



PEDNOR 5 – MONDAY 1 MAY 2023 at 7pm

FINAL RACE DAY INSTRUCTIONS

Town Map and access instructions: Please refer to the map below. Park in the Water Meadow car park where there should be enough space. Otherwise park in the Star Yard car park off St Mary's Way. Allow ten minutes extra time to get to the start and do not park in Pednor Road near the Race HQ and the start. The road is not closed to traffic so we do not disrupt local residents and others who use it.

Race Headquarters is at the 1879 Lawn Tennis and Squash Club, Pednor Rd, Chesham, HP5 2JU. There are changing rooms, showers and toilet facilities, including portaloos adjacent to the clubhouse. The start is less than a five minute walk from the Race HQ.

Race numbers should be collected from the Registration desk between 6.00 and 6.45pm.

Herts Vets 5 mile road race championship. If you have entered this championship, please check that you are included on the lists displayed on a notice board at race HQ. If you are not on the appropriate list report this to the person handling the results.

Entries on the day will not be accepted

Road users: Please respect these other road users, including cars, bikes, horses, walkers and follow instructions from the marshals and race officials

Course conditions: there are several bad potholes in the roads so watch your step. The course is along quiet country lanes which are **not closed to traffic**.

Start: This about 400 metres from the Race HQ at the bottom of a private lane at the junction of Pednor Rd and Drydell Lane. Congregate on Pednor Rd and marshals will move runners onto the lane and behind the start line five minutes before the start time. Please do not go up the lane into the private area.

Headphones: wearing of headphones, or similar devices, (other than those medically prescribed), is not permitted under UKA Rule 240S 5 UKA Supplement. If anybody is seen wearing headphones during the race they will be disqualified by an official and asked to drop out of the race.

Changing: please change in the Male and Female changing rooms and not in the club reception and bar areas – we have had complaints from Tennis Club members in the past.

Baggage: this can be left in the clubhouse but security cannot be guaranteed even though staff will be present. Do not leave valuables in your bags.

Toilets: there are toilets in the club male and female changing rooms and two portaloos in the adjacent car park at the entrance to the Race HQ.

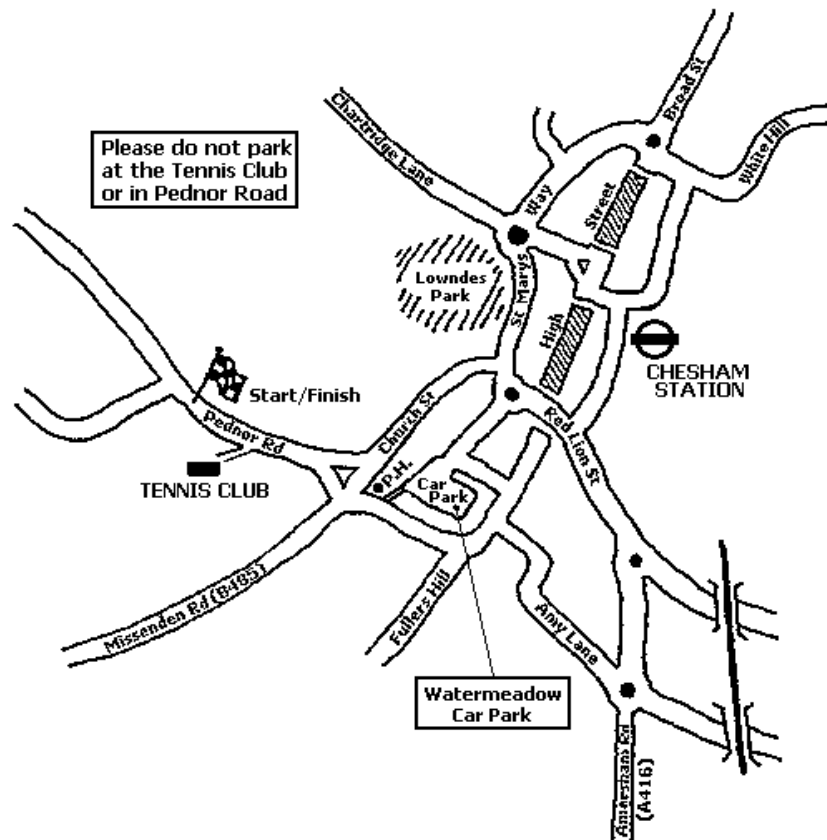
Finish: due to the finish being on Pednor Road, which is not very wide, it is not practical to set up a robust taped off funnel. Please follow the official's instructions and queue in your finish order to ensure your number is recorded accurately. Ensure your race number is clearly visible from the front. Keep the road clear for other road users and move to the race headquarters as soon as possible.

Refreshments: There will be a water station after the finish. 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.

Bar facilities. The 1879 Tennis Club has agreed to open the bar in the clubhouse from about 7.30pm to 9pm and it will sell a wide range of drinks. Please make use of this if possible whilst awaiting the prize giving. There are nice areas to relax in after the race and bar income will support the tennis club.

Prize Giving: this will start about 8pm in the clubhouse. Results will be available for viewing after the race and then posted on the club website www.chiltern-harriers.org.uk

Town map:



Club and Race Sponsor: We are grateful for the support of Gil-Lec Electrical Retailers, Wey Lane, Chesham

