

Didcot 5 Sunday 2nd July

Entry Information for runners

Facilities and Race HQ

Willowbrook Leisure Centre, Bowmont Water, off Avon Way, Didcot, Oxfordshire, OX11 7AF.

We have excellent facilities provided to us by Willowbrook.

Directions by Car

From the A34 follow the signs to Didcot, after approx. 2 miles take a left at the 1st roundabout (following signs to Wallingford A4130), go straight across the next 3 roundabouts. At the 4th roundabout take the second exit down Avon Way. Follow to the mini roundabout at the end, go straight across into Bowmont Water and the Willowbrook Leisure Centre is the 1st left turn.

From Wallingford direction – follow the signs for Didcot. At the Tesco roundabout head straight across, at the next roundabout take a right onto the Abingdon Road (following signs for Wantage A4130). Go across the next roundabout and take a left at the next junction on to A4130 (following signs for Oxford A4130 and A34). Head straight across the first roundabout on the A4130 and take a left turn on to Avon Way at the second roundabout. At the end of Avon Way go straight across the mini roundabout on to Bowmont Water and the Willowbrook Leisure Centre is the first turning on the left.

From the Train station turn left and follow the pavement until you reach a railway bridge (Cow Lane), head underneath the bridge, crossing the road when you are through the bridge, you will see the field on the left hand side. To find Willowbrook Leisure Centre head across the field and behind the tennis courts and you will see the leisure centre. If you are lost please ask any of our marshals for help.

Changing and bags

We have access to toilets and showers at the leisure centre but none at the start/finish line. There is no formal bag drop but we may be able to keep an eye on a limited number of bags at the registration area but they are left at the owner's own risk.

Parking and Travel

There is a moderate amount of parking at Willowbrook but please car share or use other methods of travel where possible. Didcot train station is a 5 minute walk away from the start/finish area.

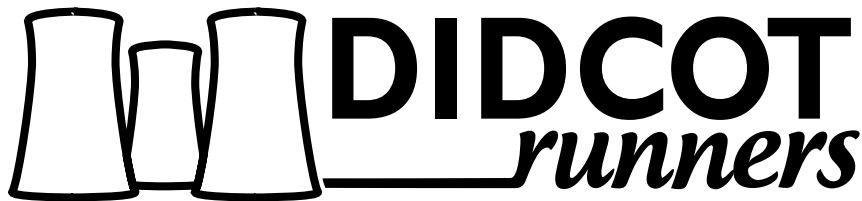
First Aid

First Aid will be provided by Alpha-Care – they will be based at the start/finish area.



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Water station/refreshments

Water is provided at the start/finish and halfway around the 5 mile course. There will be a coffee van and ice cream van at the start/finish.

Timetable of events

0800 – Willowbrook Leisure Centre opens.

0810 – On the day race entries and race number collection opens.

0910 – Warm up with Mel.

0915 - 5 mile race registration closes.

0930 – 5 mile race starts.

1030 – Fun run entries close.

1045 – Fun run starts.

5 mile and fun run prize giving will happen after the fun run.

Race numbers and chip timing

If you have entered in advance your race number will be available for you to collect from 0810 on race day from the race HQ at Willowbrook Leisure Centre. We are excited to have introduced chip timing for this year's race and you will also be provided with your chip along with your race number.

Please do not give your number or chip to another runner without contacting the race director and confirming the transfer. Runners found to be wearing the number/chip belonging to another person may be disqualified.

Age limits

Runners in the main 5 mile race must be 16 years or older on race day. There is no age limit for the 2 mile fun run but we ask that young children are accompanied.

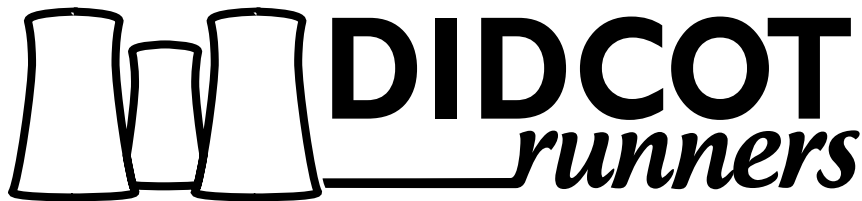
Start/finish and course

The start/finish is a 5 minute walk from the leisure centre in the Ladygrove Park behind the leisure centre and football club. To get to the start, go through Didcot football training ground and head along the path towards the tennis courts and you will see the start/finish area. The course is a loop around the Ladygrove, mostly on cycle paths but with some road crossings. Please be aware the marshals are there to ensure a safe crossing, but are not authorised to stop traffic. Please be aware of other members of the public on the paths. **For this reason please refrain from wearing headphones.**



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Prizes

1st/2nd/3rd prize trophies to each female and male winners.

1st prize trophy in each age category to both male and female. Age categories – FV35, FV45, FV55 and MV40, MV50, MV60, please note there won't be any duplicate winners in the top 3 overall finishers and age categories. Medal for all finishers.

Fun Run – 1st prize trophy to each boy and girl in U16, U13, U11 and U9 categories. Medal for all finishers.

Sponsorship

We are pleased to announce that the 2017 Didcot 5 race is kindly sponsored by Didcot Plant Hire. We are extremely grateful for their support, without which we would not be able to put on the race. We would like to thank the following companies: William Jones and Rowse Honey for additional sponsorship; Tesco for supplying bottled water; Willowbrook Leisure Centre for allowing us to use their facilities; Perpetual Childcare for sponsoring the fun run medals and trophies and Miele for donating a spot prize.

Fundraising

All proceeds of the race will be donated to charity. This year we will be supporting the Earth Trust and the Island Farm Donkey Sanctuary.

And lastly please have a safe and enjoyable run from all at Didcot Runners and thank you for joining us on our 12th race.



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