

Hurstbourne 5

Multi-Terrain Race

Saturday 4th May 2024



Under UK Athletics Rules

Licence No.: #26311

Hurstbourne Tarrant Community Centre, Church St, Hurstbourne Tarrant,
Hants, SP11 0AX

Dear Runner,

Thank you for entering the Hurstbourne 5 Multi-Terrain Race. Your race number is enclosed. Please pin it to the front of your running top.

2024 will see the fifteenth running of this event. For those of you that have taken part in previous years, thank you for your continued support in helping us raise over £44,000 for local charities. For those who have not taken part before, I'm sure you will find the course challenging, but I also hope that you enjoy the scenery of the North Wessex Downs. The race begins with a steep ascent before flattening out in woodland, with an "undulating" final mile! The ground is very uneven and underfoot conditions could be slippery, so care should be taken at all times and appropriate footwear worn.

You will find a course map and further details below and on the reverse. For all enquiries, please check the race web site www.hurstbourne5.org.uk or contact the race organiser by email at: hurstbourne5@yahoo.com.

Covid-19: Whilst we're very happy that restrictions have been lifted surrounding Coronavirus, please do not attend the race if you have any symptoms suggestive of Covid 19.

I would like to take this opportunity to thank all of our sponsors, the local volunteers and landowners, plus Overton Harriers, without whom this event would not have been possible. All proceeds go to local charities.

Race Director

Schedule & Restrictions Main Race starts at 11am. Please assemble at 10:50. Minimum age on race day is 15. Competitors under the age of 18 must have approval from a parent or guardian. Unfortunately, the course is not suitable for wheelchairs, bicycles, pushchairs or prams, owing to the hilly and uneven terrain. The layout of the course also prohibits participation by walkers or runners with dogs. Under UKA rules, headphones are not permitted.

2K fun run starts at 11:05am (please assemble after main race has started) – No pushchairs please. Children under the age of 6 must be accompanied by an adult.

Parking: **Owing to unprecedented levels of rainfall this winter, the usual car park is unavailable.** The race organisers are looking at different options for free parking which we hope will be as convenient. Please keep an eye out for an email or Facebook post with updated parking instructions. We do recommend car sharing where possible this can be done when signing up through racesignup.co.uk or via the Hurstbourne 5 Facebook page. **We do suggest allowing extra time for parking this year.**

Please do not park on Church Street or Stoke Road, as this could delay access for emergency services

Prizes:

- 1st three male and female finishers, 1st M40+, M50+, M60+, W35+, W45+, W55+ (Only one prize per person, '+' indicates that prize will be awarded to first person in that age bracket or above)
- 1st Villager (resident of HBT/Ibthorpe).
- King & Queen of the hill (must finish the race).
- T-Shirt for all entries received before 21st April

Prize giving is planned for 12:45pm in the Race HQ

PTO

Results: Will be posted on the race website, www.hurstbourne5.org.uk after the event

