



2018

Grant

& Stone

WYCOMBE HALF

MARATHON & 10K

In aid of



9.30 a.m. SUNDAY 15th JULY 2018

at

WYCOMBE WANDERERS FC, ADAMS PARK, HIGH WYCOMBE

RUNNERS INFORMATION





Welcome to the Races!!

"Keeping the Dream Alive"

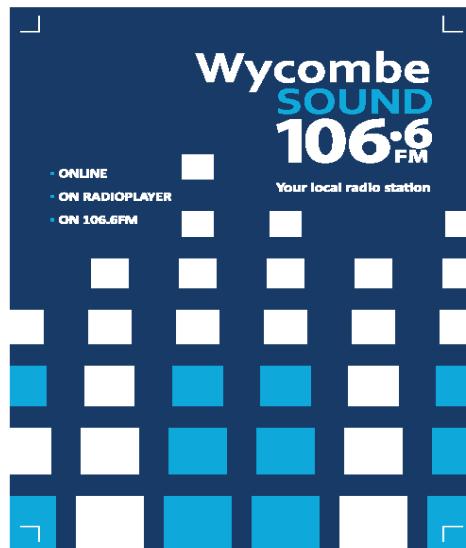
Welcome to the 37th running of the Wycombe Half Marathon and the 11th running of the Wycombe 10k. For the third year we have set up race HQ at Adams Park, the home of Wycombe Wanderers FC and the races will again finish in the stadium. Both races will again take in the magnificent surroundings of West Wycombe Park with the stunning backdrop of the Golden Ball!

We once again acknowledge our sponsors, Grant & Stone Limited, without whose support it would be very much more difficult to put on these races, and we also acknowledge the assistance given by a large number of individuals and groups who volunteer their time and effort to support the races and again without whom the event could not take place.

This year, for the very first time, the public-address facilities and commentary on the progress of the Half Marathon and the 10k will be provided by Keith Higgins from Wycombe's own local radio station, Wycombe Sound. Wycombe Sound is the multi-award winning local FM radio station that broadcasts to areas around High Wycombe on 106.6 FM, online or via Radioplayer and more details on their story are set out below.

Also, this year we are supporting the Help Refugees Calais campaign and you can find out more about this below. However, in short, we are asking that if you have an old pair of trainers please bring them with you on race day and put them in the dedicated box in the Information Tent.

*Chris Gentry
Club Secretary
Handy Cross Runners*



Wycombe Sound 106.6 FM is the radio station serving the town of High Wycombe and the surrounding area. On-air permanently since October 2016, you can hear us on 106.6 FM in the local area, online at www.wycombesound.org.uk and on the Radioplayer App.

Run by a core team with 80+ volunteers, from all walks of life and aged 15 to 77, we serve a core target demographic of 35+ year olds. You'll hear familiar music together with interviews and features covering local news, services, events & sport from across the local area. Everyone at the station subscribes to our passion for engaging, enthusing, entertaining and informing the local community. Listeners say we have "put the buzz back into High Wycombe."

A measure of our success is that the radio station picked up 6 awards in the 2017 Community Radio Awards, including Station of the Year.

Wycombe Sound has covered the previous 2 Wycombe 10k & Half Marathons and we are proud to have been asked to provide the commentary for this year's Run.

If you would like to find out more about Wycombe Sound, or want to see how your local radio station can support your local charity, business or organisation, please contact us on (01494) 449900 or email us contact@wycombesound.org.uk



Each year we choose a different charity to benefit from the proceeds of the race. This year the money raised, less race costs, will be going to this charity. Butterfly House is a leading community resource for supporting patients living with life-limiting or life-threatening illnesses. They offer patient-centred care to individuals through the provision of specialist palliative, psychotherapeutic and lymphoedema care. They also support their families and carers.

The South Bucks Community Hospice has been based in High Wycombe for over 30 years and have made a massive difference to thousands of people across South Buckinghamshire with the vital care and support services they are able to offer.

You are invited to raise sponsorship money for Butterfly House or one of your own if you prefer.

If you raise money for our charity please send it to Handy Cross Runners, c/o Lapwing Cottage, Broombarn Lane, Great Missenden, Bucks HP16 9JD and we will pass it on.

Thanks to our Supporting Organisations...

Handy Cross Runners would also like to thank the following for their generosity and support, without which it would be very difficult to stage this race:

Wycombe Wanderers FC
Bucks Free Press
Thames Valley Police
Spar (Great Kingshill)
Runners Retreat

Mid-Thames Raynet
St John Ambulance
Buckinghamshire County Council
Race Timing

Disclaimer

Handy Cross Runners and Grant & Stone Limited can accept **NO** responsibility for injury, loss or damage - however it may be caused - as a result of these events.



