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## 12th PEDNOR 10

**Sunday 31st December 2023 starting at 10:00am**

Held under UK Athletics rules – Race Licence Number 2023-47221

### **Race Information and Instructions**

Thank you for entering the Pednor 10 Road Race and Relay races, last held in 2019 and now jointly organised by Chiltern Harriers and The Arctic One Foundation. We hope you enjoy the races along undulating country lanes through the Chiltern countryside around Pednor.

Please be aware that the race is held on roads that are open to traffic. For your own safety, be vigilant at all times, and for the sake of future races, please be courteous to other road users.

**Race Headquarters** are at the 1879 Lawn Tennis & Squash Club, Pednor Road, HP5 2JU. HQ will be open from 8.45am with access to changing rooms, showers and toilets (plus additional Portaloos in the Tennis Club car park). Clothes and bags may be left at the Tennis Club during the race, at the owner's risk. Do not leave valuables. Refreshment and light snacks will be available for sale here during and after the race.

**Car Parking:** Please **DO NOT PARK** at the Tennis Club or in Pednor Road. The nearest municipal car park is Water Meadow HP5 1LF, less than ten minutes away from Race HQ. – see map of Chesham below. If this is full, the next closest car park is Star Yard, with the added advantage of having a public toilet, or there is Albany Place car park next to The Elgiva Theatre. Water Meadow, Star Yard and Albany Place have free parking on Sundays. Charges apply at Sainsbury's and the station car parks.

**Race Numbers:** Collect your number on race day from Race HQ between 8:45 and 9:45am. Numbers must be worn on the front of your vest throughout the race and clearly visible to the recorders at the finish line. Relay runners will be identified by a diagonal line across their number. **Entries on the day** will not be accepted.

**The Start** is on Pednor Road, close to the Tennis Club. Ten-mile competitors and the first leg of relay teams will start together. Please be ready for a 10:00am start but keep clear of Pednor Road until advised by the Race Referee to move to the start line so that the road is not unnecessarily obstructed.

**The Course** consists of two anticlockwise laps of **The Pednor Loop** on quiet country lanes. If traffic is encountered, runners must keep left, unless instructed otherwise by a marshal. There are potholes to be wary of, so make sure the road ahead is visible when following others. Please respect these other road users, including cars, bikes, horses, walkers and follow instructions from the marshals and race officials.

**Headphones:** wearing of headphones, or similar devices, is not permitted except under UKA Rule 240S 5 UKA Supplement or when medically prescribed. If anybody is seen wearing headphones during the race they may be disqualified by an official and asked to drop out of the race.

**Relay Changeover:** The changeover will be just after the descent of Drydell Lane and left turn into Pednor Road. The first-leg runner must make physical contact with the second-leg runner, such as by tapping them on the shoulder. To minimise congestion at the changeover, please keep clear of this area unless you are a second-leg runner expecting your racing partner to appear.

**Water Stations:** Water will be available at approximately 2 miles and 7 miles (the same location). Water will also be available just beyond the finish, by the entrance to the Tennis Club.

**The Finish:** This will be indicated by cones along Pednor Road, close to the start. Please make sure your race number is visible to the recorders. For relay teams, only the second-leg relay runner should cross the finish line to be recorded (first-leg runners crossing the line will cause confusion!). After finishing, please keep clear of this area to reduce any congestion in Pednor Road.

**Refreshments:** Kate Weber will again be selling top quality inexpensive sandwiches, biscuits, cakes, tea and coffee in the clubhouse before and after the event. Payment will be available by contactless card and cash – please bring small change just in case.