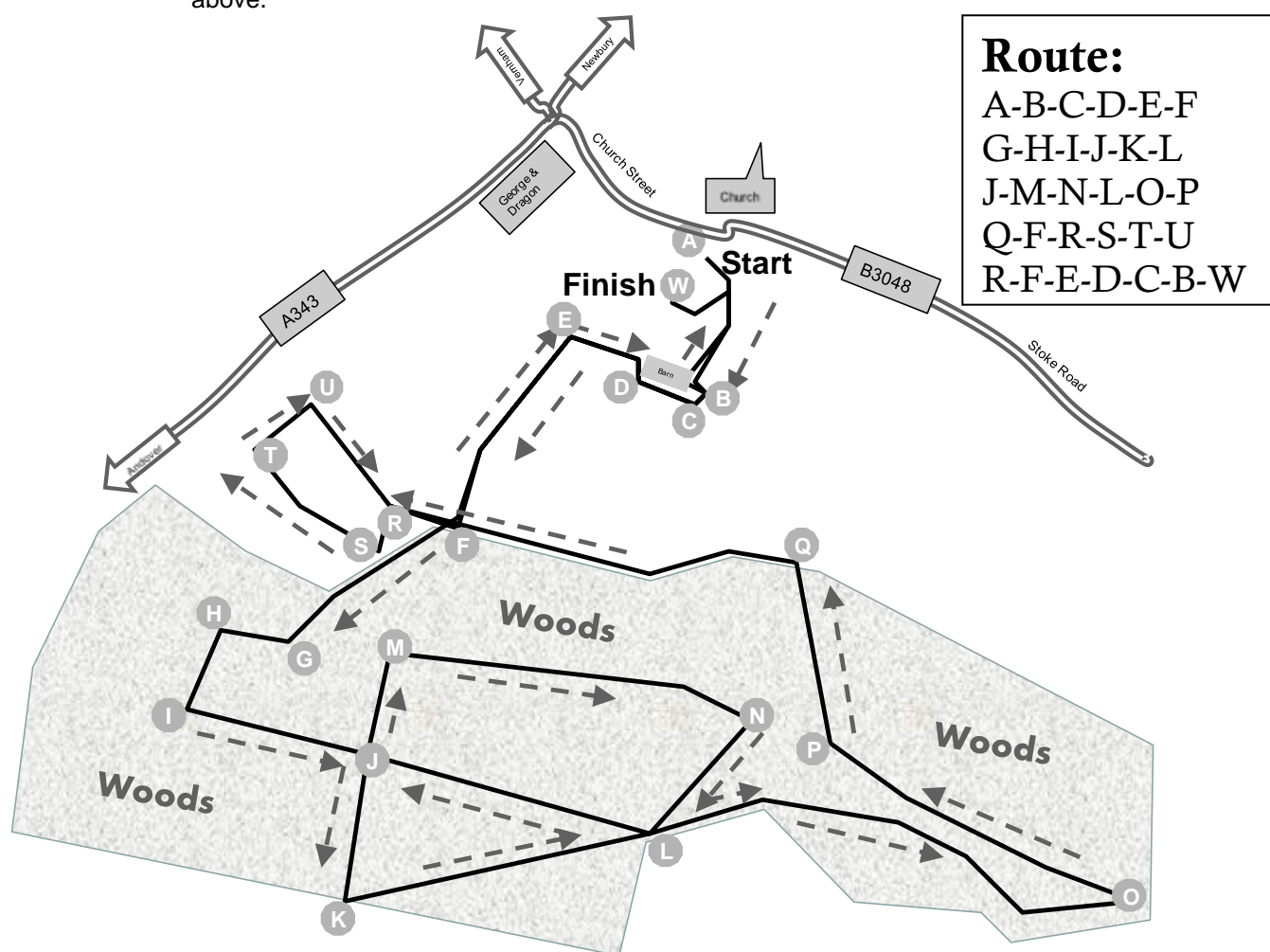
Facilities: Changing facilities with showers, toilets, first aid, baggage tent, and refreshments within the finish area.

Photos: Any photos taken during the event, may be used to publicise future events so feel free to show how much you are "enjoying" the race! *If you do not wish your picture to be used, please inform the organiser by email at: Hurstbourne5@yahoo.com*

Directions: **From M4 J13**, take A34 South towards Newbury. At the fork, keep right and continue South on the A34 for approx. 8 miles, then take Wash Common exit. Follow A343 West through Highclere, then after approx. 7 miles enter Hurstbourne Tarrant. Turn left before the George & Dragon pub, towards Stoke. The race start is 200 yards on the right.

From M3 J9, take A34 North towards Newbury until the Wash Common exit, then follow directions above.

From Andover, take A343 towards Newbury. After approx. 5 miles, enter Hurstbourne Tarrant and turn right at the George & Dragon pub, then follow directions above.



Thank you to our sponsors:



www.facebook.com/HBT5RACE