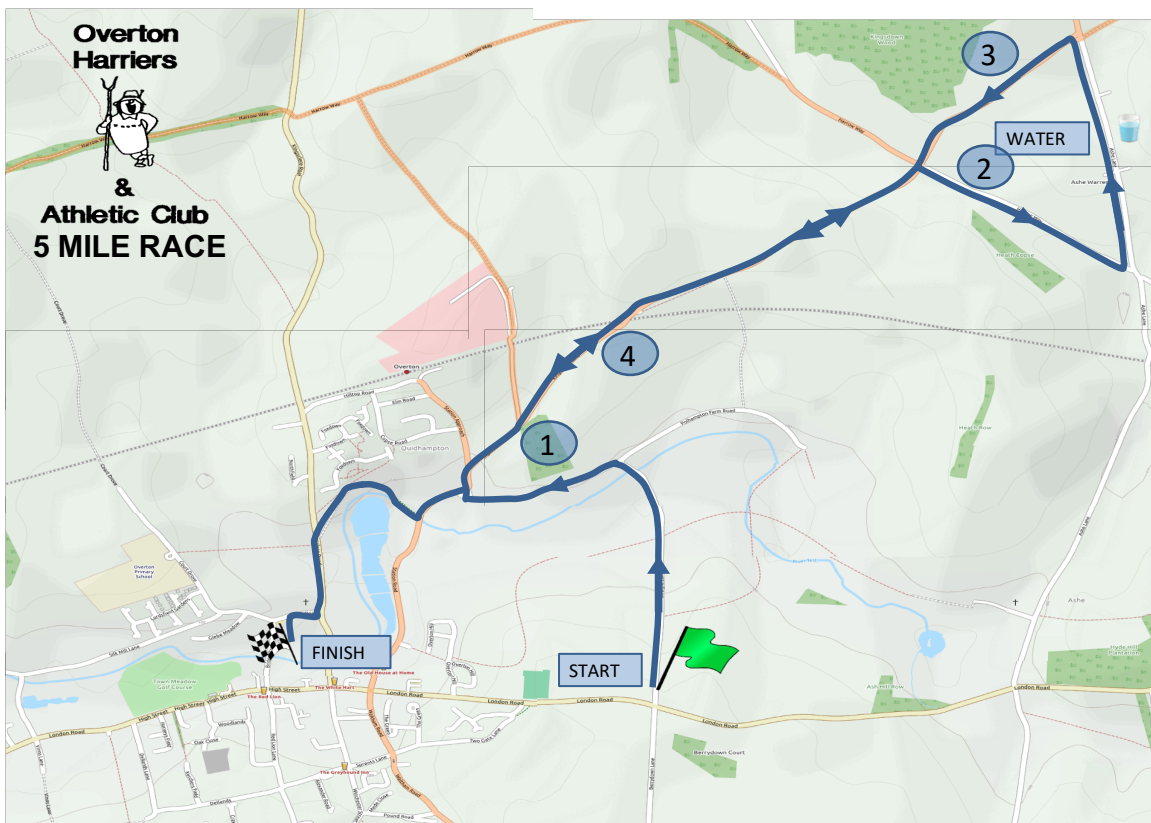
## **COURSE**

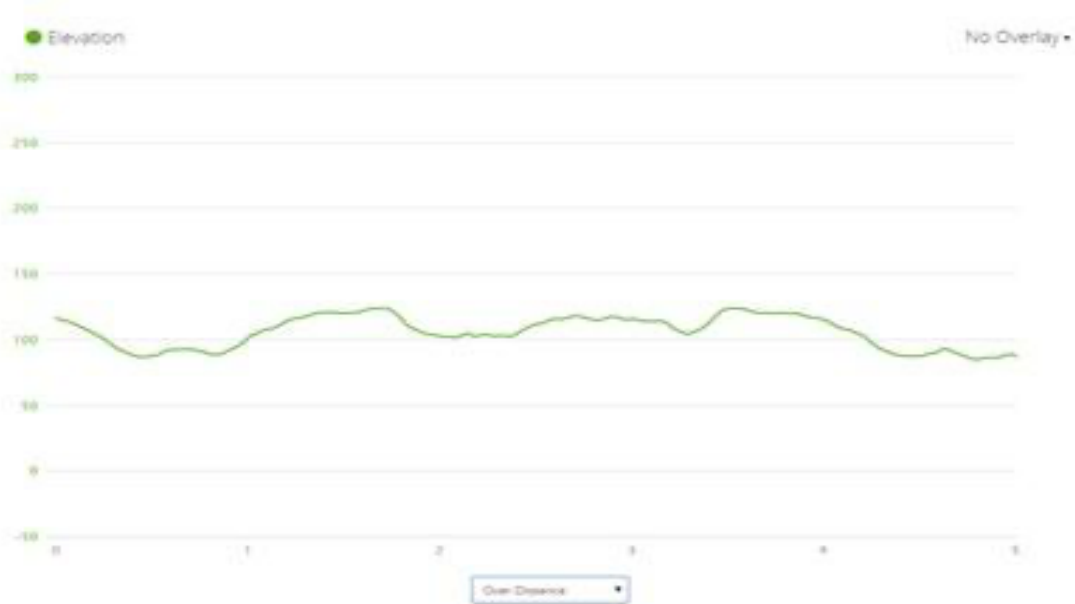
A one lap course with a long out and back section (course details and GPX file can be found on our website [www.overtonharriers.org.uk](http://www.overtonharriers.org.uk)). The course will largely be run on closed roads and will be fully marshalled including the use of a Traffic Management Company. A short section along Kingsclere Road, near to the finish will remain open to traffic. Please comply with the instructions of the Traffic Management Company and marshals.

