



Thame 10Km Road Race
Information Booklet for Competitors
2020



Sunday 28th June 2020 9.30 a.m. Start
Thame Leisure Centre

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Important information

Thank you for entering the CPM Thame 10Km Road Race to be held on Sunday 28th June 2020 at the Thame Leisure Centre, Oxford Road, Thame (**OX9 2BB**), 9.30 a.m.

Race Number and Timing Chip

Your **race number** bib with embedded **timing tag** will **NOT** be posted to you. Instead, please collect by the race HQ (by the start/finish) on the morning of the race. We will have a number of helpers handing these out to runners. Please fix the race number to the front of your t-shirt or running vest

We will list all race entrants by name on our website with their race number, and have lists displayed on the day itself with names and race numbers. The race bibs will also have your name printed on it as a final check that you have the correct number. Ideally write down an emergency contact name telephone number on the back of your race number plus any important medical information if you feel this warrants putting on your race number.

Transferring Race Entry & Number to Someone Else

You are able to transfer your race entry to another person up **Sunday 21st June**

You must email details of your name, race number if known, and details of the new person including name, address, contact telephone, age group, club/team. This information must be sent by email to **downsy@gmail.com**

If you are transferring to person with a **higher** entrance fee, you must pay the difference either by cheque/post in advance or on the day at the Race HQ desk.

Note: Sunday 21st June is final date for transfer. There will be no transfers after or on the day!

Refund Policy

There is no refund on the entry to the Thame 10km as we feel that our low price compared to for-profit races as well as our policy on transferring a race number to another person is a generous and fair one.

Head Phones Banned

In line with many other races across the UK, we have been advised to ban the use of headphones. The main reason is for the safety of runners as those with headphones are unable to hear the instructions of marshals or traffic. Marshals will report race numbers of those running with headphones to the County Official at the race who may disqualify those runners and their times will not appear in the published listings. This policy has worked well since introduced in our race since 2012.

No Buggies

Unfortunately the course is not suitable for runners pushing children in buggies

No Dogs on School Playing Fields

As we are making use of school playing fields, there is a strict policy of **no dogs on the fields** at the start/finish for runners and spectators. Thank you for understanding. Please report anyone with dogs on the fields to race organisers



Hydrate before the Race

We have had some hot days at the end of June for the Thame 10km in the past. Please make sure you are properly hydrated before the race and this is something you cannot do just before the start. Ensure you drink plenty of water in the **24-48 hours** before the run. A small drop in your hydration levels has a big impact on your performance in the run. A larger drop in hydration could present you with problems on the run.



No Entries on the Day for 10km Race

The CPM Thame 10km has grown exponentially over the past few years so the organisers decided to restrict the race to 1000 entrants based on advice from the Police and Athletics Association officials. We made the decision to restrict race numbers to 1000 entrants to enable us to organise an enjoyable and safe race. The race filled up by *early June* in the past years so let fellow runners know to enter on time.

Running under someone else's number/name

Please do not give your race number to someone else unless you have done it officially before the transfer window closes on 21st June and notified the organisers. It has led to embarrassing situations in the past where a man ran under a woman's number and messed up our prize giving. Club runners found running under someone else's number will be reported to UKA officials where bans have been handed out for such offences as this is illegal under UK Athletics rules.

Course Description

From the start, there is 136 metres on grass to the gate by Highfield Close, where runners will be guided onto the main Oxford Road with a sharp right turn. We have a road closure effective to 9.45 a.m. and by then the vast majority of runners will have passed the first roundabout in the High Street where/when the temporary closure stops.

The lead bike will guide runners through the Upper High Street of Thame – be careful with speed humps in the Upper High Street. At Queens Road (speed humps again), the runners turn right into Towersey Road. There is a pedestrian chicane at the end of Towersey Road and then runners cross the traffic-closed ring road to the country lane to Towersey.

In the village of Towersey, the runners turn onto the traffic-free Phoenix Trail to head back into Thame.

There will be one water station on the course unless it is a very hot day. For sure, water at the start/finish area.