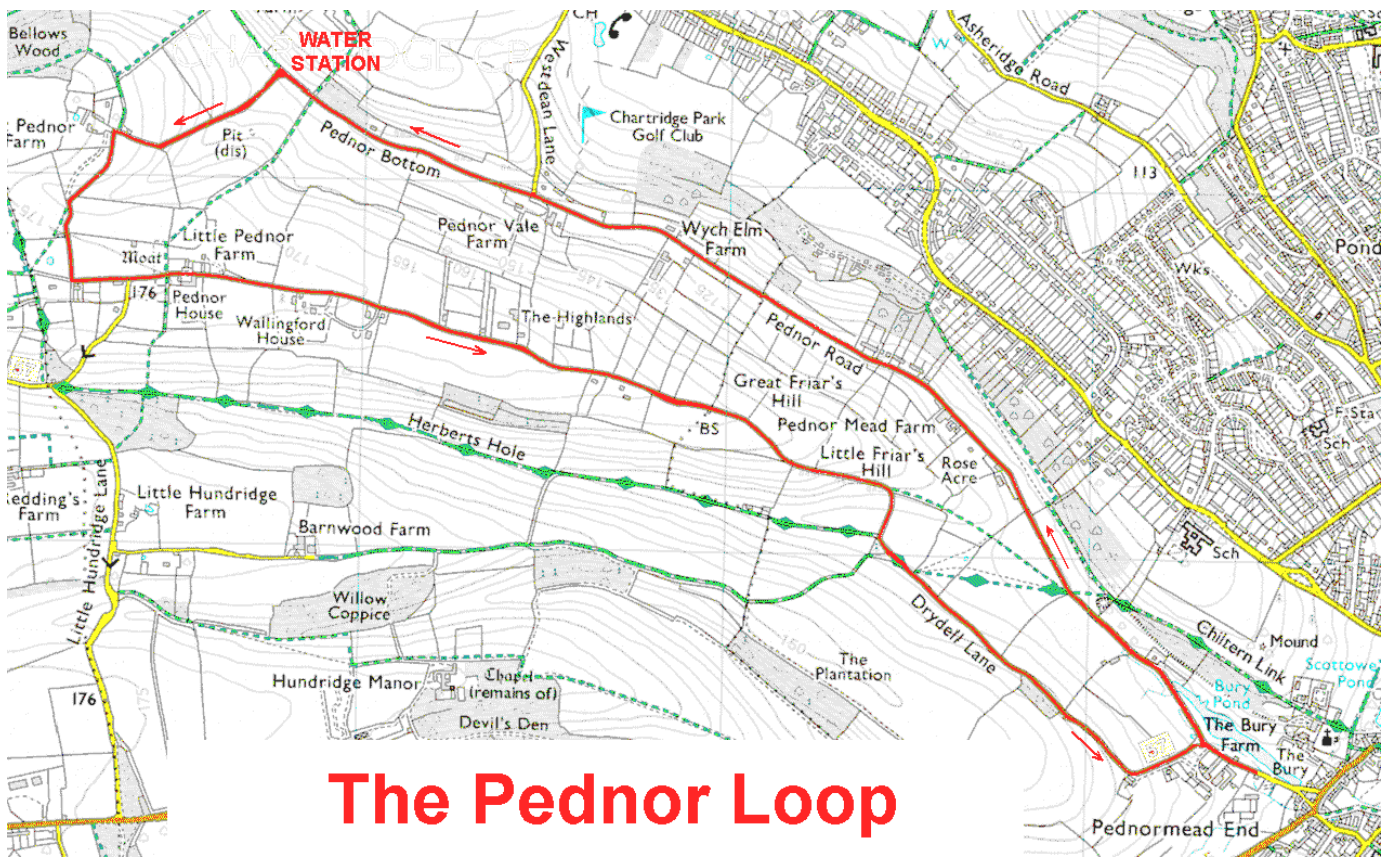
**Prizes:** All runners will be presented with a commemorative medal after finishing. Collection will be near the finish water station. First-leg relay runners can collect their medal there too. Winner's trophies will be presented at Race HQ at an anticipated time between 11:30 and 12 noon. Trophies will be presented to:

- 1st, 2nd and 3rd men and women
- 1st veteran 40, 1st veteran 50 and 1st veteran 60 men and women
- 1st male relay pair
- 1st female relay pair
- 1st mixed relay pair

Runners may qualify for only one prize, so veterans in the top three will be awarded a senior trophy and the veteran trophy will go to the next person in the veteran category.

**Results** will be available at [www.chilternharriers.com](http://www.chilternharriers.com) and [www.arctic1.co.uk](http://www.arctic1.co.uk) as soon as possible after the race.

# Course Map



# Town Map