If you are instructed to stop by the Traffic Management marshals then you must stop, failure to comply will result in disqualification. You will only be instructed if it is unsafe for you to cross the road.

The route has been checked for any potholes and gravel areas. However, inclement weather can affect route surface. The route will be checked on day of route for any potholes and marked accordingly.

**PLEASE NOTE – AS THIS IS A TRAFFIC FREE COURSE NO SPECTATORS CAN TAKE CARS TO WATCH RUNNERS DURING THE RACE**





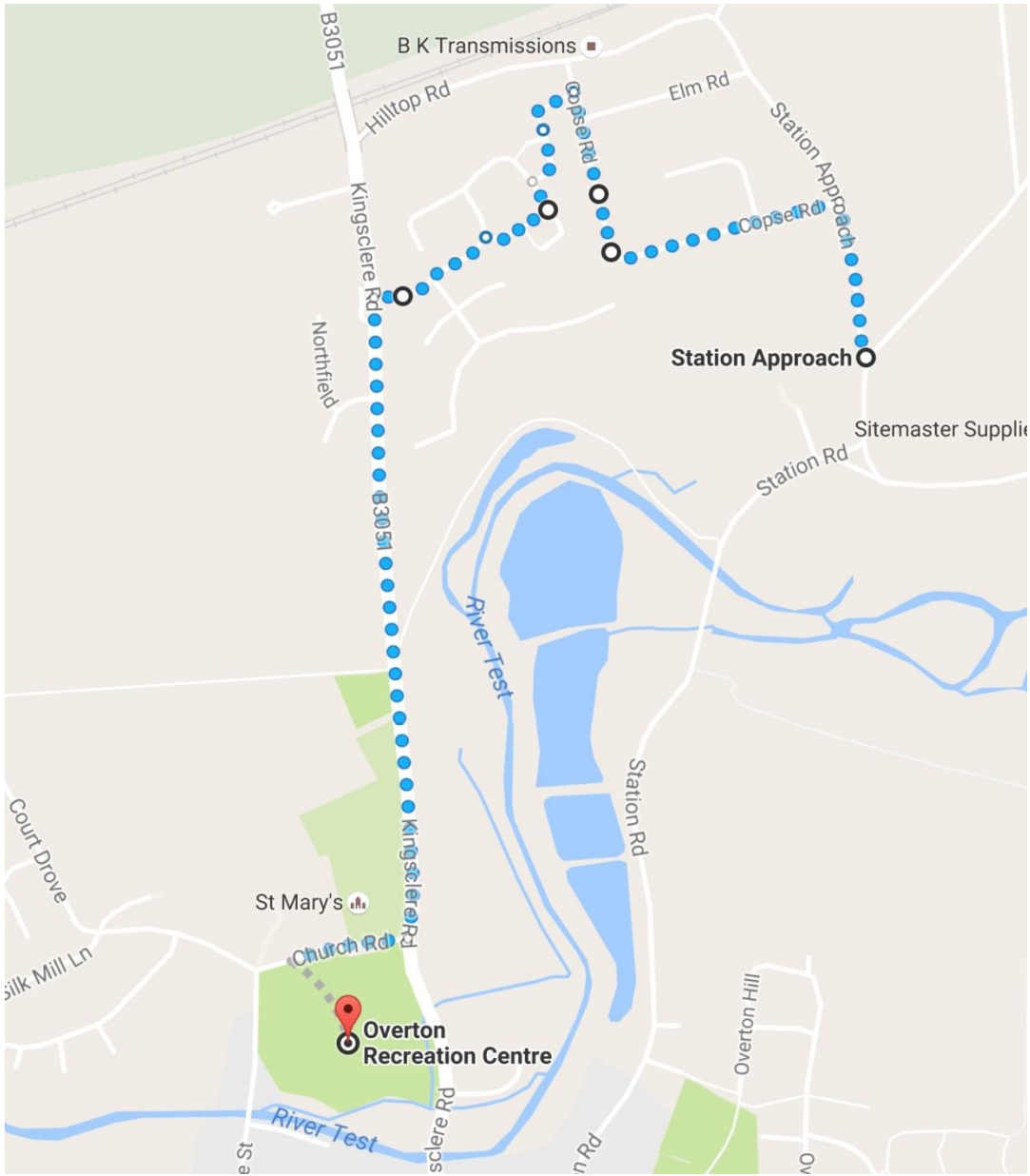
The Children’s races will all be held within the confines of Overton Recreation Centre and will be of approximately 80 metres distance.

