



**LORDSHILL  
ROAD RUNNERS**



# 10 K

**SUNDAY 25<sup>th</sup> JUNE 2017**

**9:30 am**

**Start and finish at Ordnance Survey, Adanac Drive, Southampton SO16 0AS**

We are delighted that you have chosen to enter the **Ordnance Survey Lordshill 10k** and hope you enjoy the race.

**HAZARD ALERT**

**You MUST take time before the start of the race to familiarise yourself with the first 150 m of the course – for your safety and that of your fellow runners**

**RACE HQ**

Race HQ is at Ordnance Survey, Explorer House, Adanac Drive, Southampton, SO16 0AS. The race starts and finishes at Ordnance Survey. Race HQ will be open from 8:30am, and the race will start promptly at **09:30am**. Please note no dogs are permitted on the Ordnance Survey grounds.

**RACE NUMBERS**

Race numbers have been posted in advance. If you have not received your number by 21 June, please contact the Race Secretary at [lordshillraces@hotmail.co.uk](mailto:lordshillraces@hotmail.co.uk)

**TRANSFERS**

If you are unable to race and you have found someone to take your place, please give the new runner your number and ask him/her to come to the 'number transfer' desk at Ordnance Survey before 9am on race day to complete an entry form so we can process the transfer

**PARKING**

There is limited parking at the race HQ so please consider car-sharing when possible. **The car park will open at 08:00 and close at 09:10** to accommodate the race - please arrive before this time if you want to park on site. There is plenty of parking for bicycles.

## TOILETS, CHANGING & BAGGAGE

Toilets and changing at race HQ are available from 8.30am. There will be a baggage drop area at race HQ (baggage is left at your own risk). Note there are no toilets inside the Ordnance Survey building - please look for signs or ask an official.

## THE COURSE

The course map is available on our website [www.lordshillroadrunners.org.uk/lordshill-10k/](http://www.lordshillroadrunners.org.uk/lordshill-10k/). The course is not suitable for wheelchairs, pushchairs/buggies or dogs.

### THERE IS AN UNAVOIDABLE HAZARD APPROX 150m AFTER THE START OF THE RACE.

We have done our best to ensure that it is visible from outer space. This means you should be able to see it and not fall over it. You have been warned!

## WATER STATIONS

Water will be available at approx 4.5k, 7k and at the end. A huge thanks to **Dynamic Load Monitoring** for providing water at 7K.

[www.dlm-uk.com/](http://www.dlm-uk.com/)

## Earphones/ipods

These are prohibited and must not be worn during the race. Please follow marshals' instructions at all times and do not allow your supporters to follow the race on bikes or in cars.

## RESULTS

For those who have provided mobile numbers, you will receive a text message informing you of your chip time as you finish. Live updates will be posted on [www.race-results.info](http://www.race-results.info) and video clips of you finishing will be available the following day. Results will also be available on our club website:

[www.lordshillroadrunners.org.uk](http://www.lordshillroadrunners.org.uk).

## PRIZES

The prize giving will be at approximately **10:45**. As well as mementos to all finishers, there will be prizes for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> male and female and category wins in the form of vouchers from Alton Sports [www.altonsports.co.uk](http://www.altonsports.co.uk). In light of joining the HRRL league this year, the 10K race organisers have changed the ladies age categories to match those of the league.

	Male		Female	
Overall	1st	£100	1st	£100
	2nd	£80	2nd	£80
	3rd	£60	3rd	£60
Senior	1st SM	£60	1st SF	£60
Vets	1st V40	£60	1st V35	£60
	1st V50	£60	1st V45	£60
	1st V60	£60	1st V55	£60
	1st V70+	£60	1st V65+	£60
Team	of 4	£80	Of 3	£60

## COURSE RECORD

There is a prize of £50 if you beat the course record which stands at:

Men – 31:16 (record set in 2014 by Chris Powner of WADAC)

Women – 36:30 (record set in 2015 by Kathy Bailey of WADAC)

## A TASTER OR WHAT'S ON OFFER ON RACE DAY

**PHOTOGRAPHS** Free photos will be available - please check our website following the race for information [www.lordshillroadrunners.org.uk/lordshill-10k](http://www.lordshillroadrunners.org.uk/lordshill-10k)

**PRE- and POST-RACE MASSAGE** Becky from **therapy2fit** will be providing pre- and post-race sport massage on the day. Voluntary donations gratefully received to the charity "Society of St James" [therapy2fit.co.uk](http://therapy2fit.co.uk)

**INJURY PREVENTION AND RECOVERY** James Kirkpatrick from **The Recovery Room** will be available to speak and give advice on sports injuries and screen any runners for imbalances. [www.the-recovery-room.co.uk/](http://www.the-recovery-room.co.uk/), (07748483639).

**MUSIC** Andy Maxwell (AA Entertainment and Events) will be on-site to get you in the mood for a great race. [www.aaentertainment.org.uk](http://www.aaentertainment.org.uk)

**KIT VAN:** Kevin and his team from "**Up and Running**" in Chandlers Ford will be on site with kit to purchase [www.upandrunning.co.uk/southampton](http://www.upandrunning.co.uk/southampton)

**ICE CREAM VAN** on site

**REFRESHMENTS:** Will be available to purchase from a local Scout Group by donation.

**WALNUT TREE FARM:** Will be open from 8:00 am. Pop-in for a pre-race breakfast (serving until 10.30 am) [www.farmhouseinns.co.uk/locations/walnut-tree-farm](http://www.farmhouseinns.co.uk/locations/walnut-tree-farm)

**PARKLIVES:** Want to know more about these free activities in your local park? Ask at the **ParkLives** trike. [www.parklives.com/councils/southampton](http://www.parklives.com/councils/southampton)

### UNAFFILIATED RUNNERS

If you enjoy the day and would like to get more out of your running, why not join Southampton's friendliest running club?

With levels of coaching for all abilities and a lively social side, Lordshill Road Runners could be the club for you.

Annual membership (inclusive of England Athletics Affiliation fee) is only £29 and this gives you access to 3 training nights each week plus numerous other opportunities to run.

[www.lordshillroadrunners.org.uk/membership/](http://www.lordshillroadrunners.org.uk/membership/)

If you have any questions or feedback please contact us at [lordshillraces@hotmail.co.uk](mailto:lordshillraces@hotmail.co.uk)