KIDLINGTON RUNNING & ATHLETIC CLUB

28th YEAR OF THE

**MOTA-VATION**

**SUMMER RACE SERIES 2015**

UK Athletics Licence 2015-13356

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

First aid provided by the Red Cross to Level 1

**RACE 1 -THURSDAY 30 APRIL 7.00 PM (men)/ 7.18 PM (ladies) START**

CHARLTON-ON-OTMOOR RECREATION GROUND

**RACE 2 - THURSDAY 4th JUNE 7.30 PM START**

 BLETCHINGDON RECREATION GROUND

**RACE 3 - THURSDAY 2nd JULY 7.30 PM START**

COMBE RECREATION GROUND

**RACE 4 - THURSDAY 6th AUGUST 7.30 PM START**

COMBE RECREATION GROUND (NEW COURSE)

**RACE 5 – THURSDAY 3rd SEPTEMBER 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 available for purchase after all races except Charlton**

# **Important Notices**

# **1. The wearing of personal music players is BANNED; their use will result in disqualification.**

**2. All runners must complete the medical emergency details on the back of their numbers for each race.**

**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. Entrance to the car park, in particular for ladies arriving for their race, must be made

not later than 6.45 pm. There will be no vehicular access to the car park between 6.45

and the start of the men’s race, to permit runners to assemble off the road in that

entrance prior to the start.

2. 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

**Entry forms should be returned to your club’s Mota-vation entry coordinator with payment by the date as set by your club**

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

**www.kidlingtonrunning.org.uk**