



Geoff Smith's Banbury 15 Mile Road Race

Incorporating The Paul Bithell Memorial Fun Runs
Organised by Banbury Harriers A.C.

Course Accuracy Certificate Number: 13/339
UK Athletics License Number: 2022-42546

Participant Information

Race Headquarters: Spiceball Leisure Centre
Cherwell Drive,
Banbury,
OX16 2BW
Date: Sunday 20th March 2022
Start Time: 10.30am
Race Start & Finish: Spiceball Country Park

This guidance has been prepared in line with UK Athletics and Run Britain guidance at the time entries to the race go live in Quarter 4 2021. We will continue to amend the guidance as regulations and conditions change in the lead up to race day. Participants are asked to revisit the guidance prior to race day so that you are aware of our latest advice.

We need your help ensuring a safe race environment. We plan to provide facilities such as refreshments, toilets, changing areas and showers at Race HQ but for now, we are recommending that wherever possible you come "ready to race", be prepared to socially distance at the start and avoid congregating at the finish areas or car parking facilities.

RACE ENTRIES:

- Our partners TempoEvents will provide on-line entry and chip timing for the main 15-mile race.

- **To enter, follow this link:**
<https://www.riderhq.com/events/p/6quhyxua/enter>
For now, we are assuming there will be no 'entry on the day' of the race but we will review this if regulations allow it and if the race limit has not been reached as on-line entries close.
- **On-line entries will close on 11th March 2022 or earlier if the limit of 400 is reached.**
- **Race numbers will be posted to participants in the week prior to the race.**
- **Entry to the 1- and 2-mile fun runs is on the day only.**

COVID-19:

This race will be run in line with UKAthletics and RunBritain COVID-19 guidance and frameworks. We will require all participants, marshals, officials and spectators to comply with any social distancing measures applicable on the day. We will update this guidance prior to the race to provide the latest COVID-19 Participant Code of Conduct.

Please respect the officials and marshal's requests at all times.

Getting to the Race:

Leave M40 Junction 11. At roundabout take A422/Hennef Way towards Banbury. Go straight on at the second roundabout, continuing on the A422/Hennef Way. Turn left at the third roundabout onto Concord Avenue towards the Town Centre. Turn right at the fourth roundabout onto Cherwell Drive, from where you can access various car parks.

From Warwick Oxford or Coventry take the Castle Street exit at the Warwick/Southam Rd Traffic Lights.

Parking:

There are various public car parks on Cherwell Drive and Spiceball Park Road, all within a few minutes of Race HQ and the race start / finish. Parking charges will apply. We recommend that you do not park at the Leisure Centre itself or the upper floor Lidl car park as these both have time restrictions (short stay only).

Arrival: (Changing and Toilets)

We have arranged for changing facilities, showers and toilets to be available at the Race HQ (further toilets close to the start) but for now, we are recommending that you come 'Race-ready' if possible.

Start / Finish Location:

The race starts and finishes in Spiceball Country Park, which will be clearly signed from the car parks and from Race HQ. Please arrive in good time but maintain appropriate social distance from other participants and marshals on your way to the start and after you have finished. **Wave starts may need to be deployed** depending on guidance and best practise at the time of the race. By using chip-timing we will ensure that all runners get an accurate time for the event irrespective of the time they pass the start line.

Course:

See course map below. After leaving the park we run on pavements out of Banbury towards The Bourtons and then on roads through quite local villages before looping back to Banbury and the park finish. It's an undulating / hilly course! Due to normal road conditions, there may be potholes anywhere on the route but mainly between miles 7 and 8. Note that there are no road closures so please follow Marshal instructions and race signage at all times. Finally, the course will be narrow at the start, so please allow faster runners to start at the front in the interest of safety and good sportsmanship.

Numbers:

Please wear your number on the front of your running vest. Please ensure your name, date of birth, next of kin contact details and any medical problems and/or medication are clearly written on the back of your number. Do NOT fold, cut or mutilate the number in any way.

Number Transfer:

Number transfer is not accepted. Any runners found to be wearing an "illegal" number will be disqualified and details will be reported to the appropriate governing bodies.

Race Etiquette:

The course will be well marshalled. Please follow any instructions the marshals give. Keep to the left-hand side of the road at all times, unless otherwise directed. Marshals have no power to stop or direct traffic, therefore all runners are responsible for their own safety.

For safety reasons runners must not wear head/earphones of any type (including ear buds and whether worn in, on or over the ear). The race is run on open roads and participants are required to be able to always hear instruction from marshals and race officials. Anyone found to be in breach of this rule will be disqualified from the race and will be unable to compete in the subsequent year.

Water:

There will be 2 water stations providing sealed, bottled water at around miles 4 and 11. We will also supply sealed bottled water at the finish. Each participant is responsible for their own well-being, so if you believe additional hydration or supplies will be required to complete the race, please bring them with you.

Results:

Will be posted on the Tempo events website very soon after the final participant has finished and will also be posted to Banbury Harriers website within 24 hours.

Medals / Prizes / Award Presentation:

Medals will be awarded to all finishers.

Subject to Covid-19 guidance, we plan to present prizes at the Race HQ as soon as possible after the race results have been verified. Prizes will be awarded for the first three men and three women, plus first and second in male and female veteran categories. Also, male and

female team prizes. Maximum of one individual prize per competitor and a minimum of 3 finishers are required for a 2nd place prize to be awarded in vet categories.

Facilities:

We have arranged access to refreshments, changing facilities, showers and toilets at the Race HQ but please be prepared to comply with social distancing guidance applicable at the time. Bag storage facilities will also be available at Race HQ - bags are left entirely at the participants own risk.

Photographs:

As in previous years, Barry Cornelius plans to take photographs for publication on his website www.oxonraces.com and for possible use by the press. If you (or your parent/carer if you are under 18) do not wish your image to appear as a significant part of any photograph that he publishes on the web or provides to the press, you should put a **large thick red cross across your race number.**

First Aid:

Will be provided by Medevent. Should you need assistance, please contact the nearest Marshal or Race Official who will contact our Race Director, First Aid supplier or emergency services as appropriate.

Sponsorship:

You are free to obtain sponsorship for any good cause, but our preferred charity is The Katharine House Hospice.

Fun Runs:

The Paul Bithell Memorial Fun Runs will start shortly after the main race has left the park, so around 10.40am. These runs are either one lap (approximately 1 mile) or 2 laps (approximately 2 miles) on traffic free park courses. Entry to these races is on the day and free but we have a recommended payment of £2 with all monies collected being donated to The Katharine House Hospice. Please note, these races are not timed – they are fun runs.

Website:

Please visit the Banbury Harriers website for maps, previous results and any last-minute information such as inclement weather. <http://www.banburyharriers.org/>

Cancellation:

Clearly holding the race involves a commitment to a range of fixed costs for the organisers. Should the race be cancelled, participants will be reimbursed 50% of their entry fees but may alternatively request that their entry is rolled over to a free entry to the 2023 race.

Final Words:

It is a pleasant scenic course, so enjoy the race, take care, keep to the left, look after yourself and fellow runners, follow the Marshall's instructions with good grace and try to minimise any possible objection to the future running of the race.

See you there!

BANBURY HARRIERS

<http://www.banburyharriers.org>