Note: the Phoenix trail can be narrow in sections. All runners to keep to the left so there is always a gap on the right to allow faster runners to overtake. If your way is hindered, please shout (firm but politely) that you want to pass on their right.

We have a road closure of the Ring Road (Eastern ByPass) for the whole of the race as runners cross this twice (on the way out and back from Towersey).

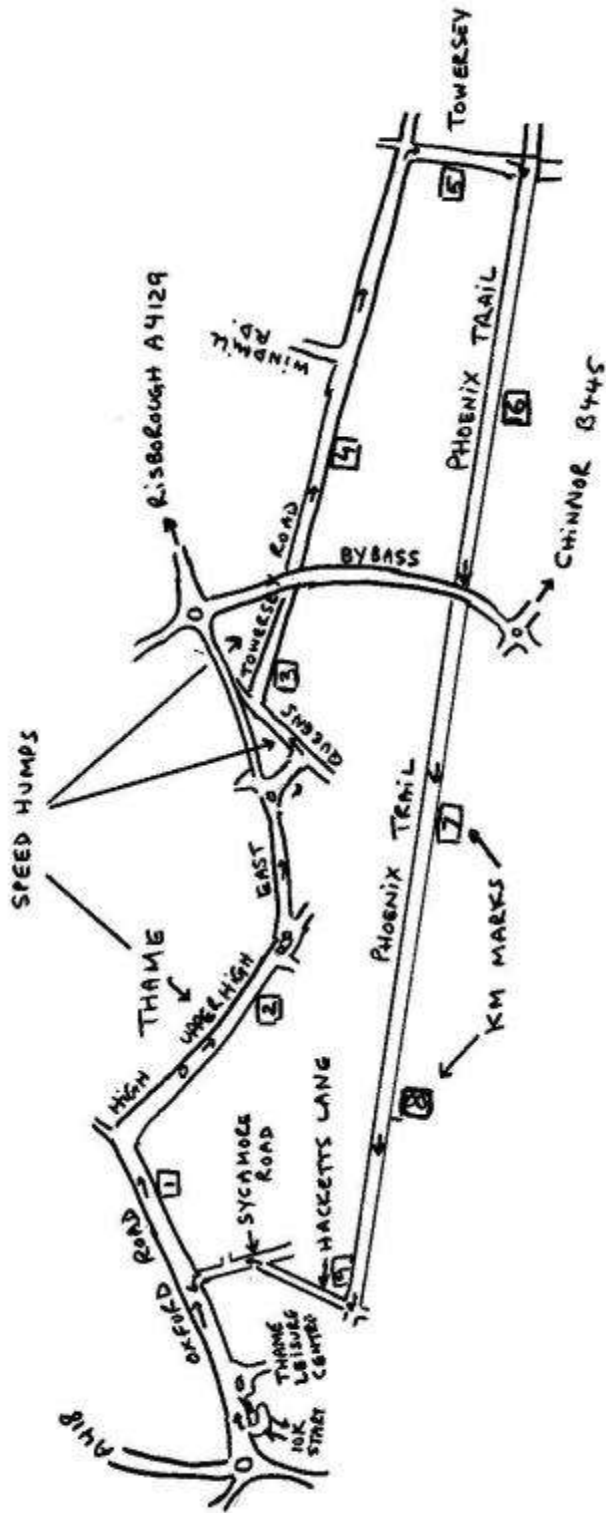
At the top end of the Phoenix Trail, there is a sharp right turn through a narrow chicane onto the path of Hacketts Lane which leads runners back onto the tarmac of Sycamore Road, to Oxford Road, and then back to the Highfield Close gate leading to the finish.

