



**KIDLINGTON RUNNING & ATHLETIC CLUB**



26th YEAR OF THE

# **MOTA-VATION**

## **SUMMER RACE SERIES 2013**

UK Athletics Licences to be applied for

All races approx. 4 miles – measured and certified (details on website)

First aid provided by the Red Cross to Level 1

**RACE 1 - THURSDAY 2nd MAY 7:15 PM (men)/ 7:33 PM (ladies) START**  
CHARLTON-ON-OTMOOR RECREATION GROUND

**RACE 2 - THURSDAY 6th JUNE 7.30 PM START**  
BLETCHINGDON RECREATION GROUND

**RACE 3 - THURSDAY 4th JULY 7.30 PM START**  
COMBE RECREATION GROUND

**RACE 4 - THURSDAY 1st AUGUST 7.30 PM START**  
COMBE RECREATION GROUND (NEW COURSE)

**RACE 5 - THURSDAY 29th AUGUST 7.00 PM START**  
OXFORD HARLEQUINS RUGBY GROUND

**Race and series prizes, series team prizes, spot prizes**

**Mementos for four races or series entry**

**Full changing and shower facilities at all venues**

**Bar open afterwards**

**Crepes and Burgers available for purchase after Bletchingdon Race**

**Full details of races, courses and contacts can be found on our website**

**[www.kidlingtonrunning.org.uk](http://www.kidlingtonrunning.org.uk)**

**Entry forms should be returned to your club's Motivation entry coordinator with cheques by the date as set by your club**

### **Important notice**

**The wearing of personal music devices is PROHIBITED and will result in disqualification**

### **Special arrangements for the Charlton-on-Otmoor race**

The first race is part of the Oxon AA Grand Prix Series. To accommodate all those who wish to run and to keep within the course capacity of 350 runners agreed with our County Officials, this race will have separate start times for men and for ladies as shown above. To ensure that the races are run smoothly, it is essential both that the men's race start on time and that the ladies race start exactly 18 minutes after the men.

Consequently, we are making the following special arrangements –

1. All entries for the Charlton race must be made by post – there will be no entries on the night, nor any payments accepted on the night. Race Numbers will be distributed on the night as usual.
2. Entrance to the car park, in particular for ladies arriving for their race, must be made not later than 7 pm. **There will be no vehicular access to the car park between 7.00 and the start of the men's race, to permit runners to assemble off the road in that entrance prior to the start.**
3. The ladies will also be assembled off the road, and led out for the start.
4. There will again be portable toilets at Charlton as well as those in the pavilion. Ladies are asked to give priority to the men so that the first race can start on time.
5. Those leaving the car park after the men's race but before the ladies' race has been completed are asked to take especial care, and to turn left and pass through Charlton and round the first part of the course to minimise traffic for the ladies.

**We would be grateful also if you would carpool where possible.** Apart from sheer space issues, the local farmer counts the cars and then charges us for each car that enters the field - we make no additional charge to runners for parking.

Michael Collins  
Race Director, Chairman Kidlington R&AC