



## PROGRAMME



### Race Timetable

<b>08.30 Onwards</b>	Runners arrive at Waterside Community and Youth Centre, Waldegrave PI, Northbrook St, Newbury, RG14 1DS <i>Please ensure you have your runner's number and timing chip with you</i>	<b>10.10</b>	Official welcome and start by World Rally Car driver, Penny Mallory, TV presenter and motivational speaker
<b>10.00</b>	Road closures come into effect	<b>10.15</b>	Start of race
<b>10.00</b>	Runners assemble at the start in the Market Place	<b>10.50</b>	First runners arrive back at the finish
		<b>12.00</b>	Presentation of prizes and trophies

### Notes for Competitors

#### 1. Time and Place

The Bayer Newbury 10K takes place on Sunday 30th May 2010, starting in the Market Place, Newbury, at 10.15am

#### 2. Car Parking

Please park in one of the public car parks identified in the site and facilities map enclosed, not on the course route or at the Waterside Youth and Community Centre (WYCC). If you do park in the street, please be considerate to local residents. Please note that the car parks in the Park Way area of Newbury are now closed. Alternative parking can be found over the bridge in the Wharf / Central car parks, which can be accessed via the A339 and Sainsbury's roundabout. Parking in the West Berkshire Council owned car parks is currently free on Sundays and the multi-storey car park at Bayer's offices on Strawberry Hill will also open.

#### 3. Changing, Shower and Baggage Facilities

There are limited changing facilities at the race headquarters, the WYCC. Competitors are encouraged to arrive changed. There are baggage facilities but please note all bags are left at your own risk. Limited showers are available at the WYCC, however, you can use the Northcroft Leisure Centre shower facilities for £1 per person.

#### 4. Valuables

The Organisers cannot accept any responsibility for your valuables. Please leave them with friends or relatives.

#### 5. Reporting

You will have received your number and chip in advance of the race. There is no need to register on arrival in Newbury.

#### 6. Toilets

Toilets are available at the WYCC from 8.30 am. There are also public toilets at the Wharf, Victoria Park and Northbrook Street Multi Storey car park, which are open from 8.00 am. **PLEASE USE THE FACILITIES PROVIDED AND RESPECT THE LOCAL RESIDENTS.**

#### 7. Start

The start will be in the Market Place, Newbury and marked with a banner. You will be called to assemble at the start at 10.00am. The race will start at 10.15am prompt.

#### 8. Running Numbers and Timing Chips

Attach your number securely to the FRONT of your vest / T-shirt using the safety pins provided. Your number MUST be in place at all times during the race. Please DO NOT transfer your running number with anyone else and please write your name on the back of your race number along with details of any allergies or medications you may be taking. The timing chip is worn on your ankle using the strap provided. Please don't forget your chip, or we won't be able to provide you with a time.

#### 9. The Course

The course is similar to last year, but has been modified to remove a busy section of road from near the finish. Starting and finishing in Newbury Market Place, the race proceeds via Northbrook Street and

Strawberry Hill. The route then climbs gently until the 3km mark. There is then a steep descent before the route bears right on a private gravel track. (Please ensure that you don't use this section of the course until race day. For training purposes, please use the 2009 route). The course continues on private grassy tracks before reaching an underpass. After the underpass there is a short section via a wood, before the route re-joins the public footpath just after the 5km mark. The route briefly passes through the town centre at approx 7.5km, before joining the tow path via West Mills. The route then uses a footpath to join Craven Road, returning to the Market Place via Bartholomew Street.

The race will be led by two cyclists. Marshals will be strategically placed around the course and the route will be marked with arrows and kilometre markers. The course is not traffic free and runners should follow marshal's instructions at all time. Runners should run on the left hand side of the road unless told otherwise.

**PLEASE REMEMBER THAT ALTHOUGH THE COURSE IS A MULTI-TERRAIN ROUTE, THERE ARE SHORT DISTANCES ON THE ROAD AND THERE ARE NARROW FOOTPATHS AND TOWPATHS. EVERY EFFORT WILL BE MADE TO ENSURE A CLEAR RUN, BUT THERE WILL BE MEMBERS OF THE PUBLIC NOT CONNECTED WITH THE RACE GOING ABOUT THEIR NORMAL BUSINESS. PLEASE BE COURTEOUS AND FOR YOUR OWN SAFETY OBEY THE HIGHWAY CODE. THE COURSE HAS BEEN DESIGNED WITH YOUR SAFETY IN MIND.**

Please refer to [www.bayer.co.uk](http://www.bayer.co.uk) for more detailed information re the route.

#### 10. Timekeeping

Chip timing will be provided by JAND Results and a digital clock will display times at the finish. Kilometre markers will be placed along the course.

#### 11. Drinks Stations

At least one water station will be provided on the course, and water will also be provided at the finish. Locations to be finalized at the time of going to press, but will be published on the website when available. **Please ensure that you also drink plenty of water before the start.**

#### 12. Dropping Out

If you need to pull out of the race for any reason, please report to the nearest marshal who can direct you back to the WYCC or summon First Aid cover if necessary.

#### 13. Finish

Your time will be recorded as you pass the finish gantry. Please deposit your timing chips in the collection bins provided and collect your medal, running belt and a drink.