For your safety, please keep to the left unless otherwise directed. Do not cut corners. Obey the marshals at all times to avoid the risk of disqualification. Remember, headphones are banned so that runners can hear instructions of marshals

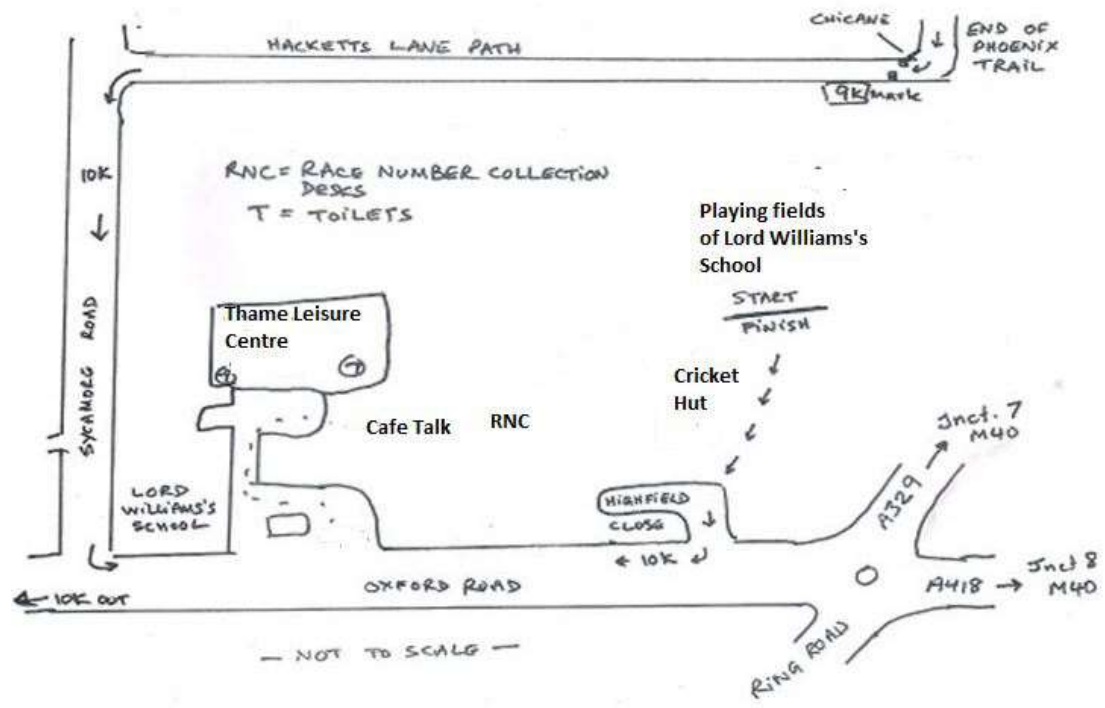
Map of Course (Certificate of Accuracy 08/055)

