



Thorney Running Club



Thorney Running Club 5 mile & Fun Run 19th August 2018 - Pre-race Information

What time does the race start?

Thorney Running Club 5 mile starts at 10:30am and the 3km Fun Run starts at 9:30 am. Please note the Fun Run start is a good 10-minute walk away from the race headquarters at Bedford Hall. However, the 5 mile race start is very near to Bedford Hall (PE6 0QE). Parking is also a 5/10-minute walk away from the start / race headquarters. Please allow plenty of time to park, walk to Bedford Hall and collect your number, and then walk to the Fun Run start.

Where does the race start?

The headquarters is Bedford Hall, Station Rd Thorney, PE6 0QE. Please note the Fun Run start is a good 10-minute walk away from the hall. The 5-mile race start is very near to the Bedford Hall.

Where can I park?

Parking is a 5/10-minute walk further down Station Rd and will be well sign posted and marshalled. Please navigate to the Hall, and we can direct you from there.

When will I get my race number and timing chip?

We do not send race numbers out by post before the race. Race numbers and chips need to be collected from Bedford Hall on race day (19 August 2018). On arrival at Bedford Hall, please refer to the list of entrants displayed, find your name and note your race number and then proceed to the appropriate desk. The Fun Run is not chip timed but is officially timed.

I would like to enter on the day. Can I do this?

Yes, but only if the races have not sold out in advance. We will try to advise via our website (www.thorneyrunningclub.com) how close we are to capacity in the days leading up to the event. We recommend entry in advance to avoid disappointment. Registration for entries on the day will open at 8:30am in the Parish Room, Bedford Hall, PE6 0QE on the morning of the event.

What facilities are there on race day?

There are lots of facilities at Bedford Hall. There is a large seating area, toilets, and an extensive range of home-made refreshments will be on sale. Please note there are no showers. There will also be a physiotherapist available.

I think my child has been entered in the wrong age group.

At Thorney Running Club we calculate ages as on race day, not on school years. So, a junior running in the U13 school team may not actually be under 13 on our race day. They may be in school Year 9 but could be 14 years old and will therefore be placed in the U15 age category in our event.

What prizes are available?

We offer an extensive range of prizes in both the Fun Run and the 5-mile event. In the Fun Run, we award junior prizes for boys and girls in the age categories of Under 11, Under 13 and Under 15. Please remember we calculate age on race day.

The following prizes are awarded for the 5-mile event.

Male	Female
1st place	1st place
2nd place	2nd place
3rd place	3rd place
MV40	LV35
MV45	LV40
MV50	LV45
MV55	LV50
MV60	LV55
MV65	LV60
MV70	LV65
1st team of 3	1st team of 3

All finishers receive a medal.

I might win the both the race, and an age category prize.

This is not possible at our races. The first three overall places take precedence over age prizes and you cannot win both. You will win the race, and the age prize will go to the next fastest runner in the age group.

What are the rules regarding the team prizes?

To qualify as part of a team you must be wearing team kit and must be registered as a club member when you enter our race. You must be a paid-up member of your team with an URN number. We cannot enter you retrospectively in a team.

Is the course measured accurately?

Yes. We follow strict guidelines and the Certificate of Course Accuracy will be displayed at Bedford Hall, along with maps, insurance, and our UKA race licence.

Are the roads closed?

Yes. All the roads you will be running on will be fully closed to traffic (apart from emergency vehicles) between 10.30 and 11.30am. We no longer have a police presence due to a new policing policy, but our marshals are trained and local residents are well informed of the closure. If you think you will take longer than 1 hour, please don't worry. We encourage runners of all ability and pace, but as we have to open the roads at 11.30am, we will ask you to run on the pavement once the roads have been re-opened. Our marshals will still be supporting every runner and will not leave the course until every runner is home.

The Fun Run takes place in Thorney Park and is completely off road.

Is water available?

Yes, there will be a water station at approximately halfway out on the course, and water will also be available at the finish line.

Can I wear my headphones and listen to music?

No. It is against UKA rules to run in a road race with headphones (unless worn for a medical reason). You will not be able to hear other runners and instructions from marshals, and it is unfair on other runners. Please note that if you wear headphones you run the risk of being disqualified from any TRC road races.

Is TRC 5-mile race part of the Cambs AA Road League?

Yes, the following races all form part of the Cambs AA Road League for 2018.

Thorney Running Club 10k, March 25th 2018
Cambridge Cambourne 10k, April 15th 2018
Eye 10k, May 13th 2018
Ramsey 10k, June 24th 2018
St Ives 10k, July 15th 2018
Barnie 5k, Peterborough, August 15th 2018
Thorney Running Club 5 mile, August 19th 2018
Fenland 10, October 28th 2018 - date to be confirmed

The Cambs AA Road League rules are as follows:

Open to first-claim members of clubs affiliated to Cambridgeshire AA.

Runners must represent their first claim club.

Best individual results from five out of the eight races to count.

Overall points are awarded to the first 30 men, first 30 women, top 10 M40, top 10 M50, top 10 M60, top 10 W35, top 10 W45 and top 10 W55.

In each race, teams score three runners to count with the lowest total winning. 10 points are awarded for first down to 1pt for 10th.

If maximum points are achieved, the winning team would score 80 points, winning individual 150 points and winning vets 50 points.

If you are a member of a club affiliated to Cambridgeshire AA and have entered our race as a member of that club, your result will automatically be included in the Cambs AA Road League.

Is TRC 5 mile race a Cambs AA championship race?

Yes, you will be asked when you enter on-line through RunBritain or on our paper application form whether you wish to enter and asked to confirm eligibility.

To qualify for Cambs AA championships, athletes must be resident or born in Cambridgeshire and must not have competed in any other counties championships in the competition year.