Timetable of Events



8.00 a.m.	Information Tent opens.
9.30 a.m.	Half Marathon and 10k start.
9.40 a.m.	Fun Run starts.
10.00 a.m.	(approx.) 10k winner finishes.
10.38 a.m.	(approx.) Half Marathon winner finishes.
11.30 a.m.	Presentation of as many individual prizes as possible in the car park.
12.15 p.m.	Presentation of team prizes and remainder of individual prizes.



Race Information



Public Car Parking

Car parking for runners and spectators will be available on the upper field at Adams Park.

PLEASE NOTE

As runners finishing the races will be entering the stadium via the same gate as cars exiting the car park, it may be necessary, on occasions, to stop cars from leaving the car park for a short time until it is safe for runners. Please respect the directions of the car park stewards if this happens.

Race Numbers

Race numbers need to be picked up on the day and they should be pinned to the **front** of your vest or T shirt ensuring that the pins are positioned at each corner. *Please ensure that you fill in the Health and Safety information and any medical conditions you may have on the back of the number.*

All competitors must wear their correct number and any competitor wearing another person's number or a number not issued by the Organisers will be liable to disqualification. Competitors should note that numbers issued to competitors in the Half Marathon are distinguishable from numbers issued to competitors in the 10k and runners should not swap numbers.

Changing Accommodation and Toilet Facilities

Changing accommodation for both men and women is available at Adams Park and there are also toilet facilities at the stadium as well.

Information/Enquiry Tent

An information/enquiry desk will be open for spectators and competitors from 8.00 a.m. to 9.30 a.m. on the morning of the race in the tent in the car park at Adams Park. During those times children, clothing and other items that may be lost and found should be reported to the staff on duty there and not to other race officials.

During the race, friends and relatives concerned as to the whereabouts of competitors should enquire of race officials and NOT of the St John Ambulance personnel.

The Start

The races will start promptly at 9.30 a.m. from the gates of Adams Park and competitors should be in the assembly area adjacent to the start by 9.15 a.m. The start will not be delayed for latecomers.

The Course

Details of the courses and gradients can be found on our website www.handycrossrunners.co.uk on the Wycombe Half & 10K tab.

Those of you who are local will know that the roads in this area are not in the best of condition and therefore please be careful

WARNING FOR COMPETITORS

For your own safety, course marshals and the Police may advise you to run on the pavement and not the road. **You must comply with the directions of both course marshals and the Police.** Failure to do this could not only lead to your disqualification, but it could also lead to the races being jeopardised in future years.

Competitors should run on the left-hand side of the road unless directed by course marshals who will be stationed round the course wearing high visibility jackets. Each mile and kilometre point will be clearly marked and there will be a vehicle leading the Half Marathon and 10k runners until the courses split. At that time, the 10k race will be led by a cyclist. St John Ambulance will be stationed around the course and Raynet radio communications will provide additional support.

Despite much consideration, because the courses for the Half Marathon and the 10k are multi-terrain neither is considered suitable for wheelchair competitors nor for competitors with running buggies.

MP3 players, iPods and headphones

You are reminded that when you signed up for the race that you agreed not to use an MP3 players or an iPod or wear headphones whilst participating in the race. This is for your own safety, and the safety of others, because it is vital that your hearing is not impeded so that you will be able to follow instructions/warnings given by marshals and so that your senses can properly alert you to any dangers that may arise.

Drinks Stations

There will be drinks stations on the route of the races and water will also be available at the finish.

Results

The results for both races will be posted on the Handy Cross Runners website (www.handycrossrunners.co.uk) as soon as possible after the race as well as appearing in the Bucks Free Press on Friday 20th July. If anyone wants a copy of the results but does not have access to a computer or cannot obtain a copy of the newspaper then please leave your name and address at the Information Tent together with £1. A copy of the results will then be sent to you.



Handy Cross Runners



The club meets at the Judo Centre in Barry Close, High Wycombe every Tuesday, Wednesday and Thursday evening at 7 p.m. On Sunday morning runs take place but from various venues the details of which are sent out by email. Runners of all ages and abilities who get pleasure out of running or who just want to keep fit are welcome to come along. If you don't want to run alone why not come along and see us? You can get more information about the club from the website www.handycrossrunners.co.uk



General Information



Spectators

Refreshments and other stalls will be available at Adams Park.

Whilst the races will start from the gates to Adams Park they will finish in the stadium in front of the Frank Adams Stand. Spectators will only be able to gain entry to and exit from the stadium via Gates 6 and 6A and refreshments and toilets will be available just inside that gate. Spectators won't be able to use the lower seating of the Frank Adams Stand but you will be able to watch the finish from the seating outside the Executive Boxes.

Prizegiving

Unlike other years, the prize giving this year will take place on the stage which will be set up in the car park at Adams Park outside the Club Shop.