## **WATER**

There will be a water stop on the route. Cardboard biodegradable cups will be used. At the finish, there will be water filled cups and water containers. All cups are compostable and biodegradable. There will be no plastic water bottles at the finish area.

## **SPECTATORS**

The best place to watch the runners will be at the end of Station Approach Road in Overton as you will see the runners twice as they pass through the one-mile point and then again at four-and-a-half-mile point. – see map on following page.



**REGISTRATION**

Pre-race entries: Race numbers to be collected from the Overton Recreation Centre between 12.00 and 1.20pm. Race numbers can also be collected from the holding area by race start from 1:30pm for late arrivals.

PLEASE ENSURE YOU COMPLETE THE MEDICAL INFORMATION REQUESTED ON THE REVERSE SIDE OF THE RACE NUMBER.

Registration for the Children's races will be between 12.00 and 12.30 pm at Overton Recreation Centre. All entries for the Children's races will be on the day and no charge will be made.

### **ST JOHN AMBULANCE**

St John Ambulance will be in attendance. If you feel unwell during the race, please drop out and seek assistance. If you have any medical condition that the organisers should be made aware of, please contact Overton 5 via [overtonharriers.org.uk](http://overtonharriers.org.uk)

### **HEADPHONES**

As the race is being run under [UK Athletics \(UKA\)](#)

[Rules](#) and it is part of the Hampshire Road Race League, [Rule TR55 S5 UKA Supplement -](#)

[Headphones](#) will apply to this race. In summary, the rule states that the wearing of headphones, or similar devices (other than those medically prescribed) is not permitted.



The race organisers have taken the decision to extend this ban to include bone conducting headphones, which is also supported by UKA through this rule.

**Consequently, anyone wearing any type of headphones (other than those medically prescribed) will be disqualified.**

### **INFORMATION/RESULTS**

Information prior to the race and Results will be available on our website: [overtonharriers.org.uk](http://overtonharriers.org.uk)

The race will be chip timed by EMIT – provisional results will be available online and a computer will be available at the finish so you can check your time.

## **PRIZES AND PRESENTATIONS**

Prizes are on offer for first, second and third male and females only. All prizes will be awarded on 'Gun Time'. Presentations will be made at around 3.30pm outside cricket pavilion if weather is fine, otherwise in the Overton Recreation Centre.

This year funding will be for two local foodbanks - Basingstoke and Andover. Medals or a 50<sup>th</sup> anniversary Overton Harriers glass mug will be available at the finish.

## **BAR**

The cricket pavilion bar (adjacent to the Overton Recreation Centre) will be open from 1 pm for both spectators and runners to purchase both alcoholic and soft drinks.

## **TRAVELLING BY RAIL**

Overton Station is approx. 3/4 mile north of Overton Recreation Centre. As you leave Overton Station turn right along Hilltop Road. At the Tjunction turn left and proceed downhill for 1/2 mile. Turn right at the Church. Overton Recreation Centre is directly opposite the Church.

## **WHEN LEAVING OVERTON 5 CAR PARK**

Please note that road closures will be in place for the duration of the race. If you wish to leave before 3:00pm you will be diverted by a race marshal. The diversion route is no more than half a mile, so please adhere to the road closures and advice from our marshals.