

5th January 2023

STUBBINGTON 10K

8th January 2023

BEFORE THE RACE

The transfer deadline was midnight on Wednesday 4th January.

Ensure you collect your race number with integrated timing chip from our race helpers in the Crofton Community Centre on Saturday 7th January from 09:30 - 15:00 or on the morning of the race between 08:00 – 10:00.

ON THE DAY

- Limited Parking available in Crofton Secondary School, Baycroft School and Meoncross School (see Parking).
- Aim to arrive early to collect your race number with timing chip.
- Baggage can be left in the main hall.
- Massage will be available by BodiWorks in the main hall before and after the race.

We ask that a donation is made, which will be going to Sophies Legacy and Autism Hampshire.

- 10:00 – Gosport Road closure and Number and Chip collection closed.
- 10:15 - Runners will start moving to the race start in Stubbington Square.
- 10:30 - Race starts.
- 10:30 onwards – Finish your race, congratulate yourself on an awesome performance and pick up your race memento.

THE ROUTE

As you are aware we have a new route for 2023 due to not being able to close the new Stubbington By-pass. We have worked hard to ensure that the new route is still a fast course and hope that you enjoy the new route. A map of the course will be available in the RACE HQ for you to view.

The route now starts and finishes in Stubbington village.

The route is a mixture of open and closed roads with some sections being on a joint cycle path.

Marshals and signs en-route will advise runners to keep on the left-hand side of the road to minimise the impact on all other road users.

Please ensure you adhere to the marshals' requests to keep left.

The final road closure at Stubbington Lane, will give you a traffic-free sprint to the finish line.

At the time of putting these instructions together, there are Gas repair works in Hill Head Road, around the 6k mark. The road narrows where these repair works are being carried out, we ask that you are considerate to other runners at this point and take care round the repair works. We do hope that these works will have finished and be gone by race day.

ROAD CLOSURES

Road closures will be phased as follows:

- Stubbington Square, 08:30 - 13:30
- Gosport Road 10:00 – 11:30
- Marine Parade West 10:30 – 13:00
- Sea Lane/Salterns Road 10:30 – 13:00
- Hill Head Road 10:30 – 13:00
- Stubbington Lane 10:30 – 13:00

LOCAL SUPPORT

We are known as the friendliest race on the South Coast this can be attributed to the support and backing of our local community.

We are pleased to say that we are supported this year by Meoncross School

Meoncross School is a friendly independent school focused on the wellbeing of their Nursery to Senior School pupils. Meoncross is a place where learning is inspired by a spirit of adventure and our creative, intuitive approach yields superb academic and other results.

Members of the **Holy Rood** church will also be supporting runners on the day.

CHARITY DONATIONS

In 2022 we donated £11000 to Alice's Arc in memory of Sophie Fairall.

This year we are supporting Sophies Legacy and Autism Hampshire. Both charities will have a stand in the race hall, so please do pay them a visit to learn more about what they do.

FUN RUN

Entry for the fun run will take place on the day. Entry costs £1. The fun run will be 1km and we would ask that an adult runs with any under 7s.

Every participant will receive a medal.

RACE HEADQUARTERS

Crofton Community Centre on Stubbington Lane, PO14 2PP, will once again be our Race HQ. At the Race HQ you can pick up your number. We do ask that you should only be inside the Community Centre to collect numbers, Bag drop, purchase refreshments or in the Sports Hall for Prize giving following the race

NUMBER & CHIP COLLECTION

With 2000 competitors taking part this year, aim to collect your race number with timing chip on Saturday from the Crofton Community Centre. Expect large queues if you collect on the day. Collection opening hours:

- Saturday 7th January 09:30 - 15:00
- Sunday 8th January 08:00 – 10:00

Please note that you must not give anyone else your number! Anyone discovered running under another person's number will be disqualified from this and future races.

START LINE SQUEEZE

Competitors will need to meet in Stubbington Square for the start line.

We have all paces entering the race so try and position yourself with runners of similar paces – we do not have hard and fast rules here but just ask runners to be sensible when positioning themselves at the start. Although prizes will be awarded based on the gun time for your own personal purposes please remember, your race time only starts from the moment you cross the start line.

MID-POINT WATER STATION

There is a water station just after the 5k point. We would be grateful if as many runners could be self-sufficient in water if possible. We will provide a water station with water in bottles. If you discard your bottle, please do so within the water station area so that we don't have any litter elsewhere on the course. Anybody seen littering risks disqualification.

PARKING

Parking is limited so, please consider car sharing where possible. If you are local, why not jog to the start as a part of your warm up?

Parking is available free of charge from:

- Crofton Secondary School, Marks Road, Stubbington, PO14 2AT - 10 minute walk
- Baycroft School, Gosport Road, Stubbington, PO14 2AE - 10 minute walk
- Meoncross School, Burnt House Lane, Stubbington. PO14 2EF – 10 minute walk.
- If you park in the streets of Stubbington please ensure that you are considerate to the residents and don't block exits – we need to ensure we continue to get the support of the local residents
- Please do not park on Bells Lane – this road is on the course but is not closed to traffic so can be the centre of some congestion for runners and cars if there are cars parked there as well.

RULES IS RULES IS RULES

UK Athletics Rules apply during this race. Normal headphones are not allowed during the race as you will need to hear marshal's instructions.

However in line with UKA rules bone conducting open ear devices will be allowed.

RESULTS

Results will be searchable as soon as possible at [Race Results - live results service \(race-results.info\)](https://www.race-results.info). A more specific link will be shared once we have it.

PRIZES

We like prizes, who doesn't?! We have prizes for a wide range of categories.

Prizes for the first 3 male and female finishers

Prizes for:

First 3 male and female finishers, M/F Junior 15-17, F Vet 35, M/F Vet 40, M/F Vet 45, M/F Vet 50, M/F Vet 55, M/F Vet 60, M/F Vet 65, M/F Vet 70+, M/F Team (4xM, 4xF), M/F Vet Team (4xM, 4xF).

MEDICAL COVER

South Coast medics will be supporting us on the day. If you are feeling unwell at any time during the race, please make a marshal aware so that they can get medical help to you.

They will also be available after the event if you need any assistance.

REFRESHMENTS

Hot and cold drinks and homemade cakes and hot food will be available from Race HQ.

These can be purchased with either cash or card, with all profits going to the two nominated charities.