



Arrival

Please arrive before 9.20am at the latest even if you've pre-registered, it allows us to get everyone in place to be able to set you off at 10am. Applicants registered before 20th Sept 2018 will have received their race number by post this week. For applications after this date, race numbers will be waiting for your collection at a clearly marked desk as you enter race HQ. Please fill in the details on the back of your race number and then pin (we have these at Race HQ) the number to the front of your running vest. Please then make your way around to the school playing field where you can get refreshments and use the toilets. The mandatory race brief will be given here. There is also the option to leave bags in the school hall, but please be aware that we take no responsibility for personal possessions.



Photographs – important information

It is very important that you retain the rights as to how we use the details that you provide us. At no time do we share your information with anyone else. We have an official photographer onsite; Barry Cornelius who has taken photos for the last 4 years. Barry Cornelius will continue to take photographs of these races for publication on his website www.oxonraces.com and for possible use by the press, and by running you accept this. If you **DO NOT** wish your image to appear as a significant part of any photograph that he publishes or provides, you should put a **bold red line** across your race number - felt tip pens will be provided at each race for this purpose.



The Run

We operate the run under UK Athletics rules. For safety reasons you are not allowed to wear headphones/ear pieces. Whilst the vast majority of the run is off road there are a few sections where you will use roads; these are shared with traffic. Whilst it is usually quiet this time of day please be aware. The course itself is undulating. When running through the woods please be careful of your footing as there are tree routes etc. We have fully licenced private medical team split between Race HQ and on the course in the event of an injury. The run finishes on a slight incline, so make sure you keep something in the tank and please smile when you cross the finish line; there is a photographer!

Once you cross the finish line we will record your race number (please make it visible at all times), your finishing position and your time. We will then get the results on our website within 48hrs. After the finish line you can collect your well-earned medal and Primal Pantry Bar. There are massage services on site to treat those tired limbs!





S P R A T L E Y
& P A R T N E R S



DOMUS
NOVA

Misc

- Dogs are not allowed on the school grounds or on the course
- We won't be providing bottles of water at the finish line as we have done in previous years as we want to reduce the amount of single use plastic we use; we've even got Vegware on-board. We will be providing water in biodegradable cups but please feel free to bring your own bottle to fill up
- You are allowed to eat your body weight in cake and locally sourced bacon rolls after the race
- Runners Retreat will be on site for anything you may have forgotten.....

If you have any questions please drop us a line at friethilly@gmail.com or call on 07887948628

See you on the day and do please encourage friends and family to run or just come and support; thanks.

Will Richards and the Frieth Hilly Team

Race Director – Frieth Hilly

