



Thame 10Km Road Race
Information Booklet for Competitors
2024



Sunday 30th June 2024
9.00 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 30th June 2024, Thame Leisure Centre, Oxford Road, Thame (**OX9 2BB**), 9.00 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 park in Thame town centre by 8.25 am latest to allow for 15 minute walk/jog to the start to collect your race number by 8.45 am latest.**

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 **Tuesday 25th 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 **thame10k@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: Tuesday 25 June is final date for transfer. There will be no transfers after or on the day!

Refund Policy

There is no refund or deferment 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. However, **Bone Headsets** where the sound is conveyed to the bone behind the ear are allowed in line with England Athletics policy. These do not have any “in ear” plug which restrict sounds which could be traffic or marshal instructions.

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



only bone headsets



Hydrate before the Race

We have had some hot days 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 less than 1000 entrants to enable us to organise an enjoyable and safe race. The race filled up early 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 25th 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 9.15 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).

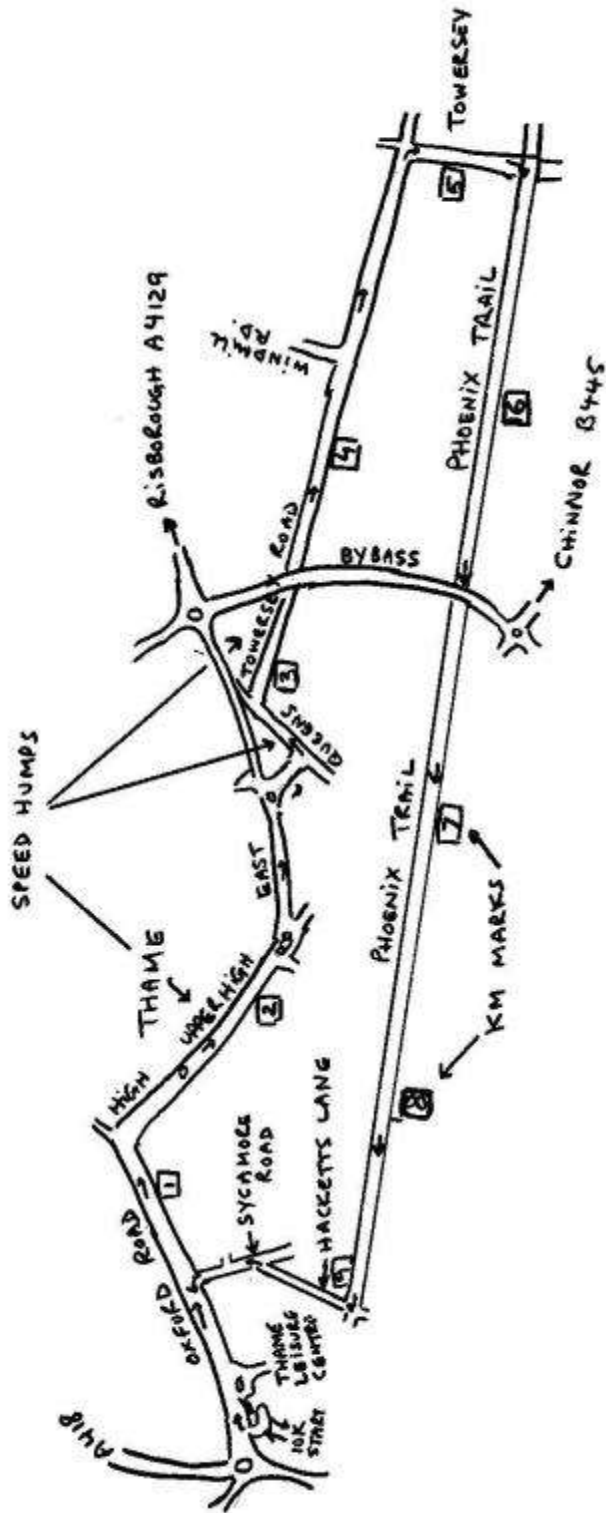
At the top end of the Phoenix Trail, there is a sharp right turn through a narrow chicane onto the path of Hacketts Lane which leads runners back onto the tarmac of Sycamore Road, to Oxford Road, and then back to the Highfield Close gate leading to the finish. **The final section on road is the Oxford Road – please keep to the left inside the cycle lane or pavement for this last short section as we do not have a road closure for 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

