



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: 2023-43740

Participant Information

Race Headquarters: Spiceball Leisure Centre
Cherwell Drive,
Banbury,
OX16 2BW
Date: Sunday 19th March 2023
Start Time: 10.30am
Race Start & Finish: Spiceball Country Park

This guidance has been prepared in line with UK Athletics and Run Britain guidance. 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 will provide facilities such as refreshments, toilets, changing areas and showers at Race HQ but you may decide to come "ready to race".

RACE ENTRIES:

- On-line entry costs £20 for affiliated runners and £22 for unaffiliated runners, using the Run Britain entry system <https://www.runbritain.com/entries/EnterRace.aspx?evid=7cb909ca5963&erid=78b809ce5962>
- On-line entries will close on 15th March 2023.

- **Race numbers will be available for collection at the Race Headquarters on race day. Please arrive in plenty of time to collect your number and make your way to the start.**
- **There may be a limited number of 'entries on the day' available: £23 for affiliated runners and £25 for unaffiliated runners.**
- **Our partners Resultsbase will provide chip timing for the main 15-mile 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 guidance and frameworks. While the majority of Covid restrictions have now been removed from day-to-day activity, we may need to 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 next roundabout, continuing on the A422/Hennef Way. Turn left at the next roundabout onto Concord Avenue towards the Town Centre. Turn right at the next 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).

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 to collect your number and make your way to the start.

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.

Anti-Doping

All entrants shall be deemed to have made themselves, familiar with, and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the date of the race, whether or not the licence holder is a citizen of, or resident in, the UK.

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 3 water stations providing sealed, bottled water at around miles 4, 8 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 Resultsbase 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.

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. Bag storage facilities will also be available at Race HQ - bags are left entirely at the participants own risk.

First Aid:

Will be provided by Safe Hands Medical Services Ltd. 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 2024 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 Marshals 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>