

# FLADBURY FESTIVE FIVE

Sunday 8<sup>th</sup> January 2017

Start time: 10.30am

A 5.5 mile multi-terrain run, mainly off road, along the banks of the River Avon, through Fladbury Village, Worcestershire. This run is organised by The Friends of Fladbury community group. The profits from the event will be used by The Friends of Fladbury to support community projects and groups in Fladbury.



*Thank you for entering the Fladbury Festive Five. By entering the race you are supporting community projects and groups in Fladbury. In the past the race has raised over £1000 which contributed to the several community projects and groups including Fladbury Rainbows, Fladbury Brownies, Fladbury Cricket Club, Fladbury Village Hall.*

*We would like to thank all those involved in organising this event including special thanks to Springhill Nurseries for allowing us to host the event. Thanks also to Allan Morris Pershore who generously sponsor the event.*

*We have also had some kind donations of spot prizes from local businesses and individuals.*

*This year, chip timing will be supplied by STUWEB. We are very grateful for their services and know it will enhance the race experience for our runners.*

*We hope that all the information you need is provided below but if you have any further questions please contact me.*

*Have a great race!*

*Julie Cross*

*Race Director (01386 861699 [racedirector@fladburyfestivefive.org](mailto:racedirector@fladburyfestivefive.org))*

This race is governed under UKA rules and a referee will be present on the day.



## **1. Race Location**

The race starts at 10.30am at **Springhill Nursery (EVG) Greenhouses**, Salters Lane, WR10 2PD. It can now be accessed off the roundabout on the main A44 (Evesham – Worcester).

## **2. Car parking**

There is car parking at the site but this will be limited. **So, please if you can share your car journey with another runner.**

## **3. Footwear**

You are advised to wear off road running shoes if you have them as the ground is not only uneven in places it is likely to be muddy too!

## **4. Collecting your race number & timing chip**

You may collect your race number and timing chip from race HQ from 9.30am. Please collect your race number and timing chip by 10.10am.

## **5. Race briefing**

All runners must attend the race briefing at 10.15am. This is mandatory as there will be information regarding safety issues.

## **6. Storage/Changing/Toilet Facilities**

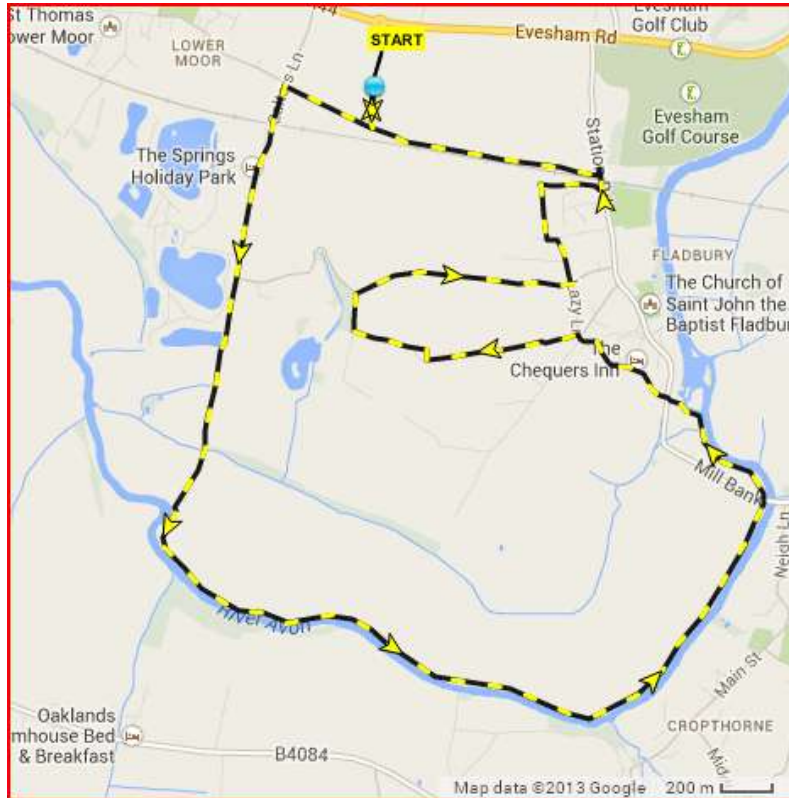
We have male and female changing and toilet facilities at the start. Please note that if you leave your belongings unattended you do so at your own risk and we cannot be responsible for any

losses. As it is likely to be cold, please ensure that you wear sufficient warm clothing before and after the run and suitable clothing for running in cold weather.

## **7. Race route**

The route is almost entirely off road. Therefore, we recommend that appropriate running shoes are worn. There will be a water station approximately half way along the route. A map of the route can be found at

<http://www.goodrungle.co.uk/RouteViewer.asp?RouteType=S&RouteID=138228>



## **8. Route change**

In the event of flooding (we have had to change the course in previous years) we will race an alternative route which is slightly shorter. If necessary, we will explain this to you on the day during the race briefing.

## **9. Use of MP3 players**

To ensure the safety of all runners the use of MP3 players during the race will not be allowed. This ensures all runners are aware of their surroundings and can hear instructions from the marshalls. Any runners using MP3 players will be disqualified from the race.

## **10. Trophies, Gifts, Spot Prizes**

Trophies will be awarded to the following categories

1st junior male under 18

1st junior female under 18

1st male under 35

1st female under 35

1st male under 45

1st female under 45

1st male under 55

1st female under 55

1st male under 65

1st female under 65

1st male over 65

1st female over 65

Every runner will receive a gift at the end of the race.

We will have a number of spot prizes. This year we will draw the winning race numbers during the race and the prizes will be displayed on a table so don't forget to check the table when you finish the race – you may not be fastest but you might have won a spot prize!

## **11. Refreshments**

A hot drink and cake will be provided free of charge at the end of the race to each runner and will be available to all supporters to purchase.

## **12. Wellbeing**

All runners should ensure that they are fit enough to complete the 5.5m distance. The course is mostly flat but runners should be aware that there are some obstacles such as stiles to be crossed and it will be very muddy underfoot. Please refer to [www.runnersmedicalresources.com](http://www.runnersmedicalresources.com) for further information on medical issues. Runners take part in this event at their own risk.

## **Our Sponsor**

Please join us in thanking our sponsor of the race for their support.



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