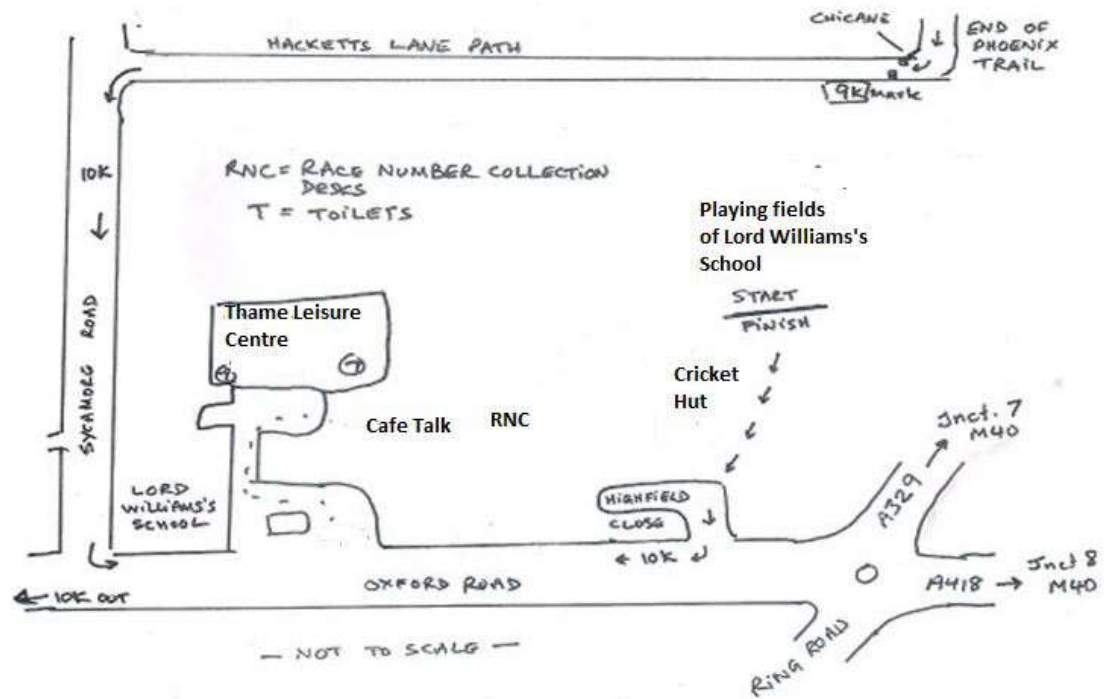
Map of Course (Certificate of Accuracy 08/055)

Road Closure of Oxford Road to High Street (Rising Sun PH) 8.55-9.15

Road Closure of Bypass where runners cross 2x to Towersey 9.00-10.00



Map of Start/Finish/Area



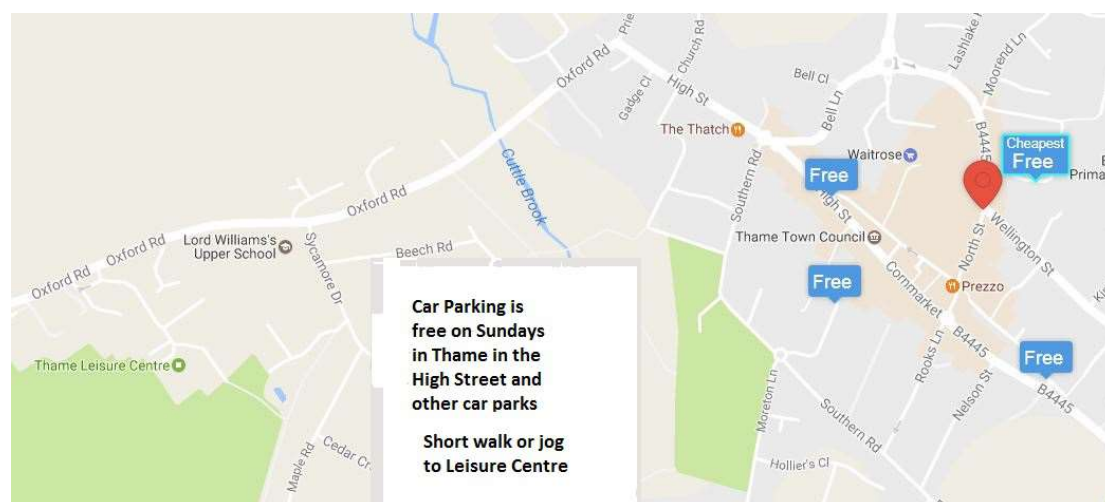
RNC = Race Number Collection tent with info board with race numbers