#### 14. Results

A full set of results will be published on the Bayer and Newbury Athletic Club websites shortly after the race. ([www.bayer.co.uk](http://www.bayer.co.uk) or [www.newburyac.org.uk](http://www.newburyac.org.uk))

#### 15. Presentations

Individual prizes will be presented to the first three

men and first three women overall and the winners in the following categories: MV40, MV50, MV60, FV35, FV45, FV55.

A trophy will be awarded to the first team (four to score, lowest sum of positions wins).

In addition, trophies will be awarded for the first Bayer team of three and for the "best fancy dressed" entry in the opinion of the race sponsor.

**No competitor will be awarded more than one individual prize, but a runner may qualify for both an individual and team award.**

The presentations will take place at approximately 12:00 at either the Market Place or WYCC, depending on the weather.

#### 16. Catering

There are numerous coffee shops and pubs in the town centre.

#### 17. Entry Fees

A portion of the entry fee will go to local charity, Naomi House and Jacksplace. No further money needs to be raised for this event. Individuals may wish to raise money for their own chosen charity however, they must take full responsibility for this.

#### 18. First Aid

The British Red Cross will be on site for any emergencies. If you require medical attention, contact the nearest marshal.

#### 19. Information Desk

**If you have any questions on the day of the race, please go to the information desk located in the WYCC.**

#### 20. Entries on the Day

Due to popularity of the event, in order to ensure your safety and enjoyment of the race, we regret that we will NOT be able to accept additional entrants on the day.

#### 21. Licence

The Bayer Newbury 10K is licenced under the UK Athletics Road Race Licence no – 2010-100729. Referee is Brian Ireland.

#### 22. Please Note

Athletes should be prepared for hard physical effort, uneven road and footpath surfaces in places, some jostling at the start and the presence of other road or footpath users, and vehicles.

#### 23. Clothing

Please dress appropriately for the conditions and take precautions against the sun if appropriate. "Road" running shoes are recommended for the course. For your safety and the safety of other runners we advise against wearing headphones while running the race.

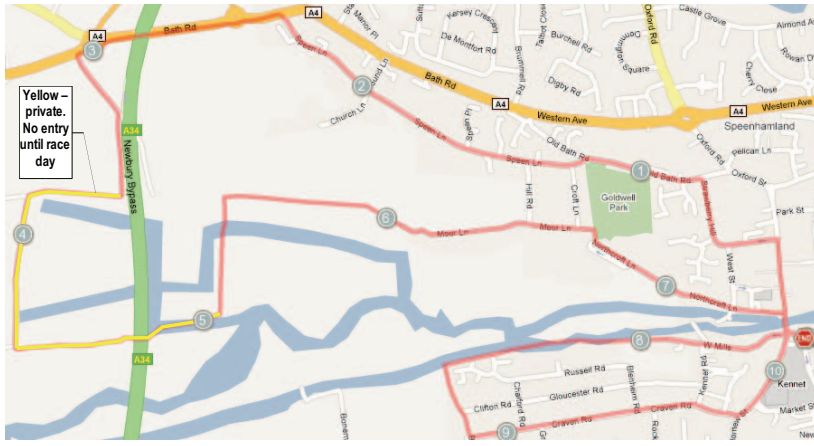
#### 24. Sports Massage

Lizanne, from Newbury Sports Massage ([www.newburysportsmassage.co.uk](http://www.newburysportsmassage.co.uk)), will be at the Race HQ before and after the race providing sports massage for runners at £5 per person.

#### 25. Running Gear for Sale

Wild Sports will have a stall at the Race HQ selling running gear.

## Route Map



## Site & Facilities Map



## Directions to Newbury

### By Car

Newbury is 55 miles west of London, 3 miles from junction 13 on the M4 and 15 miles from Reading. The M4 serves all major towns from London and Heathrow Airport, to Bristol and Wales, with easy connections via trunk roads to the North.

From junction 13 (M4), we recommend you follow signs south to Winchester (A34).

The A34 links Newbury with Oxford to the north, Winchester and Basingstoke (A339) south and the A4 runs parallel to the M4 serving the intermediate towns.

From the A34, we recommend you leave at the A4 (Hungerford/Newbury/Spenn) junction. Follow signs to Newbury (A4 Bath Road).

### By Train

Newbury station is served by the Western Region (Paddington) line with regular services to Reading, Paddington and intermediate towns and villages. Newbury to Paddington (Inter City) 48 minutes. Newbury to Reading 30 minutes (connections also to Waterloo).

Newbury station is only 5-10 minutes walk from the Race HQ.



### Acknowledgements

Bayer plc and the Newbury Athletic Club would like to express their gratitude to the following organisations and people listed for their help in making the Bayer Newbury 10K possible:

- Autographic Design
- Brian Ireland
- British Red Cross
- Fyffes
- Image Box Design
- Naomi House and jacksplace
- Newbury Athletic Club
- Newbury Road Club
- Newbury Sound
- Newbury Sports Massage
- Newbury Town Council
- Northcroft Leisure Centre
- Nuffield Health, Fitness & Wellbeing Centre
- Philip Tull Photography
- Ramada Jarvis Elcot Park Hotel
- Sir Richard Sutton's Settled Estates
- Thames Valley Police
- The Retreat
- Waterside Youth and Community Centre
- West Berkshire Council
- Wild Sports