Road Closure of Oxford Road to High Street (Rising Sun PH) 9.25-9.45

Road Closure of Bypass where runners cross 2x to Towersey 9.30-10.30



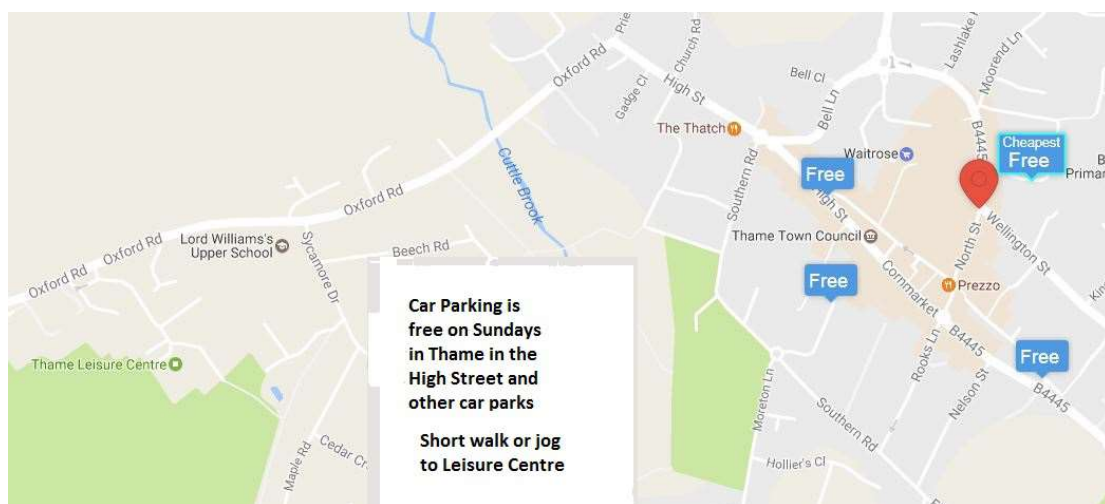
Map of Start/Finish/Area



Day of the Race

On Arrival

Car Parking – please use the public car parks in the centre of Thame



Changing Facilities and Toilets are limited and located in the Thame Leisure Centre. You should arrive in plenty of time if you need these facilities, and come changed if you can. Thame Leisure Centre will make toilets available before the race in the hall on the right as you enter, but will also open the toilets in the gym and pool changing rooms as well as by Café Talk by entrance to the fields.

Baggage Store - Dustbin Bags and labels for kit will be made available at the baggage store in the building next to Café Talk – but please do not leave valuables.

Race Numbers – these will be handed out near the Race HQ on the playing fields near the start finish. Embedded in the race number is the RFID chip and your name will also be printed on the race number as check you have the correct number.

Pre-Race

All runners should assemble by the start line/area at **9.20 am** as we have a road closure of the main Oxford Road into Thame effective for short window at 9.30 a.m.

We will segregate runners in the start funnel according to estimated finish time (sub 35 minutes; 35-40 minutes; 40-45 minutes etc.) – this will ensure all pass through the field gate in orderly fashion. Please get in your correct finish time section at the start. Your chip time will start when you cross the start mat so your personal time will not be affected by taking a few seconds longer to cross the start line.

Finish

Your finish time will be picked up from the electronic tag embedded in your race number bib as you cross the finish line – no bib/tag, no time. Once you have crossed the line, please proceed to collect t-shirt, medal, and any goodies from our sponsor. Water will also be out by the finish area. *If you are a seasoned runner who does place any value on medals, please do not collect one just to throw it in the bin later.*

Results/Times

In 2020, for the first time, we will send you your finish time by text message to your mobile phone as soon as possible after the race. This will be your chip time

Full results will also be posted as soon as possible on our chip timing partner's website

www.resultsbase.net

We will have a link from www.thamerunners.club to these results

- **Gun time** – this is the time from start gun to runner crossing the finish mat
- **Chip time** – time from runner crossing start mat until they cross the finish mat

Trophies

In accordance with UK Athletics rules, we award trophies on Gun times. However, for your personal and club records please use your chip time.

Trophies will be awarded at around 11.00 am as soon as the Chip Timing system has calculated all the prize winners. These will be awarded by Race HQ (or inside the Leisure Centre if weather is very poor).

1st three Finishers Men & Ladies

1st Male Veteran (40-49) / SuperVet(50+) / UltraVet (60+)

1st Female Veteran (35-44) / SuperVet (45+) / UltraVet (55+)

1st Thame Resident (Male and Female)

1st Junior Male & Female (15 – 18 years)

1st Running Club Team (Men's & Ladies)

1st Corporate Team (Mixed)

Notes on trophies

1. The Fastest 3 Male and Female Finishers, regardless of age category, win the Fastest 3 Male and Fastest Female trophies. So if a Veteran Male finishes second overall, he gets 2nd Fastest Male prize and not the Fastest Veteran.
2. Only one individual trophy per person (with the exception of 1st Thame Resident)
3. Only one team trophy per person
4. Individuals are responsible for ensuring they list their team (club or corporate) when they enter the race. We will publish a list of all entrants on-line and at the start – any omissions must be corrected by 21st June 2020.

Team results are based on best 4 finishing positions (not time) for each team. A runner can only be eligible for **ONE** team (**either** UKA running club **or** sports/corporate).

We have a number of larger trophies/shields where we engrave winners' names and these are on display in the Thame Runners trophy cabinet inside Thame Racquets Club. Unfortunately it was too difficult to retrieve these larger trophies from winners in the past, so we decided to award only the trophies which runners can keep.

Note – Trophy Cut off time 1 hour 15 minutes

In order to try to keep as close as possible to our prize-giving ceremony of around 11.00 am, we will request that the chip timing company produces a set of results for prize giving at 10.45 am. We will continue to time all runners coming in after **1 hour and 15 minutes** but they will not count towards any trophy prizes.