- Warm up for the 10k and Fun Run will be by the start / finish area on the playing fields
- TVAA will be selling refreshments by Café Talk area
- Baggage drop off in school building behind Café Talk/TVAA refreshments

Day of the Race

On Arrival

Car Parking – please use the public car parks in the centre of Thame and **aim to park no later than 8.25 am to allow 15 minutes to get to the start and collect race number.**



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 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 **8.50 am** as we have a road closure of the main Oxford Road into Thame effective for short window at 9.00 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 and any goodies from our sponsor. Water will also be out by the finish area. *We have medals on request – if you value a medal, ask for one when you collect your t-shirt. 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

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

Photos

Unlike previous years, Oxfordshire photographer Barry Cornelius will no longer be taken photographs and posting them on-line for free. His photos from 2022 are still there for people to view and download. However, race organisers may take some photos for publicity/press photos so the advice still applies – if you don't want your race photo put on any social media, please put a red line across your race number bib. Red markers/pens will be available on the tables next to entry collection along with safety pins and normal pens.

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 10.30 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+) / Vintage Vet (70+)

1st Female Veteran (35-44) / SuperVet (45+) / UltraVet (55+) / Vintage Vet (65+)

1st Thame Resident (Male and Female)

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

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

1st Three Corporate Teams (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 2023

Team results are based on best 4 finishing positions (not time) for each team. A runner can only be eligible for **ONE** team (**either** EA 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 10.30 am, we will request that the chip timing company produces a set of results for prize giving at 10.15 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 £100,000 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 30th June 2024

7.15 – 8.25 a.m. Arrive prompt to park car in town, collect race number, warm up

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

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

10.30 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
- We will have about 100 of the high viz yellow t-shirts (mostly Small) from 2022 on first come basis if runners prefer this design over the 2024 one
- Medals on request for those who place a value on them
- Spot Prizes

Refreshments

Thame Valley Air Ambulance will be 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.tvairambulance.org.uk

Thames Valley Air Ambulance is a key partner providing the food/drink tent by the finish and organising a children's colour fun run while the main 10k is in progress.

www.sustrans.org.uk

The national cycle/pedestrian charity allowing us to use the traffic-free Phoenix Trail for a good portion of the race.

Previous Thame 10km Records - £25 for breaking record

Mens (2011) Steven Naylor Woodstock Harriers 31.24

Ladies (2017) Emma Houchell Basildon AC 36.34

Thame Runners



Thame Runners organise the annual event. The club has over 150 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

Thame Valley Air Ambulance Children's Colour Fun Run

This year Thame Valley Air Ambulance will be organising a Children's Colour Fun Run while the 10k is in progress.

Thame Valley Air Ambulance work closely with the CPM Thame 10k organisers and have provided water stations and the refreshment stand at the start/finish for a number of years.

In 2022 we called on their services to air lift a runner in our race who suffered cardiac arrest to the John Ratcliffe hospital. Thanks to the efforts of 3 of the race participants giving immediate CPR care and TVAA the runner made a full recovery.

The Colour Fun Run is aimed at ages 5 to 14 with the 5-11 year olds doing a shorter distance than the 12-14 year olds. The children will assemble at the same time as the 10k runners in their separate warm up area and take part in their event, starting as soon as the last 10k runner has left the playing fields (and all to complete before the first runner returns). The event will be entirely on the safe playing fields next to the start/finish funnel and use the same start/finish gantry.

Cost of the race pack is £12 per child and includes t-shirt, sunglasses and a finishing medal.

To enter your child go to

<https://fundraise.tvairambulance.org.uk/event/colour-run> .