

# **ROMSEY**

## **ROAD RUNNERS**

### **5 Mile Beer Race** **Sunday 2 June 2024, 10:00am**

- Start:** Braishfield cricket field, Dummers Road, Braishfield SO51 0QG
- Directions:** From the A3090 Romsey to Winchester road, follow signs to Braishfield, thereafter race signs will direct you to the car park.
- Parking:** Unfortunately, due to the recent wet weather, we're unable to use our usual field next to the start line for parking this year.
- We have secured a new location for this year's race at Hillier's on Jermyns Ln, Ampfield, Braishfield, Romsey SO51 0QA.
- Next to the overflow parking at Hiller's is a cut through to Crookhill, once you have arrived on Crook hill, you will turn right and head past the Dog and Crook pub. Follow the road keeping to the footpath up to the Wheatsheaf Pub (about 20 minutes) Once at the Wheatsheaf pub, turn right onto Common Hill Rd and walk carefully down the road (No footpath) until you get to a left turning called Dummers Road. Walk along Dummers road for a few minutes and you will see the Cricket pitch (Start Field) on your right hand side.
- Please arrive early and allow yourselves 25-30 minutes to walk to the start.
- Please note that we only have the use of the overflow car park and runners are asked not to park in Hillier's Garden Centre or Hiller's main car park. Marshalls will be on site to assist you, along with signs to direct you to the overflow parking.
- If for any reason this space becomes full, drivers will be directed to the Ganger farms overflow car park opposite. again, we only have use of the overflow parking and not Ganger farms main car park. Marshalls will be onsite to assist and direct.
- It's very important that these are the only locations runners should use to park for this event. Cars are not permitted to park along the route or anywhere that could cause a disruption to local residents in Braishfield and the surrounding areas. We do not have permission to park at the Wheatsheaf, Dog and Crook, Braishfield Village hall or Braishfield Social club. It's important we respect this, as it could harm the future of the event.
- Bag Drop:** If you have any non-runners in your party and it is possible to leave your bag with them then this would be much appreciated.
- However, if you wish to leave a bag at the start of the race we will be running a bag-drop system near the registration area for a limited number of bags (the smaller the bag the better please!). Runners will need to fill in a label with their runner number, secure it to their bag and leave the bag in a designated area. The bags will then be transported to the finish field for collection.
- Bags and their contents are left at runners' own risk.
- Finish:** Braishfield recreation ground, a 500m walk from the car park.
- Toilets:** Portaloos and a block of urinals are available in the small field adjacent to the start. Toilets in the village hall will be open at the finish.
- Registration:** Your running number and chip will be available to collect from the start field **from 8:30am**. Please check the website ahead of race day to look up your number. The entry list will also be displayed on race day by the number collection.

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Please complete the medical information on the back of your number. Don't forget to bring safety pins!

**Please note:** your running number will **not** be posted to you.

**Course:** The 5 mile course has been accurately measured and certified and consists of two laps along quiet country lanes, which are narrow in places. Please bear in mind that the roads will be open to traffic and other users.

Please **keep left** on all roads unless directed otherwise. Please **do not** cross the road at crossings until directed to do so by a marshal.

Water will be available at approximately 3 miles and the finish.

A map of the course is available on the website.

**Cut-off time:** The Romsey 5-mile Beer Race is a friendly event and we very much welcome slower runners and run/walkers. However, with a view to everyone reaching the finish field in time for the prize-giving and fun run, there is a cut-off time for the first loop of 45 minutes. Runners who take 45 minutes or longer to reach The Wheatsheaf pub at the end of the first loop will be directed straight to the finish field so that the post-main run events can take place.

**Important Information:**

- **Only bone conduction headphones are permitted** – for your own safety
- Cyclists and dogs **must not** accompany runners
- Under EA rules, **buggies are not allowed** at the Beer Race
- Your running number must not be worn by any other person, as this is our only identification of you.
- Please follow the directions of the marshals, keeping left unless otherwise directed.

**Prizes:** A pint of Flack Manor beer (soft drink for under 18s), a slice of cake, for every finisher. There are prizes for the top three male and female finishers plus category winners (male and female 40, 50, 60, 70, 80). The presentation will take place at the recreation ground at approximately 11:30am.

**Results:** Results will be published on the club website [www.romseyroadrunners.co.uk](http://www.romseyroadrunners.co.uk) shortly after the race.

**Queries:** Please see link to Frequently Asked Questions on the website and email any other questions to [beerrace@romseyroadrunners.co.uk](mailto:beerrace@romseyroadrunners.co.uk)

**Fun Run:** This is a 1km run which takes place in and around the Braishfield recreation ground (where the main race finishes) and does not involve public roads. The course is manned throughout by marshals. It is free to enter. Registration opens on the recreation ground at 10:15 and is open to 4-14 year olds up to a maximum of 100 runners. The race starts at 11:45 and will be preceded by a five-minute warm-up. All participants receive an edible biscuit medal.

We wish to thank all those who have helped us, in particular our sponsors Flack Manor and Up and Running. The assistance of Braishfield Parish Council and Newport Inn Cricket Club is also warmly appreciated.