Additional Notes and Useful Information

1. The Thame 10Km Road Race started as a **charities event**, which has been held every year since 1985. Annual surplus is awarded to local Thame charities with in excess of £80,000 allocated over the years.
2. Please remember that this race is being run by **volunteers** of Thame Runners and the local community. Besides raising money for local charities, it's also our way for the runners of our club to give something back to the sport. Without the unpaid volunteers and helpers, we would either face a severe decline in the number of running events (or for-profit events with paid staff and a huge increase in entry fees).
3. The Race is part of the **Oxfordshire County Athletics Association** annual **Grand Prix series**, where road running clubs in the county compete for points across a range of designated races ranging from 5Km to Marathon distance.
4. **Sponsor this year and since 1994 is CPM**, Aylesbury Road, Thame. CPM is one of Thame's largest employers and is the UK leader in field marketing.
5. **Lost & Found** – facility at the Race HQ. We will also post details and pix of major items found after race on the Thame Runners website for a few weeks after the race.

Timetable for Sunday 28^h June 2020

7.30 – 8.45 a.m. Arrive with plenty of time to park your car, collect race number, attach race number/chip, and get warmed up

9.20 a.m. All runners should assemble in the start area

9.30 a.m. Prompt start of 10km road race

11.00 a.m . Prize Giving by Race HQ at Finish Area (or inside Leisure Centre)

10Km Road Race Prizes

- CPM Commemorative T-shirt for all finishers
- Medal for all finishers
- Spot Prizes

Refreshments

Café Talk will be open serving drinks and food and this is by the tent where you collect your race number on the playing fields.

Good Luck and Enjoy the Run! Chris Downs – Race Director

Weblinks & Course Records



www.thamerunners.club

Website for Thame Runners which will have the results on-line after the race and also links to relevant sites.



www.cpm-int.com

Website of CPM, the race sponsors. UK and Europe's leading sales development and field marketing company.

www.better.org.uk

Website for Thame Leisure Centre run by GLL on behalf of South Oxfordshire Council. Enquire about membership of gym or facilities.

www.facebook.com/thame10k/

Our facebook site for entrants and finishers to post comments and photos of the race

www.runnersworld.co.uk

We always have plenty of runners giving positive feedback on the race to the Runners World website

Previous Thame 10km Records - £25 for breaking record

Mens (2011) Steven Naylor Woodstock Harriers 31.24

Ladies (2003) Allison Hirst Headington RR 36.59

Thame Runners



Thame Runners organise the annual event. The club has over 120 members.

The club caters to a wide range of abilities and meets on a regular basis at Thame Racquets Club (Mondays and Wednesdays at 7.00 pm). New members are welcome, especially on the Monday nights which are ideally suited to newer club runners. You should be able to run 5 Km (3.1 miles) in 37 minutes or less to be able to keep up with our Monday night run. There is a measured 5km course on the Phoenix Trail starting on the path just behind Thame Leisure Centre where you can see the post on the side of the path and the 0m on the path itself as starting point. Follow the trail where there are markers every 500m on the path to 2500m, at which point you turn around and head back to the start to check your total time.

If your time is above this 37 minutes, consider joining our beginners and/or improvers groups which meet on separate meetings – details on our website. From these groups people progress to our Monday night runs when they can keep up the 12 minute per mile pace for 4 to 5 miles.

The Monday night route is around 4-5 Miles and the Wednesday night route around 5-7 Miles. There is also a Sunday morning run for longer distances. In the summer months, we do regular Wednesday night runs from country pubs in the area, with the run being off road (don't worry, we regularly stop and re-group to keep everyone together) and then finish the run with a social drink at the pub after.

We also hold a special invitation night later in the summer with details on our website.

Key benefits of running with a club

- Pleasant to mix running on your own with some more social runs
- Safety of running with a club, especially at night in winter months
- May assist with you running faster and more often

For more information on Thame Runners, see our website

www.thamerunners.club