

Frieth hilly 10k

Sunday 18th October 2009, 10am, Frieth CEC School (RG9 6PR)

Dear Runner

It's nearly here, the Frieth Hilly 10k! Below are a few notes which we hope you'll find useful, but please do get in touch if you've any other queries at enquiries@friethhilly10k.co.uk.

If you're reading this, then you'll either have your race number already, or be collecting it on the day. Please write on the back of this your name, an emergency contact number and any allergies or relevant medical conditions you may have, and please don't forget to bring safety pins to attach it! Your race number should be pinned to the front of your running vest.

Parking

Dedicated race parking is on **Innings Road, Frieth** as there is no on-road parking in the village. It'll be well signposted, but here are directions from the two approaches (written directions from Henley, Marlow and High Wycombe are on the website; www.friethhilly10k.co.uk):



- *From Marlow / M40/Lane End directions:* you'll come into Frieth, up the hill (passing the Yew Tree on your right hand side and then the church and school on your left hand side) and need to turn right into Innings Road.
- *From Henley/Hambleden/Skirmett directions,* you'll come into Frieth and see the Innings Road turning immediately on your left hand side

Please note that the start of the race actually passes the entrance to the car park so there will be **no access to/from the car park between 9.45am and 10.05am** to avoid any hazards to either runners or drivers.

Race Start

The race starts at the School. It's a 5 minute walk from the car park to the school, so please make sure that you are **parked by 9.30am** at the latest. From the car park you need to walk back along Innings Road and turn left at the t-junction (marshals will guide you). The school is 150m along on the opposite side of the road. Pre-race you need to wait on the school field (behind the school, access being to the right of the school between the school and the village hall). Please ensure you are at the race start and ready to receive final race instructions by 9:40am at the very latest. The race will start promptly at 10am following a blessing from the Rev John Wigram.

The duration of the race is a maximum of two hours and we have a sweeper following the competitors travelling to a two-hour race completion pace. Should you be still running/walking outside this period, the sweeper will advise you that you are no longer deemed to be running within the event and that we cannot provide marshals and facilities for you from that point onwards.

There will be marshals along the route of the course - they are there for your safety and the safety of your fellow competitors. Please make sure you listen to any instructions you are given by marshals as you complete the course.

Facilities:

- **Toilets** - Please respect the village of Frieth and use the facilities available - there are adequate toilet facilities, found at three sites: at the front of the school (portaloos) and in both the school hall and village hall.
- **Bags** - Can be left in the school hall - please note these will be unattended so please do not bring any valuables.
- **Refreshments** - **Tea, Starbucks coffee, squash and bacon sandwiches** will be served in the village hall before, during and after the race..

The Finish

You will be welcomed at the finish line by our commentator and given a bottle of water and your goody bag which will contain your t-shirt, designed by Frieth pupil Michelle Mackrell (aged 9), and light refreshments.

- **Bodyretreat of Wargrave** will be **providing sports massages** to help you untangle those muscles. These will be £5 each and all proceeds are very generously being given to the school.
- **Prizes** for the various category winners will be presented in the school hall and include a number of generously donated pieces of **Buff multi-functional headwear** (www.buff.es/en) and **'meals for two'** at some of our great local pubs and restaurants, including:

- The Yew Tree, Frieth (t: 01494 882330)
- The Grouse & Ale, Lane End (www.grouseandale.co.uk, t: 01494 882299)
- The Stag & Huntsman, Hambleden (www.stagandhuntsman.com, t: 01491 571227)
- The Bull & Butcher, Turville (www.thebullandbutcher.com, t: 01491 638 283)
- The Frog, Skirmett (www.thefrogatskirmett.co.uk, t: 01491 638996)
- The Fox, Ibstone (www.foxcountryinn.co.uk t: 01491 639 333)
- The Chequers, Fingest (t: 01491 638335)
- The Royal Oak, Marlow (www.royaloakmarlow.co.uk t: 01628 488611)

Please note that dogs cannot be taken on the race due to it passing through fields where livestock is kept. Also, the race is not suitable for either wheelchairs or pushchairs due to steep, muddy paths, stiles and uneven ground along much of the course.

May I just draw your attention to the **sponsorship forms on the website** (www.friethilly10k.co.uk/ - entries page) as we'd be very grateful if you were to use the run to help us raise additional funds for the school.

We wish you a successful and enjoyable race and hope to see you again on 17th October 2010.

Yours sincerely

Lisa Sanderson

enquiries@friethilly10k.co.uk

t: 01494 881 466



We would also like to extend our thanks to our generous **sponsors:**

APEX SPORTS

Selwyn Palmer
Architects

POWERADE
ISOTONIC SPORTS DRINK

DM display



THE ORIGINAL
MULTIFUNCTIONAL
HEADWEAR


bodyretreat
SPORTS & REMEDIAL MASSAGE


DAREDIRECT
INSURANCE SOLUTIONS

MEARS

TOP PRINT