Sponsorship

The Wycombe Half Marathon and 10k are exciting events that promote and encourage local people to achieve their goals - the runners who make their own personal achievement and the many charities whose work is rewarded by sponsorship money. There are approximately 200 charities represented each year, all in great need of funds.

If you are raising money for a charity please send your sponsorship money directly to them and NOT to the race organisers.

Fun Run

A Fun Run of approximately a mile will start approximately 10 minutes after the start of the Half Marathon and the 10k. Competitors should line up at the Half Marathon/10k start. You do not have to enter before the day - JUST TURN UP AND RUN. Entries will be taken in the information/enquiry desk and there is a small entry fee for the Fun Run of £2. All finishers will receive a medal and a goody bag. The first male and the first female home in the Fun Run will receive the Tom Burton Memorial Trophy named in memory of Tom who collapsed and died at school on the 4th May, 2007.

Raynet

As usual, Raynet will be providing radio assistance to St John Ambulance. This service is provided free of charge to comply with the conditions of their Radio Licence but, as a registered charity, they are able to receive donations. The Group is most likely to lose their base at Beaconsfield so they are looking for a new home and/or funds to have a mobile control.

Help Refugees Calais

This is a grassroots organisation that started in 2015 in order to deliver vital aid to refugees living in Calais. They now fund more than 80 projects across Europe and the Middle East, making them the biggest facilitator of grassroots humanitarian aid on the continent. In Calais, they are one of the only providers of vital aid. Since there is virtually no governmental infrastructure to support refugees living here, except for food distributions, they are working to fill the huge and terrifying gaps in services by distributing clothes, sleeping bag, tents and other material, ensuring people have access to medical care, taking testimony of police violence, and advocating for refugees in Calais against police violence and for more state support.

One of their biggest problems at the moment is that they are not able to provide people with adequate footwear. They have seen many problems in the past, with health conditions such as trench foot, as refugee's shoes wear down easily. Because of this they need more shoes to be able to replace the ones that are broken.

They have recently had success with shoes when a local organised half marathon emailed all of the runners asking them to bring an old pair of trainers with them to put in a dedicated box for refugees near the start line. Thus, as mentioned before, if you have an old pair of trainers please bring them with you on the day - it will make such a difference in Calais. Getting a pair of old trainers from runners would mean that people in Calais are able to have footwear that is both practical, safe and not broken.



Directions to Start of the Races



Arriving by car

From M40 Adams Park is signposted with brown football/stadium signs.

- Leave M40 Motorway at Junction 4
- Take the A4010 (John Hall Way, signposted Aylesbury)
- Cross over three small roundabouts into New Road
- Continuing down the hill to two mini roundabouts at the bottom
- Turn sharp left at the first into Lane End Road and continue to the next mini roundabout
- Turn right into Hillbottom Road. Adams Park is situated at the very end of the road

From M4 Junction 8/9

- Leave M4 at Junction 8/9 and turn onto the A404
- Follow A404 towards High Wycombe
- At the junction of the A404 and the M40 (Handy Cross junction) take the A4010 (John Hall Way, signposted Aylesbury) - Adams Park is signposted with brown football/stadium signs
- Cross over three small roundabouts into New Road
- Continuing down the hill to two mini roundabouts at the bottom
- Turn sharp left at the first into Lane End Road and continue to the next mini roundabout
- Turn right into Hillbottom Road. Adams Park is situated at the very end of the road

Arriving by rail:

The nearest railway station is High Wycombe, which is approximately 2.5 miles from the stadium. Chiltern Railways operate services to High Wycombe from Birmingham Snow Hill to London Marylebone, Aylesbury and Banbury. Visit the Chiltern Railways website for timetables and further information.



Prizes



Half Marathon

The first three men and the first three women will each receive a trophy and a prize.

Prizes will also be awarded as follows:-

- to the first and second man and woman home in each of the age categories 40-49 and 50-59 except if they are one of the first five men or women home in which case the prize in that age category will be awarded to the first person in that age category outside the top five men or women finishing;
- to the first man and first woman home in each of the age categories 60-69 and over 70 except if they are one of the first five men or women home in which case the prize in that age category will be awarded to the second person in that age category outside the top five men or women finishing;

- to each of the four runners in the winning and second male and female UKA/ARC teams; and
- to each of the four runners in the winning Company team and the winning Social Club Team

10k

The first three men and the first three women will each receive a trophy and a prize.

Prizes will also be awarded as follows:-

- to various age category winners except if they are one of the first three men or women home in which case the prize in that age category will be awarded to the first person in that age category outside the top three men or women finishing;
- to each of the four runners in the winning and second male and female UKA/ARC teams; and
- to each of the four runners in the winning Company team and the winning Social Club Team



****Important Note****



No runner will be awarded more than one individual prize.